



RI ARA Celebrates Social Security's 78th Birthday with a cake

On Friday, August 16, 2013, the RI ARA celebrated Social Security's 78th Birthday with a cake at the East Providence Senior Center.



Celebrating the occasion with the RI ARA and over 100 East Providence Senior Center members was RI Senator Sheldon Whitehouse, Jen Kenny, ARA NE Field Organizer along with representatives from Congressmen Langevin and Cicilline.



RI ARA President John A. Pernorio told the group that this is a joyful day for the seniors of America & Rhode Island! Thanks to Social Security, seniors can pay their bills, buy groceries, and maintain their independence.

But retirees and workers should be very concerned over the drastic changes some of the elected officials want to make that would threaten the dream we all have for a safe and secure retirement.

These changes would include cuts to Social Security, Medicare, and Medicaid – not to just one of these programs, but to all three! There are leaders who want to cut Social Security benefits by fooling with the cost of living adjustment; and some Governors actually refusing federal funds that would expand Medicaid in their states. And when it comes to Medicare, many want to pass costs onto seniors through benefit cuts, means testing, increasing the Medicare eligibility age, or privatization.

But not in Rhode Island. We are very fortunate to have a Congressional Delegation that has kept its



promise to stand with and support Rhode Island's seniors, disabled and veterans 100%. That's why they are our Social

Security, Medicare & Medicaid Hero's.

Retirees care about more than just themselves. We worry about our children and grandchildren in these difficult times. We wonder what America will look like when they grow older.



We don't want to be the last generation that gets to retire. For our generation, we hope that our legacy is that we remain a nation that lends a helping hand to the young and the old, and to the sick and the poor.

Senator Whitehouse commented that he along with the other Rhode Island

Congressional members stand with and will continue to support Rhode Island seniors against any cuts to Social Security, Medicare, Medicaid or the proposed Chained CPI cola change.

Senator Whitehouse cut and passed out the Social Security cake and answered questions from the East Providence Senior Center members.





*In Recognition of His
Outstanding Leadership & Support
The Rhode Island Alliance **for** Retired Americans
will proudly present on August 30, 2013, at 12 noon our*

2013

***Social Security &
Medicare Hero Award***

to

***James Langevin
United States Congressman,
Second District, Rhode Island
at the***

**Johnston Senior Center
1291 Hartford Avenue
Johnston, RI 02919**

Rhode Islanders from around the state shared how they and their loved ones are affected by Alzheimer's disease and related disorders. Their input became the basis for a State Plan to address this important public health issue.



You may recall the series of Listening Sessions we held earlier this year with caregivers, healthcare providers, family members and anyone impacted by Alzheimer's disease or a related disorder who wanted to tell their story. Held in partnership with the [Division of Elderly Affairs](#) and the [Alzheimer's Association - Rhode Island Chapter](#), these sessions, free and open to the public, provided invaluable insight into what is now a comprehensive State Plan for Alzheimer's Disease and Related Disorders.

The [Working Group to create the State Plan for Alzheimer's Disease](#), comprising many organizations and individuals in the state, consisted of several sub-groups: [Access](#), [Caregivers](#), [Long Term Care](#), [Workforce](#), [Research](#), and [Legal](#). Each sub-group was tasked with making recommendations for addressing the needs identified in their respective area of focus. After a public comment period, the draft plan was finalized to begin the next step in the process: implementation.

The Working Group will reconvene in the fall to prioritize the proposed recommendations for implementation. See the information bar at left to link to each sub-group's specific recommendations in the State Plan.

For more information and to become involved, send us an email to info@ltgov.state.ri.us (write Alzheimer's in the subject line)...[Click on the above links for more information.](#)

WHEN A CO-PAY GETS IN THE WAY OF HEALTH

Sendhil Mullainathan , New York Times

A few drugs — such as beta-blockers, statins and glycogen control medications — have proved very effective at managing [hypertension](#), heart disease, [diabetes](#) and strokes. Most [insurance](#) plans charge something for them. Why not make drugs like these free?...[Read More](#)



Drug dosing for older heart patients should differ

Difficult to identify the right dose of anti-clotting medications for the elderly after a heart attack



Older heart patients present unique challenges for determining the optimal dosages of medications, so a new study from researchers at Duke Medicine offers some rare clarity about the use of drugs that are used to treat patients with heart attacks.

For certain heart patients older than age 75, a half-dose of the anti-platelet drug prasugrel works about as well as the typical dosage of clopidogrel, according to a team led by the Duke Clinical Research Institute, Durham, N.C., that looked at a sub-study of a large clinical trial....[Read More](#)

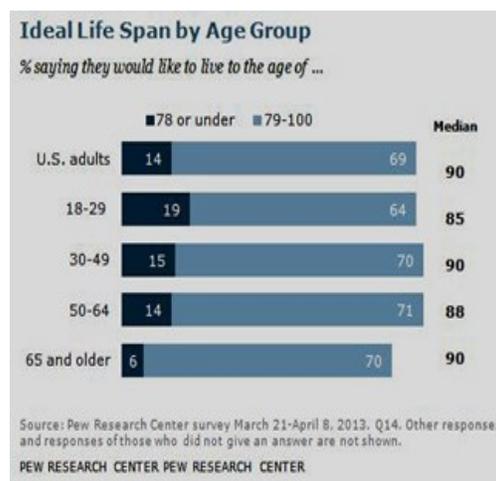
Living to 120 and Beyond: Most Americans say 'no thanks' but say others would want to

Americans' views on aging, medical advances and radical life extension explored by Pew Research Center

With falling birthrates and rising life expectancies, the U.S. population is rapidly aging. By 2050, according to U.S. Census Bureau projections, one-in-five Americans will be 65 or older, and at least 400,000 will be 100 or older.

Some futurists think even more radical changes are coming, including medical treatments that could slow, stop or reverse the aging process and allow humans to remain healthy and productive to the age of 120 or more.

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CLINTON DEFENDS VOTING RIGHTS ACT, SAYS STATES REVIVE 'OLD DEMONS OF DISCRIMINATION'

Philip Rucker, Washington Post



Hillary Rodham Clinton delivered a forceful and impassioned defense of the Voting Rights Act here on Monday, condemning laws and other moves in some states that she said are reviving "old demons of discrimination."

In an address focused on the role of the law in American society, Clinton emphatically entered the debate about minority voting rights and made some of her most political remarks since stepping down as secretary of state this year.

"Anyone that says that racial discrimination is no longer a problem in American elections must not be paying attention," said Clinton, who is weighing a second run for president in 2016.

Clinton's address to the American Bar Association's annual meeting in San Francisco was the first in what she said will be a series of major addresses this fall about the challenges undermining Americans' faith in government...[Read More](#)

SOCIAL SECURITY IS A MODEL, NOT A FAILURE, FOR WASHINGTON BUDGETMAKING

Paul N. Singer, The Christian Science Monitor

Compared with Washington's budget processes, Social Security is a model of fiscal rectitude. While Congress has failed to rein in spending and engaged in expensive off-budget wars at the same time that it was cutting taxes for the rich, Social Security has operated under a 30-year bipartisan agreement that not only fully funded existing benefits but also built up a \$2.6 trillion surplus in anticipation of today's retiree bulge.

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STATES SCRAMBLE TO DRIVE DOWN MEDICAID DRUG COSTS

Kelly Kennedy, USA Today



A little-known provision of the 2010 health care law has states and their governors scrambling to take advantage of potential savings in how states distribute medication to Medicaid patients.

The Affordable Care Act (ACA) allows states to receive drug rebates even if they move their Medicaid prescription benefit to managed-care organizations. The federal government has also asked states to fix the wide disparities in dispensing costs for drugs distributed through Medicaid.

That has created a rush by states and businesses to capitalize on the changes as evidence shows they are having an effect. For the first time, New York has reduced Medicaid spending. Alabama, which had one of the highest dispensing rates for Medicaid drugs, has created a commission to determine the best way to distribute medication.

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SOCIAL SECURITY PAYING RETIREMENT BENEFITS TO SAME-SEX SPOUSES

Julian Hattem, The Hill

The Social Security Administration on Friday announced that it is processing retirement claims from some gay married couples and paying out benefits, as a result of the Supreme Court's ruling that a key portion of the Defense of Marriage Act (DOMA) was unconstitutional...[Read More](#)

