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# RI ARA

*“Fighting for the future of our members.  
NOW, more than ever!!!!”*

*Affiliated with the Rhode Island AFL-CIO  
RIARA HealthLink Wellness*

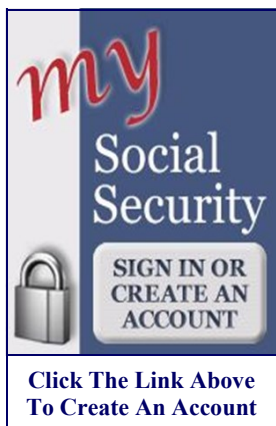
**August 25, 2014 E-Newsletter**



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## Social Security Pushes My Social Security in Honor of Turning 79

**This account is a tool people can use to keep up with their Social Security benefits, and more**



In honor of the 79th Anniversary of the Social Security Act, Social Security is urging Americans to establish a *my* Social Security account, a personalized online account, promoted as a helpful retirement planning tool.

Through August 23, Social Security will host numerous events to highlight the benefits of a *my* Social Security account, which people can establish in their working years and continuing throughout the time they receive Social Security benefits.

"I am excited about the first National *my* Social Security Week. A *my* Social Security account is a convenient, cost-effective and secure way for the public to do business with us from the comfort of their home, office or library," said Carolyn W. Colvin, Acting Commissioner of Social Security.

With a *my* Social Security account, people can take control of their future by accessing their online *Social Security Statement*, which is a great financial planning tool that provides

workers age 18 and over their complete earnings history and estimates for future retirement, disability and survivors benefits.

The *Statement* allows workers to verify the accuracy of their earnings each year. This is important since earnings are the basis for determining future retirement benefits. Individuals who currently receive benefits can sign up for a *my* Social Security account to get an instant benefit verification letter, change their address and phone number, and start or change direct deposit of their benefit payment.

To date, over 13 million people have established an account.

Events during *my* Social Security week include a Twitter chat on "*my* Social Security and Planning for Your Financial Future;" *my* Social Security sign-up events nationwide at local churches, libraries, federal government agencies, large employers, youth centers/organizations, senior centers, and colleges and universities; social media outreach including a **Thunderclap campaign**, and a National radio media tour.

"I am proud Social Security continues to provide world-class customer service that meets the changing needs of the public," Colvin said.

"For those who aren't comfortable with the Internet and prefer to conduct business with us by telephone or face-to-face, we remain committed to maintaining a network of local offices to provide our services."

For more information, please go to [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

## Government Streamlining Medicare Coverage For Cancer Test

**In a clinical trial, Colorguard detected 92 percent of colorectal cancers and 42 percent of advanced adenomas, large polyps that are more likely than small polyps to lead to cancer.**

*By Michelle Andrews, Insuring Your Health*

Medicare beneficiaries may get speedier coverage for a newly approved screening test for colorectal cancer under a pilot project in which two federal agencies reviewed the product at the same time instead of one after the other.

The Cologuard test, which detects the presence of DNA mutations that may be cancers in the stool, was **approved by the Food and Drug Administration** this week. The same day, the Centers for Medicare & Medicaid Services **issued a proposal** to cover the test once every three years in asymptomatic people over age 50 who are at average risk for the disease...**Read More**



## History of Social Security



The Social Security Administration (SSA) began life as the Social Security Board (SSB). The SSB was created at the moment President Franklin D. Roosevelt inked his signature on the Social Security Act (August 14, 1935 at 3:30 p.m.).

The SSB was an entirely new entity, with no staff, no facilities and no budget. The initial personnel were donated from existing agencies, and a temporary budget was obtained from Harry Hopkins and the Federal Emergency Relief Administration. **Frances Perkins**, Secretary of Labor, offered one of her Assistant Secretaries, **Arthur Altmeyer**, to be an initial Board member, and she even gave her high-backed red-leather executive

chair to Altmeyer since the SSB had no furniture. The Board itself consisted of **three presidentially appointed executives** and such staff as they needed to hire.

On 7/1/39 the Social Security Board lost its independent agency status when the new sub-cabinet level Federal Security Agency was created. The FSA encompassed the SSB, the Public Health Service, the Office of Education, the Civilian Conservation Corp., and the U.S. Employment Service.

On 7/16/46 the SSB was renamed the Social Security Administration under **the President's Reorganization Plan of 1946**. Arthur Altmeyer, who had been chairman of the Board of the SSB, became SSA's first Commissioner.

On 4/11/53 President Eisenhower abolished the FSA and created a new Department of Health, Education and Welfare (HEW). SSA was made part of this new cabinet agency.

HEW was replaced by the Department of Health & Human Services on 5/4/80. SSA was a major part of HHS until legislation **signed by President Clinton on 8/15/94** returned SSA to its original status as an independent agency - effective 3/31/95.

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**On August 29, 2014, You Are Invited To**  
**The Salvatore Mancini Recourse & Activity Center**  
**2 Atlantic Blvd., North Providence, RI**  
**From 11:00 am to 12:00 noon**

**To Help The RI ARA Celebrate Two Great Events**



**Social Security's 79th Birthday**  
**The Social Security Act signed into law on**  
**August 14, 1935 by President Roosevelt**  
**Medicare & Medicaid's 49th Birthday**  
**The Medicare & Medicaid programs signed into law**  
**on July 30, 1965 By President Lyndon B. Johnson**



**Come help us celebrate these historic events with:**  
**Alliance for Retired Americans Executive Director, Richard Fiesta**  
**RI Senators: Jack Reed & Sheldon Whitehouse**  
**RI Congressmen: Jim Langevin & David Cicilline**

*We will serve coffee & birthday cake*  
*10 Door Prizes Of \$10 CVS Gift Cards*

## **Most Seniors Not Aware of High Dose Flu Shot for Elderly Provided by Medicare**

**Flu vaccine, including high dose version, is provided at no cost to seniors covered by Medicare - [vaccine finder on page](#)**



A stronger flu vaccine was created just for senior citizens. The high dose vaccine contains four times the antigens as the regular flu vaccine and is intended to create a stronger immune response for seniors, who are at greater risk of developing severe flu-related illnesses. The problem is that the majority of seniors are not aware of its importance.

A new survey from CVS/pharmacy found that three in five U.S. adults (61 percent) are unaware of the importance of the high dose flu vaccine in flu prevention for adults 65 years and older. According to the study, nearly one in three (30 percent) Americans have a role in helping an elderly family member or loved one aged 65 years or older make healthcare decisions, reinforcing the importance of the general population to be aware of the availability of the high dose flu vaccine....[Read More](#)

**[Click on the two links below for more information](#)**

### **[What You Should Know and Do this Flu Season If You Are 65 Years and Older](#) [Seasonal Influenza Vaccination Resources for Health Professionals](#)**

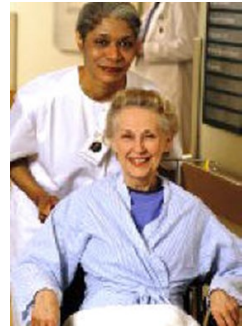
## **One of Five Medicare Hospice Patients Discharged Alive – Is It to Save Money**

**Live discharge rates differ between hospice programs;  
when should those rates raise red flags among issues explored**

About 1 in 5 Medicare patients is discharged from hospice care alive, whether due to patients' informed choice, a change in their condition, or inappropriate actions by the hospice to save on hospitalization costs related to terminal illness.

How live discharge rates differ between hospice programs and geographic regions, and when those rates should raise red flags are among the issues explored in the article "[A National Study of Live Discharges from Hospice](#)," published in *Journal of Palliative Medicine*, the peer-reviewed journal is the official journal of the Center to Advance Palliative Care (CAPC) and an official journal of the Hospice and Palliative Nurses Association.

Joan M. Teno, MD, Pedro Gozalo, PhD, and Vincent Mor, PhD, Brown University School of Public Health (Providence, RI), and Michael Plotzke, PhD, Abt Associates (Cambridge, MA), examined all of the Medicare hospice discharges in the U.S. between January 1 to December 31, 2010...[Read More](#)



## **Diabetes Risk Rapidly Increasing in U.S., Almost Half Adults Likely Victims**

**Lifetime risk for Hispanics, black women probably more than 50 percent**

More than half of Hispanics and black women, and just less than half of all adults in the U.S. are projected to develop type 2 diabetes in their lifetime, according to projections from a new study in *The Lancet Diabetes & Endocrinology*.

A team of US researchers combined data from nationally representative U.S. population interviews and death certificates for about 600 000 adults to estimate trends in the lifetime risk of diabetes and years of life lost to diabetes in the USA between 1985 and 2011.

Over the 26 years of study, the lifetime risk of developing type 2 diabetes for the average American 20-year-old rose from 20% for men and 27% for women in 1985, to 40% for men and 39% for women in 2000.

The largest increases were in Hispanic men and women, and non-Hispanic black women, for whom lifetime risk now exceeds 50%.

"Soaring rates of diabetes since the late 1980s and longer overall life expectancy in the general population have been the main drivers of the striking increase in the lifetime risk of diabetes over the last 26 years," said Dr. Edward Gregg, study leader and Chief of the Epidemiology and Statistics Branch, Division of Diabetes Translation at the Centers for Disease Control and Prevention...[Read More](#)



## Middle-Aged Women Missing Passion - and Sex - Seek Affairs, Not Divorce

Being happy in marriage is far different than being happy in bed - None of women looking to leave husband

By Sydney McKinley, American Sociological Association



When middle-aged women seek extra-marital affairs, they are looking for more romantic passion, which includes sex — and don't want to divorce their husbands, suggests new research to be presented at the 109th Annual Meeting of the American Sociological Association.

"Being happy in marriage is far different than being happy in bed," said Eric Anderson, a professor of masculinity, sexuality, and sport at the University of Winchester in England and the chief science officer at AshleyMadison.com, a popular website for those interested in having extra-marital affairs.

In their study, Anderson and his co-authors focus on 100 heterosexual, married, females between the ages of 35 and 45, and their conversations with potential suitors on AshleyMadison.com, in hopes of determining what drives this subset of women to infidelity.

The researchers found that the large majority of women — 67 percent — were seeking affairs because they wanted more romantic passion, which always included sex....[Read More](#)

## Caregivers of Patients with Cognitive Conditions

**'All caregivers need training and support; caregivers who are responsible for people with challenging behaviors are among those most in need of assistance,' AARP/United Hospital Fund**

Family caregivers who provide complex chronic care to people who also have cognitive and behavioral health conditions face particularly demanding challenges, including high levels of self-reported depression. A majority of them (61%) reported feeling stress “sometimes to always,” between their caregiving responsibilities and trying to meet other work or family obligations, says a new report.

Adding to the challenge, people with cognitive and behavioral conditions (collectively termed in the report “challenging behaviors”) were generally sicker than other people requiring caregiving, according to the report by the AARP Public Policy Institute the United Hospital Fund....[Read More](#)



## Spanish Friday Alert now Available

The *Friday Alert* will now be available each week in Spanish! To see last week's *Alerta Semanal*, go to <http://tinyurl.com/mq7gpry>. For the Alliance's Spanish language page, which includes fact sheets and other translated documents from the main site, go to <http://tinyurl.com/nllcz6n>. More outreach from the Alliance to the Hispanic elder community will be coming in the next few months.

The New England ARA state affiliates are actively pursuing these Petitions.

**Petition Subject: Observation Stays: “Current Hospital Issues in the Medicare Program”**

ADD  
YOUR  
NAME

**Get The Message Out:  
SIGN THE PETITION!!!!**

**Petition Subject: House Concurrent Resolution 67 and Senate Concurrent Resolution 26 to get power doors installed in Post Offices and other federal buildings.**

ADD  
YOUR  
NAME

**Get The Message Out:  
SIGN THE PETITION!!!!**

**Petition Subject: Elimination of the Unfair GPO and WEP Provisions of the Social Security Act to make sure the Congress of the United States enacts legislation, HR 3118 & S 896**

ADD  
YOUR  
NAME

**Get The Message Out:  
SIGN THE PETITION!!!!**