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RI ARA

*“Fighting for the future of our members.
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*Affiliated with the Rhode Island AFL-CIO
RI ARA HealthLink Wellness*

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Capitol Hill Event Puts Focus on Older Unemployed Workers



On Wednesday, July 16, **Richard Fiesta**, Executive Director of the Alliance, teamed up with several Members of Congress, the Center for Effective Government, and other advocacy organizations to draw attention to older unemployed jobseekers. The Capitol Hill event highlighted the disproportionate impact of long-term unemployment on both near-retirees and younger workers (20's). In the past month, the coalition has also highlighted the effect of long-term unemployment on children, women, and veterans. The events were inspired by a



story bank, which the Center for Effective Government began in order to document the impact of a rough job market on more than 2 million Americans who were cut off from extended unemployment benefits at the end of 2013.

Wednesday's event featured Reps. **Daniel Kildee** (MI), **Dina Titus** (NV), **Steven Horsford** (NV), **Rosa DeLauro** (CT), **Jan Schakowsky** (IL), **Steny Hoyer** (MD), **Chris Van Hollen** (MD), **David Cicilline** (RI) and others. The Center for Effective Government has collected over 2400 stories about unemployed retirees who have spent down their savings and need the unemployment benefits for basic needs.

“Older jobseekers often face unemployment discrimination as they look for work, and they also have the longest bouts of unemployment,” said Mr. Fiesta. “The average duration of unemployment for workers ages 55 to 64 is 11 months, according to the Department of Labor. That's three months longer than the average for 25- to 36-year-olds.” You can view the photo archive from the event at <http://tinyurl.com/l5ovmy2>. To view video footage, go to <http://tinyurl.com/n4dv66n>.

Congressman David N. Cicilline (D-RI) was one of the speakers, view picture:

<https://www.flickr.com/photos/124645120@N08/14485349999/>

STOP STAPLES **Don't buy.**
It's that easy
Stop the attacks on good jobs and public post offices.

The announcement by Staples indicating it is terminating its no-bid deal with the U.S. Postal Service (USPS) and replacing it with an “approved shipper” program, “is a ruse,” says American Postal Workers Union (**APWU**) President Mark Dimondstein.

Staples and the USPS are changing the name of the program, without addressing the fundamental concerns of postal workers and postal customers. If it looks like a duck, walks like a duck and quacks like a duck, it's a duck.

A USPS spokesperson told the **Boston Globe**, "We look forward to continuing the partnership whether it's called Retail Partner Expansion or approved shipper. We just want our customers to know they can continue to get postal services at these 82 locations."

Dimondstein says the Staples announcement, along with a **July 7 letter from the USPS**, “makes it clear. They intend to continue to privatize postal retail operations, replace living-wage Postal Service jobs with low-wage Staples jobs and compromise the safety and security of the mail.” He adds: This attempt at trickery shows that the ‘Don't Buy Staples’ movement is having an effect. We intend to keep up the pressure until Staples gets out of the mail business. The U.S. Mail Is Not for Sale...**Read More**

Stroke Risk in Seniors, Middle-Age Adults Jumps with Stress, Hostility, Depression

Psychological characteristics equally important to cholesterol, blood pressure, smoking other traditional risk factors



Higher levels of stress, hostility and depressive symptoms are associated with significantly increased risk of stroke or transient ischemic attack (TIA) in middle-age adults and seniors, according to new research in the American Heart Association journal *Stroke*. Interestingly, anger was not seen to cause a significant increase in stroke risk.

A TIA is a stroke caused by a temporary blockage of blood flow to the brain. Researchers investigated how psychological factors might influence risk for chronic disease, using data from the Multi-Ethnic Study of Atherosclerosis (MESA), an ongoing study on cardiovascular disease risk factors in participants living in six U.S. cities.

More than 6,700 adults (ages 45-84; 53 percent women) completed questionnaires assessing chronic stress, depressive symptoms, anger and hostility over two years. Participants were 38.5 percent white, 27.8 percent African-American, 11.8 percent Chinese and 21.9 percent Hispanic. All were free of cardiovascular disease at the start of the study...[Read More](#)

Alcohol Drinking Gets a Couple of Bad Reviews and Seniors Should Know Limits

Many U.S. senior citizens consume low to moderate amounts of alcohol on a regular basis but need to be aware of special warnings for seniors by National Institute on Alcohol Abuse and Alcoholism

For a while now alcohol has had a good run with research studies declaring it a safe or even beneficial drink when it comes to major health threats like heart problems and cancer. Two reports this week seem to be pointing in the opposite direction. One says even light-to-moderate drinkers can lower their risk of heart disease, their body mass index and their blood pressure by cutting back on alcohol consumption. And, a doctors' organization this week put alcohol on its list of things to avoid to reduce your cancer risk.



Reducing alcohol consumption lowers heart risk, blood pressure and body mass index
The latest alcohol findings by the [Perelman School of Medicine at the University of Pennsylvania](#) and others call into question previous studies which suggest that consuming light-to-moderate amounts of alcohol – 0.6 to 0.8 fluid ounces per day - may have a protective effect on cardiovascular health. The new multi-center study is published in *The BMJ*.

The researchers reviewed evidence from more than 50 studies that linked drinking habits and cardiovascular health for over 260,000 people.

They found that individuals who carry a specific gene which typically leads to lower alcohol consumption over time have, on average, superior cardiovascular health records. Specifically, the results show that individuals who consume 17 percent less alcohol per week have on average a 10 percent reduced risk of coronary heart disease, lower blood pressure and a lower Body Mass Index...[Read More](#)

New Health Care Innovation Awards Announced for Better Health Care, Lower Costs

Centers for Medicare & Medicaid Innovation Center to invest \$360 million

Health Care Innovation Awards expected to total as much as \$360 million to deliver better health care at lower costs were announced yesterday by Health and Human Services Secretary Sylvia Mathews Burwell. Seven awards from the Centers of Medicare and Medicaid Services' Innovation Center will focus on improving care for frail elderly patients or providing support for aging in the community and most of the other endeavors will also benefit seniors.

The models to test innovative care will include 39 recipients representing 27 states and the District of Columbia.



“The Health Care Innovation Awards support our ongoing work to drive down health care costs while providing high quality care to CMS beneficiaries,” said Secretary Burwell. “These awards advance innovative solutions in delivering and improving care from all across our nation.” ...[Read More](#)

New Elder Abuse Roadmap Outlines Critical Path to Protecting Seniors

Efforts led by Justice Department, Health and Human Services to gather input from hundreds of private stakeholders; free training for attorneys

The Obama Administration yesterday released The Elder Justice Roadmap, which is a program outline developed by experts in the field. It will be used by the Elder Justice Coordinating Council and others to develop strategic plans to prevent and combat elder abuse.

The government and civilian leaders in the fight against elder said The Elder Justice Roadmap will provide guidance in tackling the highest priority challenges to elder abuse prevention and prosecution, and called on all American to take a stand against the serious societal problem of elder abuse, neglect and financial exploitation.

Research suggests that 1 in 10 Americans over the age of 60 has experienced elder abuse or neglect, and that people with dementia are at higher risk for abuse.

Supported by the Department of Justice (DOJ) and the Department of Health and Human Services (HHS), the Elder Justice Roadmap was developed by harnessing the expertise of hundreds of public and private stakeholders from across the country and by gathering their input.

The RED FLAGS of ELDER ABUSE; Neglect, Financial abuse/exploitation, Psychological/emotional abuse, Physical/sexual abuse...[Read the full article](#)

Vasectomy Appears to Increase Risk of Aggressive, Lethal Prostate Cancer

Men who had regular PSA screening had a increased risk of

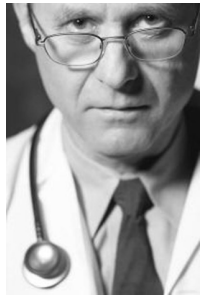
56% for lethal prostate cancer; effect stronger among men who had a vasectomy at younger age.

The largest study to examine the link between vasectomy and prostate cancer has found that men who had this birth control procedure have a small increase in their risk of prostate cancer but a stronger risk for advanced or lethal cases of this cancer.

The Harvard School of Public Health (HSPH) researchers found that the association remained even among men who received regular PSA screening, suggesting the increased risk of lethal cancer cannot be explained by diagnostic bias.

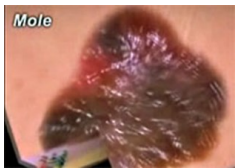
The results showed a 10% increased risk of prostate cancer overall in men who had a vasectomy. Vasectomy was not significantly associated with risk of low-grade. However, vasectomy was associated with an increased risk of 20% for advanced prostate cancer and 19% for a lethal case.

Among men who received regular PSA screening, the relative increase in risk of lethal prostate cancer was 56%. The effect appeared to be stronger among men who had a vasectomy at a younger age. The study appeared online July 7, 2014 in *Journal of Clinical Oncology*...[Read More](#)



YouTube May Be Social Media Tool to Link More Seniors to Health Information

With video social media, information about skin cancer and sun protection goes straight from researchers to the public



Senior citizens have not been pioneers in using social media, but they are eager consumers of health information. Research for the University of Colorado Cancer Center suggests that YouTube has the potential to be the ultimate provider of health information seniors want – at least as it applies to skin cancer.

YouTube is for more than watching World Cup highlights, Brian Williams refreshing old school rap classics, and videos of skateboarders landing in unfortunate positions on railings.

A University of Colorado Cancer Center study published in the *Dermatology Online Journal* shows that YouTube also allows researchers, journals, and health advocates to connect directly with the public on topics of skin cancer and prevention.

“No matter what field you’re in, social media is the future of how we communicate around the world,” says Chante Karimkhani, MD candidate in the lab of Robert Dellavalle, MD, PhD, MSPH investigator at the CU Cancer Center and associate professor of dermatology at the University of Colorado School of Medicine. Dr. Dellavalle also manages the Facebook page and other social media for the *Journal of the American Academy of Dermatology*....[Read More](#)

Alzheimer's Conference Offers Signs of Hope in Battle Against Mind-Crushing Disease

Below are some of the highlights from the Alzheimer's Association International Conference that are important to every senior citizen

By Tucker Sutherland, editor, SeniorJournal.com



For the first time in the almost-20-years that I have closely followed the battle against Alzheimer's disease, I am encouraged about our odds. As the Alzheimer's Association International Conference for this year wraps up in Copenhagen, the researchers and other experts who made presentations convinced me we are finally getting our arms around this cruel killer, and have a chance to - someday - bring it under control. Below are the highlights and every senior citizen, the primary victims of the disease, needs to read them.

There were several reports from the United States and Europe suggesting the possibility of reducing risk and maybe even preventing the disease most feared by most seniors. We have a full report on this that you can reach by [clicking here](#).

Other data includes advances in early detection and diagnosis, identifying risk factors and possible risk reduction strategies, and the first-ever long-term clinical trial of a multifaceted lifestyle change in older adults.

Also released at AAIC 2014 was new information on the basic brain science of Alzheimer's, trends in new cases of dementia and overall numbers of people with the disease, the multiple benefits of cataract surgery for people with Alzheimer's and additional data about drugs involved in Alzheimer's prevention trials.

AAIC is the premier annual forum for presentation and discussion of the latest Alzheimer's and dementia research. Bringing the world closer to breakthroughs in dementia science, AAIC 2014 brought together approximately 4,000 leading experts and researchers from 75 countries around the world, and featured more than 1,700 scientific presentations.

[Click Here To Read The Summaries Of Discoveries You Should Read About](#)

- ◆ Potential for smell and eye tests in early detection of Alzheimer's
- ◆ Two studies of beta-amyloid in the eye
- ◆ Largest study of brain tau PET imaging suggests scans' ability for early detection of dementia
- ◆ Lifestyle interventions may improve memory and thinking in middle-age and older adults
- ◆ Exercise in mid- and late-life associated with decreased risk of dementia
- ◆ Late-onset high blood pressure could protect against dementia
- ◆ Cataract surgery improves not only vision but cognition and quality of life
- ◆ Psychological intervention for caregivers may reduce anxiety and depression
- ◆ Diabetes drug associated with reduced risk of dementia
- ◆ Additional abnormal protein, TDP-43, found in brains of people with Alzheimer's

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!!!!**