



© RI ARA 2014
All Rights Reserved

RI ARA

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

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



Published in house by the
RI ARA

March 17, 2014, 2014 E-Newsletter

Rhode Island Senator Sheldon Whitehouse starts a petition



On Monday, March 10, 2014, Rhode Island Senator Sheldon Whitehouse started a petition to the United States Congress, which says:

I joined 30 of my colleagues in pulling an all-nighter on the Senate floor to wake up Congress to the importance of taking action on climate change—and the response has been phenomenal. For nearly 15 hours straight, we controlled the debate on the floor while our Republican counterparts sat virtually idle on the sidelines. We can win, but we need to fight. Add your voice to this wake-up call today.

Despite all the evidence about the reality of climate change and the damage it is causing, Congress has so far failed to do anything about it—lulled through this crisis by polluting special interests. We need to send a clear message that the American people want Congress to wake up.

This is the first effort of the new Climate Action Task Force that Senator Barbara Boxer and I announced at the beginning of this year—an effort to break through the lies of Big Coal and Big Oil and finally galvanize our colleagues to acknowledge an undeniable truth: Climate change is real.

The overwhelming support we have received has heightened our confidence about our ability to get a significant climate bill passed in Congress. We can win, but we have to fight. And in order to fight, we need your voice.

Join me and thousands of others today to tell Congress: Wake up to climate change and take urgent action.

Stand with me: Tell Congress to wake up and take action on climate change.

Stand up to the American Legislative Exchange Council and Protect Pensions

The American Legislative Exchange Council (ALEC) is a corporate-funded, “pay-to-play” lobbying group that brings corporations and state legislators together to craft “model” legislation. The “model bills” they craft, regrettably, put corporate profits before the public interest. Stand up to ALEC – the coalition group that includes the Alliance for Retired Americans, the AFL-CIO, and other unions and allies, will focus on pensions during the week of March 17. ALEC’s goal is to wipe out public pension systems in favor of private 401(k) type plans. In a Wall Street-managed, individual 401(k) world, workers would lose their ability to save, invest and take action collectively. For a fact sheet on ALEC and retirement security, go to <http://tinyurl.com/l6ruewq>.



“ALEC and its sister organization, the State Policy Network, are planning campaigns, lobbying activities, and lawsuits to challenge and degrade state and local public pension systems in numerous states,” said **Barbara J. Easterling**, President of the Alliance. “Arizona, Colorado, Illinois, Missouri, Minnesota, and Pennsylvania are targets at the least, and we cannot afford to stay out of this battle. We will reach out to expose these anti-democratic efforts step-by-step.”

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.

HealthLink Wellness

Senior Citizens May Soon Have Blood Test to Predict Alzheimer's Risk with 90% Accuracy

Report in Nature Medicine on discovery in study of seniors over age 70; NPR reports on consequences of knowing – see video in story



If you are a senior citizens over age 70 a new blood test can predict with 90 percent accuracy if you will develop Alzheimer's disease in the next two or three years. The new discovery still must go through clinical testing before being available for general use but now seniors will have to consider if this is information they really want to know.

The study, led by neurologist Howard Federoff of Georgetown University Medical Center in Washington DC, is published today in Nature Medicine. He and his colleagues studied 525 seniors over the age of 70.

They tested those in the study for cognitive and memory ability and took their blood samples about once a year over a five year period. They further studied the blood results of 53 with mild cognitive impairment – or AD – including 18 who developed disease symptoms during the testing, and another 53 who remained cognitively healthy.

They found ten complex lipids, known as phospholipids, that were present at consistently lower levels in the blood of most people who had, or went on to develop, cognitive impairment. The team validated the results in a set of 41 further participants and determined the 90 percent accuracy.

A report on the study today by National Public Radio says, “The finding could lead to a quick and easy way for seniors to assess their risk of Alzheimer's, says Dr. Howard Federoff, a professor of neurology at Georgetown University. And that would be a ‘game changer,’ he says, if researchers find a treatment that can slow down or stop the disease.

“But because there is still no way to halt Alzheimer's, Federoff says, people considering the test would have to decide whether they are prepared to get results that ‘could be life-altering.’”

He emphasizes that his results will have to be validated by others and larger studies: “We also have to look at different age groups and a more diverse racial mix, and we need longer study periods.”..[Read More](#)

Memory Decline in Seniors May Be Reversed by New Drug Therapy

The drug the researchers tested blocked GABA receptors, restoring working memory in aged rats to the level of younger rats.

It may seem normal, at least for senior citizens - as we age, we misplace car keys, or can't remember a name we just learned, or a meal we just ordered. But University of Florida researchers say memory trouble doesn't have to be inevitable for seniors, and they've found a drug therapy that could potentially reverse this type of memory decline.

The drug can't yet be used in humans, but the researchers are pursuing compounds that could someday help the population of aging adults who don't have Alzheimer's or other dementias but still have trouble remembering day-to-day items. Their findings were published in the March 5 issue of the *Journal of Neuroscience*.

The kind of memory responsible for holding information in the mind for short periods of time is called “working memory.” Working memory relies on a balance of chemicals in the brain. The UF study shows this chemical balance tips in older adults, and working memory declines. The reason could be because their brains are producing too much of a chemical that slows neural activity.

“Graduate student Cristina Banuelos’ work suggests that cells that normally provide the brake on neural activity are in overdrive in the aged prefrontal cortex,” said researcher Jennifer Bizon, Ph.D., an associate professor in the department of neuroscience and a member of UF's Evelyn F. & William L. McKnight Brain Institute.

This chemical, an inhibitory brain neurotransmitter called GABA, is essential. Without it, brain cells can become too active, similar to what happens in the brains of people with schizophrenia and epilepsy. A normal level of GABA helps maintain the optimal levels of cell activation, said collaborator Barry Setlow, Ph.D., an associate professor in UF's departments of psychiatry and neuroscience....[Raed More](#)



Improving Self-Esteem of Seniors Can Prevent Health Problems

Confidence an important buffer to the stress of old age, Concordia University study shows



The importance of boosting self-esteem is normally associated with the trials and tribulations of adolescence. But new research from Concordia University shows that it's even more important for older adults to maintain and improve upon those confidence levels as they enter their twilight years. That's because boosting self-esteem can help buffer potential health threats typically associated with the transition into older adulthood.

A new study published in the journal *Psychoneuroendocrinology*, led by psychology researchers Sarah Liu and Carsten Wrosch from Concordia University's Centre for Research in Human Development found that boosting self-esteem can buffer potential health threats in seniors...[Read More](#)

Senior Citizens Need Diet High in Animal Protein Finds Two Studies: Better Function, Less Disease

Elderly improve their function physically, psychologically, and socially; second study says it helps seniors stay healthy

Two recent studies agree that senior citizens should eat a diet high in protein, particularly animal protein, which is considered by most to be harmful to younger people. The study released today says the animal protein may help the elderly function at higher levels and it follows the other out last week suggesting seniors at about age 65 should switch to more protein for increased protection from disease.



The latest study, published in the *Journal of the American Geriatrics Society*, says older people eating increased animal protein improve their function physically, psychologically, and socially...[Read More](#)

Ovarian Cancer Directly Linked for First Time to Being Overweight

Below story see statistics and information of the National Cancer Institute on Ovarian Cancer and Obesity



Being overweight was directly linked to ovarian cancer, which primarily strikes senior women, in an announcement today by the World Cancer Research Fund International. It is the first time obesity has been directly linked to this deadly cancer, although, many cancer organizations list it as a possible risk factor. This report estimates about five percent of cases in the U.S. are preventable with a healthy body weight.

Researchers working on the organization's Continuous Update Project (CUP) discovered the link between body weight and the cancer that caused 14,030 deaths in the U.S. last year – 2.4 percent of all cancer deaths. There were 22,240 new cases in U.S.; 1.3 percent of all new cancer cases, according to the National Cancer Institute....[Read More](#)

Medical and Patient Groups Call for Medicare Coverage of CT Lung Cancer Screening

Lung cancer kills more people each year than breast, colon and prostate cancers combined

Last December, the United States Preventive Services Task Force (USPSTF) recommended screening of adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years. Today a large number of medical and patient groups called on the Centers for Medicare & Medicaid Services (CMS) to provide Medicare coverage of low-dose computed tomography (LDCT) screening for patients defined in the USPSTF recommendations and others found to be at high-risk of lung cancer.

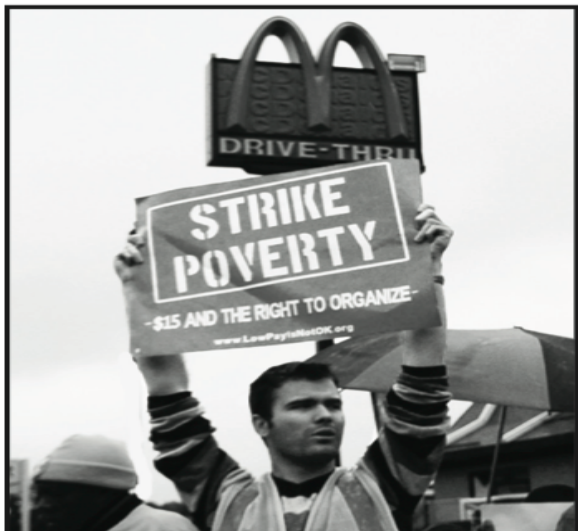


The request was from the Lung Cancer Alliance, The Society of Thoracic Surgeons, American College of Radiology (ACR) and 38 other medical organizations and patient advocacy groups.

"Lung cancer kills more people each year than breast, colon and prostate cancers combined. For each of these other three cancers, there are well established screening tests and programs," said Douglas E. Wood, M.D., immediate past president of The Society of Thoracic Surgeons.

"We strongly urge CMS to implement broad national coverage so that those at high risk, can be screened, providing the opportunity to save thousands of people each year from this terrible disease." ..[Read More](#)

Support Fair Pay for Fast Food Workers



Fast-food workers have been at the forefront for economic justice. They've gone on strike, fighting for \$15 and the right to form a union, fueling a national debate on income inequality and creating momentum to raise wages.

But in addition to not paying a decent wage, fast-food companies are making it even harder for their workers to afford even the basic necessities by stealing their wages. That's why fast-food workers are again making their voices heard again.

WHEN: Tuesday, March 18 @ 12:30 pm

WHERE: McDonald's, 343 Broad Street
Providence, RI 02907

Join fast food workers in the fight for \$15 and the right to organize!

**FIGHT
FOR \$15**



The Alliance for American Manufacturing is a non-profit, non-partisan partnership formed in 2007 by some of America's leading manufacturers and the United Steelworkers. Our mission is to strengthen American manufacturing and create new private-sector jobs through smart public policies. We believe that an innovative and growing manufacturing base is vital to America's economic and national security, as well as to providing good jobs for future generations.

americanmanufacturing.org

ALLIANCE FOR
american
manufacturing

Please Join U.S. Senator Jack Reed
for a Keep it Made in America Event
on Manufacturing and National Security.

THURSDAY, MARCH 20, 2014
6:00 P.M. (5:30 P.M. DOORS)
Pawtucket Armory
172 Exchange Street, Pawtucket, RI 02861

Please join the Alliance for American Manufacturing
for a conversation about the value of manufacturing
to our national and economic security.

ADDITIONAL SPEAKERS TO INCLUDE:
Brigadier General John Adams (U.S. Army, Ret.) • Scott Paul,
Alliance for American Manufacturing • Melissa Thomas, Raytheon •
Frank Hotchkiss, United Steelworkers • Ron Chewning, The NanoSteel
Company • Janet Raymond, Providence/Cranston Workforce
Investment Board

THIS EVENT INCLUDES A BUFFET DINNER. PLEASE RSVP.

RSVP / rsvp@aamfg.org / 1-866-365-2203 (toll free)

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

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!!!!**

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!!!!**

Rhode Island Alliance *for* Retired Americans, Inc. • 94 Cleveland Street • North Providence, RI • 02904-3525
401-722-2770 • www.ri-ara.org • riarajap@hotmail.com • <http://www.facebook.com/groups/354516807278/>