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RI ARA

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

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

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RI ARA

May is Older Americans Month

History of Older Americans Month

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, we are focusing on injury prevention with the theme **Safe Today. Healthy Tomorrow.**

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With a focus on safety during Older Americans Month, the Administration for Community Living plans to use this opportunity to raise awareness about this critical issue. By taking control of their safety, older Americans can live longer, healthier lives.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities...[Read RI ARA Press Release](#) [View The Joint New England ARA Chapters Proclamation](#)



Coalition members launch campaign to prevent Constitutional Convention

Citizens for Responsible Government do not want to see a Constitutional Convention because they feel it will do more harm than good.

Members of the coalition spoke at the old state house, saying a Constitutional Conventional is not what the state needs.

“A Constitutional Convention is a General Assembly on steroids,” said Hilliary Davis of the Rhode Island chapter of the American Civil Liberties Union. “(It’s) exempt from none of the political influences that plague a legislature tasked only with evaluating and redefining our basic constitutional rights and in the end accountable to no one.”

The coalition says a Constitutional Convention is a direct threat to civil rights, it can allow out-of-state special interests to spend unlimited amounts of money to benefit them, and other states have recognized the problems of a convention.

Labor leader George Nee said, “We can not let wealthy individuals and corporations buy our Constitution/ A Constitutional Convention, for all intents and purposes, puts our Constitution up for sale.”

He says changes can already be made to the Constitution by questions placed on the ballot by the General Assembly....[Read More](#) **The RI ARA is a Coalition Member**



Going down the same road with the 2015 Ryan budget



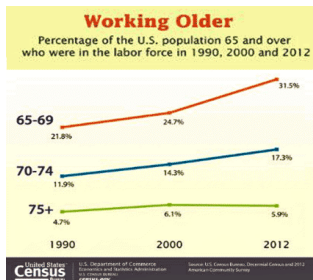
On April 1, House Budget Committee Chairman Paul Ryan (R-Wis.) introduced his 2015 budget proposal, titled "The Path to Prosperity." It's a road we've been down before. Once again, Rep. Ryan has proposed converting Medicare into a voucher program, in which Medicare recipients would receive a set amount of money to help them purchase coverage from a private insurance company or from traditional Medicare. As a result, older beneficiaries would likely choose to stay under the traditional Medicare plan, while many younger, healthier people would opt for private plans, weakening traditional Medicare and shifting costs to the elderly. In addition, Ryan has proposed raising the age of Medicare eligibility from 65 to 67 and making middle-class beneficiaries pay higher premiums.

The Ryan plan is "an affront to the nation's middle class and those who are trying to climb the ladder of opportunity," AFT President Randi Weingarten wrote in an April 9 letter to the U.S. House of Representatives. "By slashing education, job training and hunger programs; raising taxes on the middle class; ending the Medicare guarantee; and dramatically cutting Medicaid, the Ryan budget dismantles the ladder of opportunity for low- and middle-income Americans. At the same time, the Ryan plan offers tax incentives to corporations to send American jobs overseas while also raising middle-class taxes to cut tax rates for the wealthy."

Richard Fiesta, executive director of the Alliance for Retired Americans, points out that the Congressional Budget Office determined that under the 2011 Ryan plan, an earlier budget similar to the latest version, "seniors' out-of-pocket health care expenses would skyrocket, leaving a typical retiree with far less of his or her monthly Social Security check to meet other living expenses."...[Read More](#)

Census Bureau Recognizes Older Americans Month with Facts About Senior Citizens

21.3% of men 65 and older were in labor force in 2012, up from 17.6 percent in 1990



President John F. Kennedy established May as Senior Citizens Month in 1963 after being urged to help recognize older Americans in a meeting with the National Council of Senior Citizens. The U.S. Census Bureau gathered current facts and figures on the oldest Americans to provide a snap shot of the 65 and older age group that now makes up almost 14 percent of the population.

In 1980, President Jimmy Carter's proclamation changed the name to Older Americans Month, a time to celebrate those 65 and older through ceremonies, events and public recognition....[Read The Full Story More](#)



Senior Citizen Population in U.S. to Double in 20 Years: Boomers Fuel Growth; Nation Multi-Colored

Census Bureau releases two reports about older people in the United States;

Pew Research finds nation also becoming multi-colored.



The nation's 65-and-older population is projected to reach 83.7 million in the year 2050, almost double in size from the 2012 level of 43.1 million, according to two reports released today from the U.S. Census Bureau. A large part of this growth is due to the aging of baby boomers (individuals born in the United States between mid-1946 and mid-1964), who began turning 65 in 2011 and are now driving growth at the older ages of the population.

The first new report, *An Aging Nation: The Older Population in the United States*, looks at the demographic changes to the 65-and-older population that will comprise 21 percent of the U.S. population in 2050 and the impact that these changes will have on the composition of the total population.

A second report, *The Baby Boom Cohort in the United States: 2012 to 2060*, focuses on the shifting size and structure of the baby boom population. These briefs use data from the 2012 national projections of the U.S. population...[Read More](#)

HealthLink Wellness

Health Spending Per Capita for Elderly Grows Slowest Among All Age Groups in 2002-10

CMS actuary released annual National Health Expenditure data: measures health care spending in U.S.

Average annual growth in per capita personal health care spending for the elderly was 4.1 percent from 2002 to 2010, the lowest among any other age groups studied, according to a report by the Centers for Medicare & Medicaid Services' Office of the Actuary released yesterday and published in the journal *Health Affairs*.

These estimates are a subset of the annually-issued National Health Expenditure (NHE) data, which measures health care spending in the United States. The report examines aggregate and per-capita health spending by gender and major age groups.

Personal health care costs consist of all the medical goods and services used to treat or prevent a specific disease or condition in a specific person. As such, the estimates of health spending by age and gender reflect the types of goods and services delivered including hospital care, physician and clinical services, retail prescription drugs, and the programs and payers for that care, such as private health insurance, Medicare, Medicaid... [Read More](#)

Health Spending by Age Group 2002-10

Age group	2002	2004	2006	2008	2010
Total	\$4,768	\$5,438	\$6,065	\$6,637	\$7,097
0-18	2,369	2,770	3,117	3,361	3,628
19-84	4,098	4,670	5,273	5,749	6,125
19-44	3,104	3,496	3,845	4,179	4,422
45-64	5,707	6,452	7,312	7,893	8,370
65+	13,345	14,998	16,200	17,577	18,424
65-84	11,692	13,106	14,033	15,181	15,857
85+	25,192	28,252	30,661	33,124	34,783

How the 'Sandwich Generation' Can Build a Better Budget

Your retirement may seem too far off to deny your parents and children resources, but you need to save today.



The "sandwich generation" is more hard-pressed than ever to support both adult children and aging parents. If you are a midlifer stuck between two generations, you are in for some tough conversations and even tougher decisions, financial advisors say, to ensure your own kids don't inherit the same squeeze.

At least 15 percent of middle-aged adults are financially supporting both aging parents and children, according to January 2013 Pew Foundation survey of 2,511 adults throughout the country. "As they see what is going on with their parents, they are re-evaluating their own plans so that their children don't have to do for them what they are doing for their parents," says Steven M. Glazer, a senior financial services executive with MetLife who teaches a class on retirement roadblocks at St. Louis Community College.

The financial troubles of millennials are well-documented: Many are unemployed or underemployed, living with their parents and accepting help from their folks for gas, car insurance and cellphone bills. Meanwhile, even well-prepared senior citizens can suddenly find their medical and living expenses spiraling out of control... [Read More](#)

Let's Talk About Incontinence

The stigma associated with incontinence may keep it from being a common conversation topic. However, it is a condition all seniors should educate themselves since bladder weakness is a completely natural part of aging. According to the National Association for Continence, approximately one in five adults over the age of 40 struggles with urinary urgency and frequency (also known as having an overactive bladder or having urge incontinence). An overactive bladder does not have to slow you down. Many consumers use sanitary protection products to avoid the embarrassment of having to buy incontinence products. But incontinence products today have come a LONG way. Finding the right product that fits will give you a new freedom from incontinence.



Urge incontinence is the second leading type of incontinence (immediately after stress incontinence, caused by weakening muscles) and is often caused by a disruption in nerve signals from the brain to the muscles involved in urination, creating the need to go often or suddenly.

Here are 10 ways you can manage incontinence and enjoy a normal life:... [Read More](#)

Learning the Basics about CPAP



CPAP is an acronym for Continuous Positive Airway Pressure. A doctor that assists patients can prescribe CPAP machines for people who suffer from sleep apnea. When a person suffers from sleep apnea, she stops breathing several times when sleeping. When the brain realizes that a sleeper has stopped breathing, it will wake the person up enough for breathing to resume again. Unfortunately, this makes for a restless night. A CPAP machine blows air at a pressure high enough to keep your airway open during sleep. Modern machines offer therapy-tracking software, off grid power options and heated humidification.

The complexity level of the machines air delivery algorithm determines breathing machine types. CPAP machines blow one pressure no matter what, APAP machines adjust in a breath by breath basis to your ideal pressure and BiPAP (or Bi-Level) machines blow one inhale and one exhale pressure.

A CPAP machine provides air at a constant prescribed pressure through a tube and out of a CPAP mask to a person with Obstructive Sleep Apnea. The pressure of the air is determined during your sleep study and your doctor will prescribe you a CPAP machine at that pressure. Some CPAP users find it more pleasant to breath with APAP than with CPAP because the pressure automatically changes as needed to deliver the minimal pressure needed. With a CPAP, on the other hand, the pressure is set at the highest necessary to keep the airway open, even though the high pressure is needed only a fraction of the time...[Read More](#)

UF Researchers Develop Drug To Reverse Memory Loss Caused By Aging

By Marcus Johnson

A research team from the University of Florida is working on developing a drug that could help treat and reverse memory loss due to aging. The researchers state that they are studying compounds that could potentially help aging adults that don't have Alzheimer's or any other form of dementia. Researchers are focusing on "working memory," which is the kind of memory responsible for holding memories for short periods of time. When the brain ages, chemical imbalances can slow neural activity and slow people's working memory. The chemical responsible for the decline in working memory is called GABA, which is an inhibitory brain neurotransmitter. Without the GABA chemical, brain cells can become overly active — similar to those found in patients suffering from schizophrenia or epilepsy. However, too much of this chemical could slow neural activity....[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.

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

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

Get The Message Out:

SIGN THE PETITION!!!!