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RI ARA

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

Affiliated with the Rhode Island AFL-CIO



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November 3, 2014 E-Newsletter

Minimum Social Security COLA of Three Percent Demanded by Senior Citizens League

About \$113 Missing from Social Security in 2015, Says The Senior Citizens League



Only a day after Social Security announced a 1.7 percent cost-of-living increase for beneficiaries in 2015, The Senior Citizens League is calling for a minimum increase of 3 percent, which was the average before 2010. The group’s leader, Ed Cates, says benefits of the typical Social Security recipient will be about \$5,298 lower by the end of 2015 due to the government not maintaining at least a 3 percent increase.

How much will the Social Security cost – of – living adjustment (COLA) boost your benefits? “Probably not enough to prevent a loss of benefit buying power,” says TSCL Chairman Cates.

The Social Security Administration yesterday announced that beneficiaries would receive a 1.7 percent COLA for 2015. Cates points out this is the sixth consecutive year of “exceptionally low growth in benefits”. [Read More](#)

VOTE

IF WE DON'T VOTE,
WE DON'T HAVE A VOICE.
THEY CAN TRY TO STEAL OUR RETIREMENT,
BUT THEY CAN'T STEAL OUR VOTE.



VOTE

LAST CHANCE TO REMIND MEMBERS, FAMILY & FRIENDS TO SUPPORT THESE IMPORTANT ISSUES



Yes On Question 4 -
Engineering Rhode Island's Future
College of Engineering building
at the University of Rhode Island



CITIZENS FOR
RESPONSIBLE GOVERNMENT

**Constitutional Convention Bad
for Workers & Rhode Island**

For more information about Citizens for Responsible Government
Contact Jennifer Norris, MSW 401-241-7413 or <http://ricfrg.org/>

✓ **REJECT Question 3 on November 4th** ✓

Federal Retirees Most Unhappy with COLA, Face Healthcare Cost Hike of 3.8 Percent

**President of National Active and Retired Federal Employees Association
pleads for change in COLA calculation**



Millions of seniors receiving Social Security were probably more than a little disappointed in the small 1.7 percent increase in the benefit for 2015, but retirees from the military and federal employment received the same percentage increase. The problem for the federal employees is a little worse than others due to a 3.8 percent increase in health care premiums for 2015. Medicare for other retirees will have virtually no increase in costs.

Joseph A. Beaudoin, president of the National Active and Retired Federal Employees Association (NARFE), released the following statement on the impact to federal civilian retirement annuities and Social Security benefits:

News of the cost-of-living adjustment (COLA) for the coming year always is eagerly awaited by the countless Americans who rely on the increase to keep up with the rising price of food, housing, transportation and medical care...[Read More](#)

More Services for Senior Citizens Move to Administration for Community Living

**Created in 2012, ACL has gobbled up many of the organizations in
the federal government that serve senior citizens – new organizational chart below**

In a low-key but massive reorganization, the Administration for Community Living (ACL), which was formed in April of 2012, has made more changes and is becoming a large government home for many programs to support senior citizens in the U.S. Last year it was formed as the new home for the Administration on Aging, the Office on Disability and the Administration on Developmental Disabilities. Now it has swallowed the Paralysis Resource Center from the CDC and the State Health Insurance Assistance Programs (SHIP) from CMS.



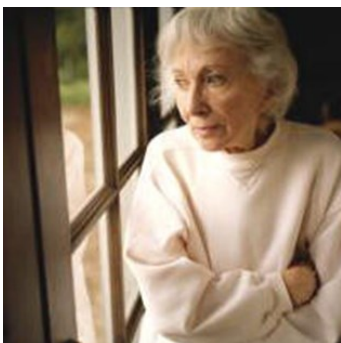
This recent reorganization was done to better align missions and incorporate the two organizations moved their earlier this year, says a news statement on the ACL website.

“This reorganization also will set the stage for success as we move programs from the Department of Education to ACL as part of the Workforce Innovation and Opportunity Act over the next year,” the statement added.

“We demonstrate that men with self-reported sleep disturbances run a 1.5-fold higher risk to develop Alzheimer's disease than those without reports of sleep disturbances during a 40-year follow-up period,” says Christian Benedict, sleep researcher at Uppsala University, who led the study...[Read More](#)

Low-Income Seniors in Medicare to See More Help in Finding Help

**National Council on Aging gets funding from MIPPA Resource Center
to continue assistance to low-income people**



The National Council on Aging (NCOA) has been awarded a grant from the Administration for Community Living (ACL) to continue its efforts to help thousands of low-income people with Medicare to get help enrolling in programs that make their health care more affordable.

As the Medicare Improvements for Patients and Providers Act (MIPPA) Resource Center, NCOA will provide technical assistance and support to State Health Insurance Assistance Programs, Area Agencies on Aging, and Aging and Disability Resource Centers for outreach and enrollment activities that help struggling Medicare beneficiaries receive the Part D Low-Income Subsidy (LIS) and Medicare Savings Programs (MSP).

These state agencies report having helped nearly 700,000 seniors and adults with disabilities to save over \$2.1 billion on their prescription and health care costs since 2009.

Funding to NCOA also supports outreach to low-income Medicare beneficiaries via web-based technology and person-centered assistance. NCOA will enhance and maintain its free online screening service [BenefitsCheckUp](#), which it says has helped close to 4 million people find more than \$14.5 billion in annual benefits...[Read More](#)

Many Elderly Found with Puzzling Mutations Linked to Leukemia, Lymphoma

Researchers find no connection with blood cancer that seldom strikes senior citizens

A surprisingly large percentage – 5 percent – of senior citizens over age 70 have been found to have genetic mutations linked to leukemia and lymphoma in their blood cells. The vast majority won't get blood cancer, however, as the incidence of these cancers is less than 0.1 percent among the elderly, according to the researchers at Washington University School of Medicine in St. Louis.



Mutations in the body's cells randomly accumulate as part of the aging process, and most are harmless. For some people, genetic changes in blood cells can develop in genes that play roles in initiating leukemia and lymphoma even though such people don't have the blood cancers, the scientists reported Oct. 19 in *Nature Medicine*.

"But it's quite striking how many people over age 70 have these mutations," said senior author Li Ding, PhD, of The Genome Institute at Washington University. "The power of this study lies in the large number of people we screened. We don't yet know whether having one of these mutations causes a higher than normal risk of developing blood cancers. More research would be required to better understand that risk."...[Read More](#)

Senior Citizens Drink Up! Moderate Alcohol Leads to Better Memory

Also linked with a larger volume in the hippocampus, a brain region critical for episodic memory

If you are a senior age 60 or older and do not have dementia, new research supports previous studies that have found moderate alcohol consumption improves your ability to recall memories of events – episodic memory.

Moderate alcohol consumption was also linked with a larger volume in the hippocampus, a brain region critical for episodic memory. The relationship between light alcohol consumption and episodic memory goes away if hippocampal volume is factored in, providing new evidence that hippocampal functioning is the critical factor in these improvements.

The researchers note that the amount of alcohol consumption had no impact on executive function or overall mental ability.

These findings by researchers from the [University of Texas Medical Branch at Galveston](#), University of Kentucky, and University of Maryland are detailed in the [American Journal of Alzheimer's Disease and Other Dementias](#).[Read More](#)



Frontotemporal Degeneration Dementia Draws More Attention, Research Funding

This early onset dementia strikes 10 years earlier than most;

almost \$6 million in research being funded by three agencies of the National Institutes of Health

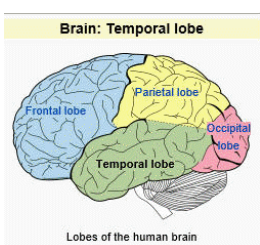
Approximately 50,000 Americans live with frontotemporal degeneration, or FTD, which strikes people most often in their 50s or 60s, and causes severe behavioral changes and problems with language and cognition. The National Institutes of Health will award three large, five-year projects targeting this specific form of dementia, known as frontotemporal because of the areas of the brain that are affected.

As the disease progresses, individuals have difficulty planning activities, interacting with others and caring for themselves. [\(Read more about the disease below news story.\)](#)

The projects, funded by the NIH's National Institute of Neurological Disorders and Stroke (NINDS), National Institute on Aging (NIA) and the National Center for Advancing Translational Sciences (NCATS), announced today total more than \$5.9 million for 2014.

"The grants cover a wide spectrum of FTD research, from fundamental discoveries of the genetics behind this disorder to testing potential therapies in patients. We hope that these projects will provide answers and new avenues of treatment for this devastating condition," said Walter Koroshetz, M.D., acting director of NINDS.

"The projects aim to advance our understanding of frontotemporal degeneration by improving diagnosis, identifying preventive strategies and providing new insights into the genetics underlying this complex disorder," said Margaret Sutherland, Ph.D., program director at NINDS....[Read More](#)



Beet Juice May Fuel Success of Auburn Football, And Heart Patients, Too

Increasing oxygen delivery 10% can be difference between being wheelchair-bound versus walking



The juice from beets, commonly referred to as “beetroot,” has received a new boost from the report that it has become a pre-game favorite for the surging Auburn University football team. But new research says it not only improves athletic performance but can improve the quality of life for heart failure patients, which far outnumber football players.

An exercise physiologist who has been studying the supplement for several years says it may be the secret of the football team’s success.

"Our research, published in the journal *Physiology* in 2013, has shown that the nitrate found in beetroot concentrate increases blood flow to skeletal muscles during exercise," said David Poole, professor of exercise kinesiology and anatomy and physiology at Kansas State University.

The researchers' latest study was published in the *Journal of Nitric Oxide, Biology and Chemistry*....[Read More](#)

Ten Percent of Grandparents Live With a Grandchild, Census Bureau Reports

Of the 65 million grandparents in the United States in 2012, 7 million, or 10 percent, lived with at least one grandchild, according to *Coresident Grandparents and Their Grandchildren: 2012*, a new report released today by the U.S. Census Bureau. The percentage of children who lived with a grandparent in 2012 was also 10 percent, rising from 7 percent in 1992.

About 4.2 million households, or 3 percent of all households, contained both grandchildren under 18 and their grandparents in 2012. More than 60 percent of these households were maintained by a grandparent and about one in three had no parent present.

In 2012, 2.7 million grandparents in the U.S. were raising their grandchildren. About 39 percent of these grandparent caregivers have cared for their grandchildren for five years or more.

"Recent trends in increased life expectancy, single-parent families and female employment increase the potential for grandparents to play an important role in the lives of their grandchildren," said Renee Ellis, a demographer in the Census Bureau's Fertility and Family Statistics Branch.

"Increases in grandparents living with grandchildren are one way that the grandparent role has changed."...[Read More](#)

Also read: [Coresident Grandparents and Their Grandchildren: 2012](#)



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
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