



**Rhode Island
Alliance
for Retired
Americans**

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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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Wealthiest Giving Less to Charity, while Poor and Middle-class Increase Donations

The Chronicle of Philanthropy, a leading source of news coverage of the nonprofit world, said in a report released on Monday that Americans who earned \$200,000 or more reduced the share of their income they gave to charity by 4.6 percent from 2006 to 2012. Those earning less than \$100,000 donated 4.5 percent more of their income, the report said. Changes in giving patterns were most pronounced in major cities, where the percentage of income that residents donated dropped markedly between 2006 and 2012.

In Philadelphia and Buffalo, New York, the share of income given to charity fell by more than 10 percent; there was a 9 percent drop in Los Angeles, Minneapolis-St. Paul and Washington, D.C. The *Chronicle's* editor, **Stacy Palmer**, noted that wealthy donors, overall, were more oriented toward support of the arts and higher education than lower-income donors, and less oriented toward support of social-service charities. More at <http://tinyurl.com/qd6cvw2>.

“Hopefully, those at the top of the socio-economic ladder will see this data and some of them will increase their giving,” said **Richard Fiesta**, Executive Director of the Alliance. “After all, a person can’t take their money with them when they die. The ancient Egyptian Pharaohs tried to take all their gold with them into the afterlife. It didn’t work.”

Share your story about an Experience with the Social Security Administration

The Alliance for Retired Americans wants to hear from you! Did you have a positive experience dealing with Social Security Administration (SSA) staff at a field office? Did you have a frustrating experience going online? The stories will help shape a report on what SSA should look like.

Email us at aracommunications@retiredamericans.org

CITIZENS FOR
RESPONSIBLE GOVERNMENT

Constitutional Convention Bad for Union Workers & Rhode Island

As many of you know, our organization, the Rhode Island Alliance *for* Retired Americans, is a proud member of Citizens for Responsible Government, the coalition leading the effort to REJECT Question 3 on the November 4 ballot. A Constitutional Convention poses significant risks to our Civil Rights, and it is up to us to get our message out to the public!

On Wednesday, October 1, 2014, the Citizens for Responsible Government released a 90 second campaign video ad urging voters to reject ballot question 3, which will ask voters to approve or reject a Constitutional Convention. The video highlights the threat to Rhode Islanders’ civil rights and the role that wealthy special interests can potentially play if a Constitutional Convention is approved. The coalition has also begun circulating a petition asking the people of Rhode Island to reject a Constitutional Convention and reject Question 3. You can view the ad here: <http://rejectquestion3.com/>. Please share this with everyone you know, and urge them to REJECT Question 3!

ADD
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An online petition has also been launched:

ADD
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NAME

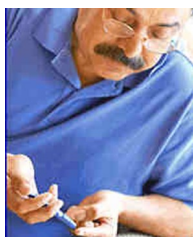
Please sign on to this petition, and share it with your family and friends!

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** ✓

Key to Beating Diabetes May Be in Medicine for Treating Tapeworms

Rutgers study seeks to find a safe, practical way to diminish fat content in the liver; niclosamide may be it



New research from Rutgers shows promising evidence that a modified form of a different drug, niclosamide – now used to eliminate intestinal parasites – may hold the key to battling the disease at its source. Type 2 diabetes affects an estimated 28 million Americans and almost one out of four seniors 60 and over, according to the American Diabetes Association, but medications now available only treat symptoms, not the root cause of the disease.

The study, led by Victor Shengkan Jin, an associate professor of pharmacology at **Rutgers Robert Wood Johnson Medical School**, has been published online by the journal *Nature Medicine*.

Jin says it is important to find a suitable medication to correct the cause of the disease as quickly as possible because the only way now known to “cure” the disease involves major gastric bypass surgery.

“The surgery can only be performed on highly obese people,” Jin explains, “and carries significant risks that include death, so it is not a realistic solution for most patients.”...[Read More](#)

Family Caregiver Alliance Adds Nine Free Publications for Caregivers

The library of free materials available online for caregivers has increased by nine publications, according to a news release by The Family Caregiver Alliance. The educational materials - many in multiple languages - include fact sheets, research reports, webinars, educational videos, and more. They are all available free online on the recently redesigned [FCA website](#).



“The materials offer families the kind of straightforward, practical help they need as they care for relatives with chronic or disabling health conditions such as Alzheimer’s disease, stroke and brain trauma,” according to the FCA news release.

“Topics reflect the urgent concerns and challenges faced by the caregivers we work with every day. The new publications include information on caring for someone with incontinence; legal planning for incapacity; handling grief and loss; transitioning to life after caregiving; and more.”

New and recently updated additions to the online library:

- ◆ *Advanced Health Care Directives and POLST:* [Read Publication](#)
- ◆ *Conservatorship and Guardianship:* [Read Publication](#)
- ◆ *Could It Be Their Brain?: Fronto-Temporal Dementia Checklist:* [Read Publication](#)
- ◆ *Finding an Attorney to Help with Estate Planning:* [Read Publication](#)
- ◆ *Grief and Loss:* [Read Publication](#)
- ◆ *Legal Planning for Incapacity:* [Read Publication](#)
- ◆ *Living with Incontinence: Social and Emotional Challenges (for the care recipient):* [Read Publication](#)
- ◆ *Caring for Someone with Incontinence: Social & Emotional Issues (for caregivers):* [Read Publication](#)
- ◆ *When Caregiving Ends:* [Read Publication](#)

Founded in 1977, Family Caregiver Alliance claims to be the first community-based nonprofit organization in the U.S. created to address the needs of caregivers.

FCA and its National Center on Caregiving are now "nationally and internationally recognized for pioneering programs" - information, education, research and advocacy - that support and sustain the important work of families and friends caring for loved ones with chronic, disabling health conditions.

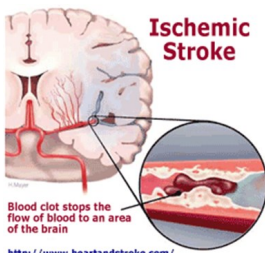
“These publications were developed with a generous grant from the Stavros Niarchos Foundation. The funds received from SNF allowed Family Caregiver Alliance to refine our caregiver content, to implement a more user-friendly content management system, and to develop communication channels to better support family caregivers,” according to the FCA website.

“With the generosity of grantors like the Stavros Niarchos Foundation, FCA is able to keep family caregivers educated, aware, and equipped with the tools and resources they need to care successfully for their loved ones.”

Blood Test Reveals Genetic Risk of Atrial Fibrillation and Stroke

About half of the people with AFib are seniors age 75 or older

Atrial fibrillation, which causes an irregular heartbeat, can lead to a number of health risks, including heart disease and stroke. Developing AFib increases markedly with older age, with about half of those with the condition are senior citizens over age 75. The American Heart Association points out people are more likely to get the condition if a family member has it. New research, however, has discovered how to identify with a simple blood test those who are genetically predisposed to develop atrial fibrillation and possibly a stroke.



“About three out of four people who have a stroke for the first time have high blood pressure. And an irregular atrial heart rhythm - atrial fibrillation - is present in about one out of five strokes,” according to the **American Heart Association**.

“Stroke is the nation’s No. 4 killer. It happens when a blood vessel that supplies blood to the brain is blocked or bursts. Nearly 800,000 Americans suffer a stroke each year. High blood pressure is the chief culprit, and atrial fibrillation isn’t far behind.”...**Read More**

Old Lungs Look New Again - Ibuprofen Reduces Inflammation in Elderly

Finding might someday support use of ibuprofen as adjunct therapy for senior citizens with tuberculosis

By Emily Caldwell

New research shows that the lungs become more inflammatory from cell damage with age and that ibuprofen can lower that inflammation. Researchers have found that immune cells from old mouse lungs fought tuberculosis bacteria as effectively as cells from young mice after lung inflammation was reduced by ibuprofen.

Most previous research establishing inflammation’s links to aging and disease has tested blood for elevated proteins that signal an inflammatory environment. These researchers found the same proteins in the lungs of old mice. Research has already established that the inevitable inflammation that comes with aging is linked to such conditions as Type 2 diabetes and heart disease.

This was a rare look at inflammation in the aging lung environment by Ohio State University scientists who study the immune response to tuberculosis (TB). The researchers already knew that old mice had a harder time clearing TB from the lungs than young mice, but had not investigated the role of lung inflammation in that response.

They found ibuprofen had no effect on the immune response to TB in young mice.

“Very few researchers have linked inflammation to infectious disease in old age, even though TB in particular will drive that inflammation even further,” said Joanne Turner, associate professor of microbial infection and immunity at Ohio State and senior author of the study.

“The inflammation-associated changes that we saw in the lung were a small finding, but an important finding because the implications are great,” Turner said. “We should be able to modify the environment in the lung. If we can reverse the inflammatory environment in a very straightforward way that is a positive.”

The research is published in the *Journal of Leukocyte Biology*....**Read More**



Telemarketing Scheme of Fake Medicare Callers Took Millions from Senior Citizens

Federal Trade Commission gets court to shut it down, seeks permanent shutdown, return of money

A massive fake Medicare scheme that stole millions of dollars from the bank accounts of senior citizens has been stopped by a federal court at the request of the Federal Trade Commission. The telemarketing crooks pretended to be part of Medicare to gain the confidence of the seniors.

The FTC announced yesterday it seeks to permanently end the operation and return victims’ money.

According to a complaint filed by the FTC, the defendants called consumers – including many whose numbers were listed on the National Do Not Call Registry – and said they were providing a new Medicare card or information about Medicare benefits.

The defendants allegedly misrepresented that they were working on behalf of Medicare, and said they needed to verify consumers’ identities using personal information that included their bank account numbers. The defendants allegedly assured consumers that the information would not be used to debit their bank accounts, and that there was no charge for the new Medicare card or information about Medicare benefits....**Read More**



Physical Therapy Before Hip, Knee Replacements May Save Medicare Mega-Millions

Also good news for senior citizens, who undergo most knee, hip replacements, to endure less stress following surgery

By Tucker Sutherland, editor, SeniorJournal.com



New research released today finds that postoperative care and costs could be reduced by about 30% for patients having total hip (THR) or total knee (TKR) replacement surgery, if physical therapy is administered before joint replacement surgery. It is good news for senior citizens, who have the majority of these procedures, and it makes sense considering the increasing abilities of seniors to tolerate physical exercise at increasing age levels.

This new study, appearing in the October 1 issue of the *Journal of Bone & Joint Surgery* (JBJS), says that physical therapy before joint replacement surgery, or “prehabilitation,” can save an average of \$1,215 per patient in skilled nursing facility, home health agency or other

postoperative care... [Read More](#)

Medicare Serious About Cutting Readmissions, Fines 2,610 Hospitals

Federal government’s penalties begin their third year this month

By Jordan Rau, KHN Staff Writer

Medicare is fining a record number of hospitals – 2,610 – for having too many patients return within a month for additional treatments, federal records released Wednesday show. Even though the nation’s readmission rate is dropping, Medicare’s average fines will be higher, with 39 hospitals receiving the largest penalty allowed, including the nation’s oldest hospital, Pennsylvania Hospital in Philadelphia...



The federal government’s penalties, which begin their third year this month, are intended to jolt hospitals to pay attention to what happens to their patients after they leave.

Around the country, many hospitals are replacing perfunctory discharge plans—such as giving patients paper instructions—with more active efforts, such as ensuring that outside doctors monitor their recoveries and giving supplies of medication to patients who may not be able to afford them... [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”

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**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.

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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

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