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RI ARA

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

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

September 8, 2014 E-Newsletter



Publication 2014 / Issue 36
Published in house by the
RI ARA

Its time to Strengthen and Expand Our Retirement Security, Not Cut It.



House Budget Committee Chairman Paul Ryan and his allies in Congress want to dismantle Social Security, Medicare, and Medicaid. They are trying to fast-track cuts to Social Security, voucherize Medicare, and cut Medicaid benefits. They are demanding these changes in order to give the spoils to Wall Street and the wealthiest 2% of Americans in the form of outrageously lower tax rates. Our members of



Congress should be fighting to expand and strengthen our retirement security, not dismantle it inch by inch.

Click here to learn more about the [Alliance for Retired Americans](#).

Social Security Works for Rhode Island.....

Social Security Works for Rhode Island’s Residents and Economy

Social Security Works for Rhode Island’s Women

Social Security Works for Rhode Island’s Seniors

Social Security Works for Rhode Island’s Widow(er)s

Social Security Works for Rhode Island’s Workers with Disabilities

Social Security Works for Rhode Island’s Children

Social Security Works for Rhode Island’s African Americans

Social Security Works for Rhode Island’s Latinos

Social Security Works for Rhode Island’s Asian Americans, Hawaiian Natives and Pacific Islanders

Social Security Works for Immigrants

Social Security’s Promise for Same-Sex Couples and Their Families

Social Security Works Financially

[Click here to see how Social Security Works for Rhode Island.....](#)



CITIZENS FOR RESPONSIBLE GOVERNMENT

COMMITTEE ISSUES REPORT ON POSSIBLE TOPICS, COST FOR R.I. CONSTITUTIONAL CONVENTION

We are now 9 weeks away from the November 4 election, and it is important that we reach as many people as possible about the dangers of convening a Con Con.

The Prep. Commission held their final meeting to go over the draft of their final report on Tuesday, August 26. It was estimated that a Con Con would be at least \$2.5M dollars, and Co-Chairman Keable stated that he believed it could be much higher. [Here is a link to the ProJo article about the August 26 hearing:..Read Article](#)

The Rhode Island Alliance *for* Retired Americans is a coalition member.



Later this month, the U.S. Senate will be debating a constitutional amendment to overturn the disastrous *Citizens United Supreme Court decision*. Billionaires should not be able to buy elections. Every Senator should vote for this enormously important legislation.”

Senator Bernie Sanders (I-VT)

Marijuana May Halt or Slow Alzheimer's Disease Says Florida Study

THC in marijuana known to be potent antioxidant with neuroprotective properties,
first report that the compound directly affects Alzheimer's pathology by decreasing amyloid beta levels

By Anne DeLotto Baier

Battle Underway in Florida to Clear Marijuana for Medical Use - Seniors Lead Effort



The political battle is underway for a November election to legalize marijuana for medical use in

Florida.

Most senior citizens favor the initiative according to pollsters, which is called the Florida Right to Medical Marijuana Initiative, or Amendment 2.

“What we’re hearing from older voters is not a lot different from the electorate as a whole,” said Ben Pollara, campaign manager for United For Care. [More](#)

Extremely low levels of the compound in marijuana known as delta-9-tetrahydrocannabinol, or THC, may slow or halt the progression of Alzheimer's disease, a recent study from neuroscientists at the University of South Florida shows.

Findings from the experiments, using a cellular model of Alzheimer's disease, were reported online in the *Journal of Alzheimer's Disease*.

Researchers from the USF Health Byrd Alzheimer's Institute showed that extremely low doses of THC reduce the production of amyloid beta, found in a soluble form in most aging brains, and prevent abnormal accumulation of this protein — a process considered one of the pathological hallmarks evident early in the memory-robbing disease. These low concentrations of THC also selectively enhanced mitochondrial function, which is needed to help supply energy, transmit signals, and maintain a healthy brain.

“THC is known to be a potent antioxidant with neuroprotective properties, but this is the first report that the compound directly affects Alzheimer's pathology by decreasing amyloid beta levels, inhibiting its aggregation, and enhancing mitochondrial function,” said study lead author Chuanhai Cao, PhD and a neuroscientist at the Byrd Alzheimer's Institute and the USF College of Pharmacy.

“Decreased levels of amyloid beta means less aggregation, which may protect against the progression of Alzheimer's disease. Since THC is a natural and relatively safe amyloid inhibitor, THC or its analogs may help us develop an effective treatment in the future.”...[Read More](#)

Fitness Clearly a Fountain of Youth for Bone and Joint Health

Decades of research show much age-related deterioration is the result of the a sedentary lifestyles and the development of medical conditions rather than of aging itself

Being physically active may significantly improve musculoskeletal and overall health, and minimize or delay the effects of aging, according to a review of the latest research on senior athletes (ages 65 and up) appearing in the September issue of the *Journal of the American Academy of Orthopaedic Surgeons* (JAAOS).

It long has been assumed that aging causes an inevitable deterioration of the body and its ability to function, as well as increased rates of related injuries such as sprains, strains and fractures; diseases, such as obesity and diabetes; and osteoarthritis and other bone and joint conditions. However, recent research on senior, elite athletes suggests usage of comprehensive fitness and nutrition routines helps minimize bone and joint health decline and maintain overall physical health.

“An increasing amount of evidence demonstrates that we can modulate age-related decline in the musculoskeletal system,” said lead study author and orthopaedic surgeon Bryan G. Vopat, MD. “A lot of the deterioration we see with aging can be attributed to a more sedentary lifestyle instead of aging itself.”

The positive effects of physical activity on maintaining bone density, muscle mass, ligament and tendon function, and cartilage volume are keys to optimal physical function and health. In addition, the literature recommends a combined physical activity regimen for all adults encompassing resistance, endurance, flexibility and balance training, “as safely allowable for a given person.” Among the recommendations: **Resistance Training, Endurance Training, Flexibility Training...[Read More](#)**



Robin Williams Death Highlights Increase in Suicide Among Middle-aged Men

**Suicide rates in middle-aged are higher than for the elderly;
male baby boomers are 1.6 times more likely to kill themselves than prior generation**



The death of Robin Williams has once again renewed focus on a worrying trend: middle-aged male baby boomers who increasingly take their own lives. Julie Phillips, professor of sociology at Rutgers, notes Williams seems to have had many of the risk factors – a 63-year-old man with a history of drug addiction, alcoholism and depression who was dealing with new physical health problems.

Phillips' research, published recently in *Social Science and Medicine*, has shown that male baby boomers are 1.6 times more likely to kill themselves than men born in the 1930s.

“Baby boomer men are at heightened risk of suicide compared to the generation that preceded them,” says Phillips, professor in the School of Arts and Sciences. “I can’t draw conclusions about Robin Williams’ death,” she added by emphasized how his situation seems to fit the pattern for many previous suicides. She pointed out that Williams' wife said the entertainer was in the

early stages of Parkinson's disease at the time of his death.

“Historically, across all generations, suicide rates rise dramatically during adolescence and young adulthood,” Phillips says.

“For men, rates tend to level off in maturity and middle age and then start to increase again in old age. But with boomers, this doesn’t seem to be the case. The rise that we’ve seen in suicide rates since 1999 among boomers while in their 40s and 50s is unusual.” (To reach NJHELPLINE, the suicide prevention hotline operated by Rutgers University Behavioral Health Care, [click here.](#))

And more disturbing still, Phillips says, is that once the effects of age, current events, and generation on suicide rates are teased apart, the risk for younger generations – for people in their 20s and 30s – appears to be higher than that of prior generations.

“Looking at the average risk of suicide for different generations, we see that boomer men have a higher overall average risk of suicide than the generation that preceded them, and the generations following them have even higher rates of suicide,” Phillips says. “This is a troubling trend that we should continue to monitor.”...[Read More](#)

Interest in Exercise for Recreation Declines with Age, Feel Too Old for Team Sports

Boomers building muscle at the gym but heart not in it says new Concordia study

By: Suzanne Bowness

As the first generation to embrace exercise, baby boomers continue going to the gym, yet more out of necessity than for the challenge and enjoyment of physical activity.

In a study recently published in the *International Journal of Wellbeing*, James Gavin, a professor in Concordia’s Department of Applied Human Sciences, investigates our motivations for exercise, from looking good to having fun. He finds that for the baby boom generation, passion is the most important motivator - a fact the fitness industry should embrace.

He says that once we connect with our passion, motivation can flow backward to sustain participation in cross-training activities: for instance a person will be keener to put in time on the treadmill if she knows it will help her have more fun skiing in winter.

Gavin’s study surveyed 1,885 participants at YMCA facilities across Montreal and examined responses by age group — breaking answers down by decade, from the teens to 50 and over. Of four major motivation categories, “toned and fit” was the top motivator in all age groups, followed by “stress reduction.”

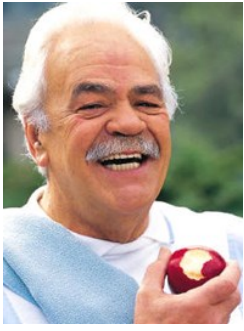
Yet perhaps more unexpectedly for a generation who came of age in the era when exercise became a way of life, the two final categories, “mental toughness” (defined as embracing activity for its adventure and challenge) and “fun and friends” (social motivations), both declined with increasing age.

Gavin says he’s surprised by the findings, but less so when he surveys the scene at his local gym. “Exercise is often perceived as a necessary evil. When I go to a gym and look around, I don’t see a lot of excitement or laughter — people are putting in their time almost as prisoners on their solitary workout stations. They’re working away, and relieved when it’s over.”...[Read More](#)



Eating Fruit Daily Makes Significant Reduction in Cardiovascular Risk

Large study says the more fruit you eat the more the risk declines; also significantly lowers blood pressure



Eating fruit every day will reduced your risk of cardiovascular disease (CVD) by up to 40 percent and the more fruit you eat the more this risk declines, suggests the results of a study of almost half a million presented to the European Society of Cardiology (ESC).

Dr. Huaidong Du from Oxford, UK, presented the findings from the seven year follow-up study of nearly 0.5 million people in the China Kadoorie Biobank at the society meeting in Barcelona, Spain.

"CVD, including ischemic heart disease (IHD) and stroke, is the leading cause of death worldwide. Improving diet and lifestyle is critical for CVD risk reduction in the general population but the large majority of this evidence has come from western countries and hardly any from China," Dr. Du said.

She added, "China has a different pattern of CVD, with stroke as the main cause compared to western countries where IHD is more prevalent..." [Read More](#)

Do Not Upset Grandpa or Grandma Before Surgery, It Can Hinder Recovery

Family conflicts, other non-physical worries before colon cancer surgery raise patients' complication risk; reducing stress speeds recovery

How well patients recover from cancer surgery may be influenced by more than their medical conditions and the operations themselves. Family conflicts and other non-medical problems may raise their risk of surgical complications, a Mayo Clinic study has found. Addressing such quality-of-life issues before an operation may reduce patients' **stress**, speed their recoveries and save health care dollars, the research suggests.

The study specifically looked at **colon cancer** patients, and found that patients with a poor quality of life were nearly three times likelier to face serious postoperative complications.

"We know that quality of life is a very complex thing, but we can now measure it and work with it almost like blood pressure," says lead author Juliane Bingener, M.D., a gastroenterologic surgeon at Mayo Clinic in Rochester. "We can say, 'This is good, this is in the normal range, but this one here, that is not good, and maybe we should do something.'"...[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"

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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NAME

**Get The Message Out:
SIGN THE PETITION!!!!**