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| Newsletter | February - 2016 |
| C:\Users\khill\Desktop\logos\RETIREE LOGO COLOR.jpg | Retirees, Community **&** Membership Services |
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| Researchers Discover Three Glaucoma-Related Genes, page 1  Women’s Democratic Club-Clark County, NV, page 2  “Buckling Up” Retiree finds Innovative Way to Raise Money, page 2  Make a Date During Heart Health Month, page 2  Information for Tax Season, page 3  The Real American Retirement Crisis,  page 3  2016 Alliance Regional Conferences, page 3  Fix Social Security’s Bad Math, page 3-4  How Much You’ll Pay for Medicare in 2017,  page 4  Unexpected Expenses, page 4    “Retired from our jobs, but not from our Union!”  **Be prepared to get out the vote in 2016.**  **Any Ideas for ways to raise money for Retirees’ Clubs?**  **Please share your ideas for fund raising and stories of your activities with us.**  **We want to highlight the activities and contributions made of all of our IAM Retirees.**  **Please send them to us:** [**emanhart@iamaw.org**](mailto:emanhart@iamaw.org)  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **American Heart**  **Association**  [**http://www.heart.org/**](http://www.heart.org/)  **HEARTORG/** | http://www.middletownmedical.com/wp-content/uploads/2015/02/Heart-month.jpgDuring the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself love. Learn about your risks for heart disease and stroke and stay “heart healthy”.  Retiree Clubs we want to hear from you. Please communicate with us on what’s going on in your area. We would like to know what issues you face and how we can offer areas of assistance. Contact our office at (301)967-4717. Researchers Discover Three Glaucoma-Related Genes. An analysis funded by the National Eye Institute (NEI), part of the National Institutes of Health, has identified three genes that contribute to the most common type of glaucoma. The study increases the total number of such genes to 15.  Image of an eye exam“Just in time for Glaucoma Awareness Month, this unprecedented analysis provides the most comprehensive genetic profile of glaucoma to date,” said NEI Director Paul A. Sieving, M.D., Ph.D. “These findings open avenues for the pursuit of new strategies to screen for, prevent, and treat glaucoma.”  Glaucoma is a group of conditions that damage the optic nerve, the bundle of nerve fibers connecting the eye to the brain. Primary open angle glaucoma, the most common type, was studied in this analysis. In the majority of cases, pressure inside the eye is increased. Glaucoma affects side vision first, often going unnoticed for years. If detected early, vision loss can often be prevented with surgery or eye drops to lower pressure. The most common culprit of irreversible vision loss, glaucoma affects about 2.7 million Americans and 60 million people worldwide. NIH-funded genetics analysis of glaucoma is largest to date. Click [**here**](http://www.nih.gov/news-events/news-releases/researchers-discover-three-glaucoma-related-genes) to read entire article. Women’s Democratic Club-Clark County, NV Womens Democratic Club of Clark County**cid:image002.jpg@01D14D23.E54232D0**Strong political activists as an IAM Retiree Barbara Aupperle named the new President for the Women’s Democratic Club in Clark County, Nevada. [**http://www.womensdemo.com/pdf/DONKEY\_TRACKS.pdf**](http://www.womensdemo.com/pdf/DONKEY_TRACKS.pdf) “Buckling Up” Retiree finds Innovative Way to Raise Money   Retiree Coordinator Bill Cox with the IAM belt buckles brother Cox fabricated in a machine shop and plated to raffle as fund raisers for the IAM Retiree’s Department.  Brother Cox raised $1,300.00 on the belt buckles that was donated to the Retiree’s Department. The drawings were held at the last two Tennessee State Council of Machinists meetings. Make a Date During Heart Health Month A woman marking the calendar in February, for Heart Health Month The number one killer of women is heart disease. Every February, Heart Health Month, VA reminds Veterans that early detection can make all the difference in a successful battle against heart disease. [**Read the full story**](http://www.va.gov/HEALTH/NewsFeatures/2016/February/Make-a-Date-During-Heart-Health-Month.asp)**.** Information for Tax Season Your 2015 health coverage may affect your income taxes. **Avoid Tax Scams….**  <https://www.irs.gov/uac/tax-scams-consumer-alerts>  **\_\_\_\_\_\_\_\_\_\_\_**  <https://www.ssa.gov/retire/estimator.html>  **\_\_\_\_\_\_\_\_\_\_\_**  **It’s that time already!** To get details, visit[**https://www.healthcare.gov/**](https://www.healthcare.gov/)**.**If you had 2015 health coverage through the Health Insurance Marketplace or a family member residing in your household enrolled in a health plan through the Health Insurance Marketplace in 2015, you will receive a new Form 1095-A (Health Insurance Marketplace Statement). You will get it in the mail by early February. Use it to file your 2015 federal income tax return.   Click [here](http://www.va.gov/health/aca/Information-For-Tax-Season.asp) for entire article.The Real American Retirement Crisis Andrew Biggs of the American Enterprise Institute [**claims there is no retirement** **crisis**](http://www.newsday.com/opinion/oped/the-retirement-crisis-that-isn-t-1.11276056) in the United States. Citing a recent report showing that senior incomes are high relative to other countries in the Organisation for Economic Co-operation and Development (OECD), Biggs downplays the fact that many American seniors are not retired: 30 percent of 65- to 69-year-olds in the United States are employed, versus 20 percent in OECD countries on average. This ranks the United States eighth among 35 OECD countries in the share of 65- to 69-year-olds who are employed. Click[**here**](http://www.epi.org/publication/the-real-american-retirement-crisis-too-many-seniors-are-working-or-poor/?utm_source=Economic+Policy+Institute&utm_campaign=23894b81a4-EPI_News_01_08_161_8_2016&utm_medium=email&utm_term=0_e7c5826c50-23894b81a4-55879613&mc_cid=23894b81a4&mc_eid=0302cde569)to read entire article. 2016 Alliance Regional Conferences **GOTV 2016**  **We are gearing up now to roll out on Election Day!**  **\_\_\_\_\_\_\_\_\_\_\_**    **CPI for elderly is most accurate measure for calculating Social Security COLAs**  The 2016 Regional Conference will be an excellent opportunity to hear from leading experts and to strengthen your skills as a retiree activist. Attendees will participate in interactive workshop and training sessions on:   * Using issues to educate seniors during the 2016 elections * Communicating our message using words that work * Building and growing local retiree chapters and volunteers * Organizing and participating in media events and rallies   We will elect Regional Board Members who will help plan and implement state and national Alliance strategies and campaigns.   Click [**here**](http://retiredamericans.org/keep-up-to-date-on-social-security/)to see conference dates and locations. Fix Social Security’s Bad Math   By; Rep. Mike Honda (D-Calif.) and Richard Fiesta  For only the third time in 40 years, the Social Security Administration (SSA) announced this month that there will be no cost-of-living-adjustments (COLAs) for seniors in 2016. How can it be, when we hear heartbreaking stories of seniors who must choose between paying for lifesaving medications and their rent due to skyrocketing costs that no adjustment will be made to ensure that they can enjoy the retirement the earned? Click [**here**](http://retiredamericans.org/keep-up-to-date-on-social-security/) to read entire article. How Much You’ll Pay for Medicare in 2017 **https://www. medicare.gov/**  **\_\_\_\_\_\_\_\_\_\_\_**  S**troke-Symptoms**  **http://www. webmd.com/ stroke/tc/stroke-symptoms**  Kimberly Lankford  It depends on whether there’s a Social Security cost-of-living adjustment.  By Kimberly Lankford, From Kiplinger’s Personal Finance, March 2016  What will happen to my rates in 2017 if I sign up for Social Security benefits this year? Because there was no COLA for 2016, most people did not see a hike in Medicare Part B and continue to pay $104.90 per month.  Click [**here**](http://www.kiplinger.com/article/insurance/T039-C001-S002-how-taking-social-security-affects-medicare-part-b.html?rid=SYN-yahoo&rpageid=14454) to read entire article. Unexpected Expenses Things to consider as you’re working on recovery;  http://strokeconnection.strokeassociation.org/Edmunds1-400web.jpg  Stroke in young adults can bring on money troubles that may be as challenging as the recovery itself.  By Amy Edmunds, Founder & CEO, Youngstroke, Inc.    “All patients, regardless of their insurance type, can have large medical expenses they are required to pay after their insurance has paid its portion,” said Erin Singleton, chief of mission delivery at the Patient Advocate Foundation (PAF). “Unlike other forms of debt, medical debt arises unexpectedly and is compounded by a decrease in income resulting from missed work either by themselves or those who act as a caregiver.”  With guidance, good choices for weathering stroke’s impact on your budget are possible. Here are some examples and guidance from others who’ve been there.  Click [**here**](http://strokeconnection.strokeassociation.org/Winter-2016/Unexpected-Expenses/)to read entire article. |