



your eye's surface. Other tonometers direct a puff of air onto your eye's surface to indirectly measure IOP.

An abnormally high IOP reading indicates a problem with the amount of fluid inside the eye. Either the eye is producing too much fluid, or it's not draining properly.

Another method for detecting or monitoring glaucoma is the use of instruments to create images of the eye's optic nerve and then repeating this imaging over time to see if changes to the optic nerve are taking place, which might indicate progressive glaucoma damage. Instruments used for this purpose include scanning laser polarimetry (SLP), optical coherence tomography (OCT), and confocal scanning laser ophthalmoscopy.

Visual field testing is another way to monitor whether blind spots are developing in your field of vision from glaucoma damage to the optic nerve. Visual field testing involves staring straight ahead into a machine and clicking a button when you notice a blinking light in your peripheral vision. The visual field test may be repeated at regular intervals so your eye doctor can determine if there is progressive vision loss.

Instruments such as an ophthalmoscope also may be used to help your eye doctor view internal eye structures, to make sure nothing unusual interferes with the outflow and drainage of eye fluids. Ultrasound bio microscopy also may be used to evaluate how well fluids flow through the eye's internal structures. Gonioscopy is the use of special lenses that allow your eye doctor to visually inspect internal eye structures that control fluid drainage.

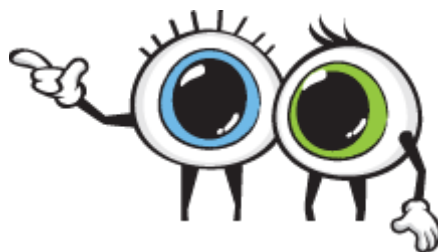
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For more [information on glaucoma](#) visit [AllAboutVision.com](#).

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1. Friedman DS, O'Colmain BJ, Munoz B, et al. Prevalence of age-related macular degeneration in the United States. Arch Ophthalmol 2004;122:564-72.

## HEALTH TIPS



**Glaucoma is an eye disease that's very hard to detect until it can be too late to save your vision! The best way to protect yourself from the onset of glaucoma is to have a comprehensive eye exam every year.**

### Presidential Proclamation -- National Mentoring Month, 2015

NATIONAL MENTORING MONTH, 2015

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BY THE PRESIDENT OF THE UNITED STATES OF AMERICA  
A PROCLAMATION

In a Nation of limitless possibility, every child deserves the chance to unlock his or her potential. When young Americans have the support they need to make the most of themselves, they can achieve their dreams and strengthen our country, which has always moved forward by extending ladders of opportunity to the next generation. Every day, mentors play a vital role in this national mission by helping to

broaden the horizons for our daughters and sons. This month, we celebrate these individuals who make it their cause to bring out the best in our young people, and we salute their spirit of service.

Mentors and caring adults serve as essential sources of inspiration, lifting up young people and positioning them to build the America of tomorrow. That is why my Administration continues to expand opportunities for mentoring and support the individuals who enable our future leaders. We are working with businesses to increase apprenticeship programs and connect groups traditionally underrepresented in science, technology, engineering, and math fields with role models in STEM careers. First Lady Michelle Obama's Reach Higher initiative is encouraging campus groups and college students to connect with high schoolers and other near-peers who do not always see themselves completing higher education. Earlier this year, I also launched My Brother's Keeper, an initiative that recognizes our responsibility to reach every young person regardless of whom they are or where they come from.

Every American shares in the obligation to widen the circle of opportunity for our young people. Our neighbors' children are our children -- and our country must show them we care about and value their boundless potential. At the White House, the First Lady and I started mentoring initiatives, pairing local students with accomplished and caring professionals, and I am proud that members of my Administration are leading by example. To find ways to give back in your local community and participate in these critical, life-changing moments, I encourage all Americans to visit [www.Serve.gov/Mentor](http://www.Serve.gov/Mentor).

The sense of dedication displayed by all those who invest their time and energy in mentoring reminds us that if we work together, we can ensure there are no limits to what young Americans can achieve. During National Mentoring Month, we honor all those who give of themselves to guide our young people, and we renew our commitment to realizing a future of opportunity for all.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States do hereby proclaim January 2015 as National Mentoring Month. I call upon public officials, business and community leaders, educators, and Americans across the country to observe this month with appropriate ceremonies, activities, and programs.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of December, in the year of our Lord two thousand fourteen, and of the Independence of the United States of America the two hundred and thirty-ninth.

BARACK OBAMA

### NATIONAL MENTORING MONTH:

I will be looking for those retirees that were selected with Young Machinists to mentor to see where we are and what we have done. Let me know if you or know of someone paired up as a mentor or Young Machinists from the 2013 Retiree Conference in Las Vegas.

### 2015 RETIREE, COMMUNITY AND MEMBERSHIP COURSES

Community	Services
	09/27/15 – 10/02/15
EAP II	02/22-27/15
EAP III	04/12-17/15
EAP IV	09/20-25/15
RESP	08/02-07/15
RAP	08/02-07/15

### 2015 RETIREE, COMMUNITY AND MEMBERSHIP COURSES CONTINUATION

Veteran's Service Program 03/29-04/03/2015

#### RAFFLE TICKETS:

The drawing took place on December 8, 2014 in GVP Babineaux's office. The following individuals were selected.

1<sup>st</sup> Prize \$1,500 Ray Persaud

2<sup>nd</sup> Prize \$1,000 William Runkel

3<sup>rd</sup> Prize \$700 Jake Merkel

4<sup>th</sup> Prize \$500 Brad Baum

5<sup>th</sup> Prize \$250 Brian Wickwire

A very hardy thank you to our top Raffle Ticket Sellers

1<sup>st</sup> Billy Cox

2<sup>nd</sup> Bennie Segars

3<sup>rd</sup> Charlie Micallef

A grateful thanks to all of you for assisting in the sales of our retiree tickets. It's a pleasure to work with professionals like you every day.

#### 2015 RETIREE UPDATE:

Congress launches attack on Social Security. Please look at iMail dated January 8, 2015 states the following: *"The GOP-controlled House of Representatives have their sights set on Social Security and disability benefits as their first order of business. Soon after this week's convening of the 114th Congress, members approved a rule that would force both programs into insolvency.*

*Since 1968, Congress has allowed the periodic reallocation of Social Security payroll tax income to cover the cost of benefits from the disability trust fund and vice versa. The reallocations were projected to keep both programs solvent until 2033.*

*But, this week's procedural rule prevents the routine reallocation unless it's accompanied by benefit cuts or tax increases.*

*Without the reallocation, the disability trust fund could run dry as early as next year and benefits for 11 million beneficiaries would have to be cut 20 percent, say some economists.*

*"It is hard to believe that there is any purpose to this unprecedented change to House rules other than to cut benefits for Americans who have worked hard all their lives," said Max Richtman from the Committee to Preserve Social Security and Medicare." So I am pleading with each and every one of you to please stay informed and alert me to your state recommendation on this issue. If we allow it to be routine without questioning it, it will become the norm. Stay informed with iMail and the Retiree, Community & Membership Services Department webpage.*

#### RETIREE LODGE'S UPDATE:

Badger Lodge News from Lodge 66 in Milwaukee, Wisconsin. Lists youtube articles about Brother Joe Reilly at

<http://www.youtube.com/watch>

which is about his travels back to D Day. Their Christmas Party for Adults and Children which was on December 12, 2014 and video's from the AFL-CIO Wisconsin convention at the following site;

<http://www.youtube.com/badgerlodge>

IAM District 98 Retiree Action Group Region 5 announces if monthly meeting to be held on January 20, 2015, IAM District 98 Hall, 3200 E. Prospect Rd., York, PA at 9:30 am. Guest speaker-Marta Smith.

Check out December 2014 issue of Plane Talk from Local Lodge 1833 Retiree's Club and visit their website

at [www.localiam1833.org](http://www.localiam1833.org) or on Facebook, IAM Local1833 Retirees.

#### UPCOMING EVENTS:

2015 AFL-CIO Martin Luther King Jr. Civil and Human Rights Conference in Atlanta, GA January 14-20, 2015. I shall be attending this conference and will update you next month.

Martin Luther King Day is January 19, 2015. If you have an activity please forward an article for posting.

#### RETIREE AND CENTRAL LABOR COUNCIL MEETINGS

##### INVITATIONS:

I look forward to the coming year to be invited once again to your meetings and to have the opportunity to attend.

#### RETIREE CONTACT INFORMATION:

Retiree, Community & Membership Service Department  
9000 Machinists Place  
Upper Marlboro, MD 20772  
Office: 301-967-3433  
Fax: 301-967-3427  
Director Carlos H. San Miguel, Jr.  
Administrative Secretary Kimberly Hill

Thank you for all the hard work you do and please keep up the great work.

# 10<sup>th</sup> RETIREE CONFERENCE



## NOVEMBER 14-19, 2015

**THIS EVENT WILL FEATURE RETIREE ISSUES; NEW CLASSES UNDER THE DEPARTMENT, DEVELOPMENT OF NEW RETIRE CLUBS AND PARTICIPATION OF COORDINATORS AND MEMBERS IN THE UPCOMING NATIONAL ELECTIONS FOR 2016.**