

MONTHLY AWARENESS:

National Immunization Awareness Month

Sponsor: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases

Immunization helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get their shots – just like kids do. National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

How can National Immunization Awareness Month make a difference?

We can all use this month to raise awareness about vaccines and share strategies to increase immunization rates with our community.

Here are just a few ideas:

- Talk to friends and family members about how vaccines aren't just for kids. People of all ages can get shots to protect them from serious diseases.
- Encourage people in your community to get the flu vaccine every year.
- Invite a doctor or nurse to speak to parents about why it's important for all kids to get vaccinated.

How can I help spread the word?

- We've made it easier for you to make a difference! This toolkit is full of ideas to help you take action today. For example:
- Add information about immunizations to your newsletter.
- Tweet about National Immunization Awareness Month.
- Host a community event where families can get together and learn about immunizations.
- Add this Web badge to your website, blog, or social networking profile.

How to Prevent Seniors from Falling

Falls and fractures are not an inevitable part of growing older. Many can be prevented. Many falls result from

personal or lifestyle factors that can be changed. Your doctor or other health care provider can assess your elderly parent's risk of falling and suggest ways to prevent falls.

At your next check-up, talk with your health care provider about your elderly parent's risk of falling and changes you might make. You might be referred to another health care provider who can help. Also, let your doctor know if your elderly mother or father has fallen or almost fallen. Here are some changes you might make:

Be Physically Active

Regular physical activity is a first line of defense against falls and fractures. Physical activity strengthens muscles and increases flexibility and endurance. In turn, your balance and the way you walk may change, decreasing the chances of a fall. It's important to keep muscles strong. Strengthening muscles in the lower body can improve balance. Work with your doctor or a physical therapist to plan a physical activity program that is right for your aging parent.

Have Medicines Reviewed

Find out about the possible side effects of medicines your loved one takes. Some medications might affect coordination or balance, or cause dizziness, confusion, or sleepiness. Some medications don't work well together, adding to your parent's risk of falls. Bring prescribed and over-the-counter medicines with you when you visit the doctor. Also bring any vitamins, minerals, and herbal products your parent is taking.

Have Blood Pressure Checked When Lying and Standing

Some older people have normal or increased blood pressure while seated, but their blood pressure drops too much on standing. There is no way to know unless you check. Most often, though, blood pressure is checked when you are sitting.

Your health care provider should check your elderly parent's blood pressure and pulse after he/she has been lying down for at least 5 minutes and again after he/she gets up. If it drops too much when your parent gets up, ask if any of his/her medications may be decreased

or if you should make other changes. Drinking more water, getting up more slowly, pumping feet or hands before getting up, or wearing special stockings can help, too.

Get a Vision Check-up

Have your elderly parent's vision tested regularly or if you think it has changed. Even small changes in sight can make your aging mother or father less stable. Make sure your aging parent wears his/her eyeglasses so they can see their surroundings clearly. Keep them clean and check to see that the frames are straight. When your elder gets new glasses, be extra cautious while he/she is getting used to them. If your parent uses reading glasses or multi-focal lenses, take them off when they are walking.

Choose Safe Footwear

The soles of our feet have nerves that help us judge the position of our bodies. To work correctly, our feet need to be in touch with the ground and our shoes need to stay securely with the foot as we take each step. Otherwise, falls may occur. Have your elderly parent wear sensible, low-heeled shoes that fit well and support the feet. There should be no marks on their feet when they take off their shoes and socks.

Your parent's shoes should completely surround the feet. Wearing only socks or wearing floppy, backless slippers or shoes without backs can be unsafe. Also, choose shoes with non-slip soles. Smooth soles can cause your elderly parent to slip on waxed or polished floors.

National Institute on Aging (NIA), one of the 27 Institutes and Centers of the National Institute of Health (NIH) leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. In 1974, Congress granted authority to form NIA to provide leadership in aging research, training, health information dissemination, and other programs relevant to aging and older people.

Social Security Through the Years

Here's a brief history of our Social Security Act of 1935 that celebrated its 80th anniversary on August 14, 2015. Let's us not forget the battle we engaged in to receive this benefit and the future battle to maintain the benefit we pay for to have in our retirement.

August 14, 1935 – President Franklin D. Roosevelt signs the Social Security Act establishing a national plan to provide economic security for the nation's workers.

March 11, 1937 – Ernest Ackerman receives the first on time, lump-sum Social Security benefit.

August 10, 1939 – A change in the law adds survivor's benefits and benefits for spouses and children.

January 31, 1940 – Ida May Fuller is the first person to receive a monthly benefit check.

August 1, 1956 – Monthly benefits for the permanently and totally disable are available.

July 30, 1965 – Medicare is signed into law, providing health insurances for the elderly.

October 30, 1972 – Supplemental Security Income (SSI) is established. The first SSI payment is made on January 1, 1974.

October 1, 1998 – Social Security implements its nationwide 800 – number telephone service.

May 17, 1994 – Social Security online launches on the internet.

November 2, 2000 – Social Security takes retirement claims online.

May 10, 2002 – Social Security uses baby names to help promote online services.

July 21, 2008 – Social Security online Retirement Estimator is released.

May 1, 2012 – my Social Security launches, making Social Security statements available online.

April 27, 2015 – Social Security announces Vision 2025.

As you read the history of our Social Security, we have been fighting for this benefit for over 80 years now. We are in for a battle in 2016 because our Republican politicians believe it's not necessary to continue to pay seniors to live.

We need to remind them this benefit created in 1935 requires every man and women working to contribute to social security tax deductions. They need to remind these politicians that we are paying for this benefit as required by law and entitled to receive our social security when we reach the retirement age.

Be prepared to stand up and voice your opinion when you are notified to send your congressman/woman a letter or to call when you are notified to act. We are going to be very busy in the coming year with all that Congress wants to change.

So you need to be informed on a daily basis on the issues that are affecting you on Capitol Hill, and the IAM stands ready to prepare you with the information you will need.

Metro Seniors' and the Alliance of Retired Americans have been lobbying diligently on your behalf. Our members have participated in the 50th Anniversary of Medicare press conference at the Capitol, ARA legislative conference in Washington, DC, and celebrating the 80th Anniversary of Social Security at the National Harbor in Baltimore on Aug 14, 2015. (Pictures provide later)

A huge thanks, to our Metro Senior Club and Retiree Coordinator, Susan Taylor for contacting our seniors and arranging meeting locations and participation at these activities.

THANKS TO THE MINNESOTA RETIREE CLUB FOR THEIR WELCOME AND NEWSLETTER COMMENTS:

My thanks to the retirees from the MN State Council Machinist Retirees (MSCMR), for the invitation to address them while vacationing in Duluth, Minnesota. Prior to my departure that afternoon I received the following email with the article on the visit to their Retiree Club meeting.

I welcome invitations to visit your Retiree Clubs but we must the proper protocol for requesting to attend your meetings. Please forward your requests to your Territory GVP and the request from his office will be forwarded to GVP Diane Babineaux at dbabineaux@iamaw.org.

Below you can read and view the picture that was taken during my visit. Again, thanks to the retirees from MSCMR for having me.



Members of the Minnesota State Council Machinist Retirees (MSCMR) pose with IAM Retiree Director Carlos San Miguel, Jr.

Brother Carlos, while on vacation in Duluth came down to attend the monthly meeting and meet some of the retired TCU and IAM members who are part of the Machinist State Council Retirees.

“Brother Carlos provided several flyers and information about the IAM Retiree Department and what services are available to the retired IAM union member.

Thank you Brother Carlos for all you do on behalf of IAM/TCU members In Minnesota! Thanks for coming to our meeting and we hope you will come back soon”.

UPDATING WEBPAGE:

New Information Posted Everyday

Every day I receive new information from several sources; Alliance for Retired Americans, American Red Cross, American Federation of Labor and Congress of Industrial Organizations, Veteran Administration, Veterans Of Foreign Wars, Disable American Veterans and the American Legion.

These articles are posted on the Retirees, Community & Membership Services Department main webpage. It's a challenge maneuvering through the internet to get to the website. I'm happy to introduce a new, easier and faster way to get to the Retirees Website. You now simply have to type the following address into your search bar: goiam.org/retirees

This will take you directly to the site where you can view articles in seven (7) different blue and green bars. Retiree, Community Services, Membership Services, Employee Assistance Program, U.S. Military Veterans, Canadian

Military Veterans and the added bar in green, Donate to Disaster Relief.

The website is being updated completely with fresh articles and topics of interest. Take the time to search through and see the updates. As always you can reach out to the Department to forward articles, pictures or upcoming events in your area that you would like the Department to post on the website for all to see.

GUIDES AND FORMS ARE LOCATED AT THE RETIREE WEBPAGE:

Retiree Coordinators Guide
Retiree Club Forms
Disaster Relief Guide
Retiree Contact Informational Sheet
Veterans Contact Informational Sheet

Look for these items and get familiar with them to help your program in your area. These guides and forms are to assist in your members and you.

DISASTER RELIEF INFORMATION:

Remember, as a retiree you can receive assistance if your home receives damages during a natural disaster. Contact your District/Local Lodge representatives if you sustained damages to your home. Follow the Disaster Relief Guidelines and complete the provide forms properly. Once your damages have been accessed the packet is forwarded for approval by your Territorial General Vice President. Upon receiving the claim it will be processed and funds made available by the department. Be prepared!

RETIREE CONFERENCE:

Please call the office if you have not received or need any further information on the conference at 301-967-4717. Anna Georgallas and I stand ready to assist you.

The Retiree Conference Scheduled for November 15-20, 2015 cutoff date, **September 30th, 2015**, is rapidly approaching. Please make your arrangements quickly to attend.

COMMUNITY SERVICES:

RETIREE HONORED FOR LIFETIME OF SERVICE

RETIRED MACHINIST HONORED FOR LIFETIME OF SERVICE

Posted by bryancorliss on July 16, 2015



A retired Machinist has received a lifetime award from the White House for his long dedication to service.

George Braun of SeaTac received a President's Lifetime Achievement Award for his service through the **Machinists Volunteer Program**, which is the community-service arm of **Machinists Union District Lodge 751**.

The awards are given by the White House through the **Points of Light Foundation** to recognize and encourage community service volunteers.

Braun doesn't do it for the recognition, said Martha Davis, who runs the **Toy Rescue Mission** in Tacoma, a non-profit where Braun is a regular volunteer, helping to refurbish used toys so they can be given as birthday, Christmas or Easter presents to children in low-income families.

"I love George," she said. "It doesn't matter about awards. If there's work to be done, he'll do it."

Braun also volunteers regularly for Northwest Harvest, noted Northwest Harvest CEO Shelly Rotondo, doing everything from collecting money and food from donors at special events to sorting and repackaging donated food at the Northwest Harvest warehouse in Kent.

"His commitment to the fight against hunger is deep, unassailable and very personal," she said. "George does not shirk from hard work, and his hard work brings our vision – that ample nutritious food is available to everyone in Washington state – that much closer to reality."

In addition, Braun is a regular kitchen volunteer at The Rescue Mission in Tacoma and at outreach events to provide services to homeless people across King and Pierce County. He also regularly participates with other

members of the union's MVP Committee to build wheelchair ramps for homebound people across Puget Sound.

In all, Braun has donated 5,149 hours of his time to union-sponsored community service projects since 2006 – an average of 572 hours a year, which is the equivalent of working full-time for three months each year.

"George is someone we can count on whenever we have a project," said Rob Curran, the chairman of the union's MVP Committee. "Because of him, we're able to help more people, and that's really what our committee is all about."

Braun, who is 81, retired from Boeing in 1995 after a 37-year career.

"I want to be just like George when I retire," said Davis. "I have a lot of respect for George."

Braun was one of nine IAM 751 members to be recognized by the White House for their community service through the Machinists Volunteer Program in 2014.

In addition to Braun, Curran, Brenda Brammer and Chris Louie all received gold-level President's Volunteer Service awards, for having given more than 500 hours to community service projects; Vennie Murphy received a silver-level award for giving more than 250 hours; and Adrian Camez, Clark Fromong, Jim Hutchins and Terri Myette all received bronze-level awards for giving more than 100 hours.

In all, the union's MVP committee took part in 461 community service events in 2014. Union volunteers helped out organizations like Northwest Harvest, The Rescue Mission in Tacoma, the **Everett Gospel Mission**, the Toy Rescue Mission, the **Salvation Army** and **Project Homeless Connect** in Pierce County.

Machinists' Union volunteers built 16 wheelchair ramps for families across Puget Sound in 2014, while also taking part in events like the **National Association of Letter Carriers' Food Drive**, the KING-TV Home team Harvest food drive and the **Making Strides Against Breast Cancer** walk.



In addition, IAM 751 volunteers also helped raise \$322,000 last year for **Guide Dogs of America**, a charity that provides service dogs and training in their use free of charge to people who are blind or have impaired vision from across the United States and Canada.

“Our MVPs do a lot of work in the community that improves the lives of other people,” said IAM 751 President Jon Holden. “That’s what unions stand for – working together to make things better – and our MVPs are great examples of how that philosophy can benefit our communities.”

Originally formed in 1935 to represent hourly workers at the **Boeing Co.**, District Lodge 751 of the **International Association of Machinists & Aerospace Workers** now represents nearly 34,000 working men and women at 52 employers across Washington and California.

Brother Joe Reilly and Retiree Club Hard at Work:



Retirees at the William Curtis Retirees Club located in San Diego, California are working very hard getting the word out by



conducting informational pickets, awareness or getting the word out. Great job folks!

The department is receiving very little information on the activities at your

Retiree Club. This includes groups that you are participating in, and activities your Retiree Club is associated with working important issues.

Veteran Coordinator in Corpus Christie Texas has scheduled a fundraiser to benefit their veterans in the workplace. They are preparing to visit two homes that belong to veterans that are unable to help themselves. This committee is working to visit their homes and cut their grass and other home details that are need around their homes.

Hope to provide ample pictures of their cookout and the Community Services they will be providing local veterans in their area.

RETIREE COORDINATOR SELECTED AS MODERATOR FOR PANEL ON SOCIAL SECURITY AND MEDICARE:

Southern Territory Retiree Coordinator Kenneth Walsh, Retired Director of Organizing, from Wichita Kansas, is selected to co-moderate a panel at the State Democratic meeting on Minimum wage, the ACA, Social Security and Medicare issues concerning retirees.

In support for this panel the IAM Legislative Department, Director, Solomon Hasan was contacted to assist in preparing our retiree with extended materials. We would like to express a special thanks to the Legislative Department Staff for providing the needed materials to Mr. Walsh. I would also like to thank TCU Retired Legislative Director, Tony Padilla for providing additional materials for this event.

The results and activities of this panel will be posted in next month’s Retiree Newsletter. Good luck to our moderator.

VETERAN SERVICES:

Women Veterans can get help with their specific health care needs by calling 1-855-VA-WOMEN (829-6636).

Obama Signs Vern Buchanan's Bill to Replace DD-214 With Veterans ID Card Into Law

By KEVIN DERBY July 20, 2015 - 7:45pm



Barack Obama

President Barack Obama on Monday signed U.S. Rep. Vern Buchanan’s Veterans ID Card Act into law. Buchanan, R-Fla., introduced the bill earlier this year. Its purpose is to ensure all veterans receive ID cards from the VA instead of just those vets who served 20 years in the armed forces or are seeking medical treatment for service-related wounds.

In pushing his bill in recent months, Buchanan has noted veterans are forced to carry DD-214 paperwork, which contains sensitive information including Social Security numbers. He note an ID card would be more convenient and do a better job of keeping their personal information secure.

The House passed the bill last month with 402 representatives backing it and no votes cast against it. In the Senate, U.S. Sen. Richard Blumenthal, D-Conn., last month offered an amendment to the bill ensuring all veterans would be eligible for the ID card. The Senate passed the amended bill without opposition, sending it back to the House, which passed it again, this time on a 411-0 vote.

During his efforts to pass the legislation, Buchanan insisted his bill was budget-neutral because veterans who opt for the ID card would pay a small fee, which the VA secretary would examine every five years.

“Every veteran -- past, present, and future -- will now be able to prove their military service without the added risk of identity theft,” Buchanan said on Monday night after Obama signed his bill into law. “It’s the least we can do for the brave men and women in uniform who put it all on the line for us.”

The Florida delegation stood in strong support of Buchanan’s measure. U.S. Rep. Jeff Miller, R-Fla., chairman of the House Veterans Affairs Committee and U.S. Rep. Corrine Brown, D-Fla., the ranking Democrat on the committee, both backed the bill. Other congressional representatives from

Florida who co-sponsored the bill include Republicans Ander Crenshaw, Carlos Curbelo, Ron DeSantis, Mario Diaz-Balart, David Jolly, Bill Posey, Dennis Ross and Ted Yoho, and Democrats Ted Deutch and Alcee Hastings. The bill has also won the backing of veterans groups including AMVETS and Veterans for Common Sense (VCS).

Veteran's ID Card Act would extend service to all vets

by Ripon Advance News Service | Sunday, Apr 12, 2015 @ 6:35am



U.S. Rep. Vern Buchanan (R-FL) introduced the Veteran's ID Card Act last week, a bipartisan effort to give all veterans the chance to receive an ID card through the Veterans Administration at no cost to U.S. taxpayers.

Under current policy, only veterans who have a minimum of 20 years of service, or those who are receiving medical care for a military-related disability, are eligible for an ID card.

"Over the years, I have heard from countless veterans who have expressed frustration over their inability to prove their military service in our armed forces," Buchanan, whose constituency in Florida's 16th District includes over 70,000 veterans, said. "A simple, affordable, standardized ID card will make life a little bit easier for our veterans and serve as a reminder to folks that these brave men and women deserve all the care and respect a grateful nation can offer."

Today, veterans who have not yet qualified for an ID card only get a paper-issued DD-214 document for proof of their status as a veteran. The DD-214 contains critical information, including Social Security number and other details that put veterans at risk for identity theft, should the document be lost or stolen. Buchanan's bill would address such concerns by providing all veterans with an easier, safer method of proving their military service. A standard ID card also will give employers a more efficient way of

tracking and verifying a job applicant's service record.

The Veteran's ID Card Act would not create any new costs to taxpayers, as the cost of issuing the ID cards would be offset by a nominal fee paid by veterans. A provision in the legislation requires the VA secretary to review costs every five years and make any necessary adjustments to the fee schedule so that all costs remain covered.

Buchanan's proposal has been endorsed by AMVETS, Vietnam Veterans of America and Veterans for Common Sense. It also has a long list of co-sponsoring legislators, including U.S. Reps. Lynn Westmoreland (R-GA), Chris Van Hollen (D-MD), Chris Stewart (R-UT), Louise Slaughter (D-NY), Randy Forbes (R-VA), Joe Courtney (D-CT), William Keating (D-MA), Raul Grijalva (D-AZ), Eleanor Holmes Norton (D-D.C.), Alma Adams (D-NC), Mark Pocan (D-WI) and Bobby Rush (D-IL).

"AMVETS is especially supportive of this cost-neutral legislation because it will not only provide a much-needed improvement over the current proof-of-military-service document, the DD-214, but it will be carried out in a fiscally responsible way, which will have minimal impact on the Veterans Administration, which finds itself mired in the midst of massive claims backlogs and other issues," Diane Zumatto, national legislative director for AMVETS, said. - See more at: <http://riponadvance.com/stories/510540706-veteran-s-id-card-act-would-extend-service-to-all-vets#sthash.xxyxcdJI.dpuf>

At the same time a Veteran with proof of his/her DD 214 when renewing state driver license can pay a small fee to have a Veteran Status add to their new valid driver license that will show they are a veteran.

With this added information on the VA ID card also remember that almost every State now allows you to have "VETERAN" placed on your driver license.

You must have a copy of your DD 214 Form at the time that you are renewing your driver license for a small fee. So

check with your DMV Licensing Department prior to renewing your driver license to have the correct paperwork.

We just completed a mail out to all District and Local Lodges with a new Veterans Contact Information Sheet to identify all our veterans that are currently in the IAM and those that have retired. This department has been tasked to identify all its veterans and provide needed information to Veteran Service Coordinators. Once identified in Districts and Local Lodges committees will be set up to provide needed information to our veterans.

So get the form(s) from your Retiree/Veteran coordinators, fill them out and return to the Retiree Department so that we will have better communications.

RETIREE CLASSES:

For your information, the Community Service Class scheduled for September 27 through October 2, 2015, has been cancelled. This is the class under the department for 2015.

A new Retiree Class schedule will be made available to all as soon as the classes are approved and scheduled by the William W. Winpisinger Education & Technology Center.

DIRECTORS CORNOR:

NOTE: The Retiree Conference Scheduled for November 15-20, 2015 cutoff date, **September 30th, 2015**, is rapidly approaching. Please make your arrangements quickly to attend.

We are also receiving many calls from family members and spouses that the Retiree has passed and wish to have their name removed from the mail list. In accordance with the IAM Constitution currently, **Article H - Retired and Exempt Members and Life Membership Cards**, one is required to contact their local lodges by March 1st of every year to verify their current mailing address. To curve this problem, the Department is forwarding a Retiree Contact Information Sheet to all Retiree Coordinators. The attempt is to have each retiree fill out the Information Sheet and return it to the Retiree Department. It will be

processed to update the Retirees information.

The Retiree, Community & Membership Services Department web page has been recent been upgraded. You can visit the webpage by now typing in a simpler address into your search bar currently used for your internet searches. Type the following address: goiam.org/retirees this will get you to the main Retiree webpage. You can then click the six (6) blue bars to obtain information that added nearly every day.

There is an added feature to the web page, the green bar that reads, Donate to Disaster Relief. This will permit you to make a contribution to the Disaster Relief fund by using PayPal and paying with your credit card. You will still receive the Tax-Free number when you make your contribution to the fund.

As you know, this fund is used by active and retired IAM members during Natural Disasters that damage your home. Please give to this vital program and help us continue to assist all our members. Make a contribution today to - Donate to Disaster Relief.

RETIREE CONTACT INFORMATION:

Retiree, Community & Membership
Service Department
9000 Machinists Place
Upper Marlboro, MD 20772
Office: 301-967-4717
Fax: 301-967-3427

Our new number has voice mail so if we do not answer or it's after hours leave a message and contact information, we will return your call.