

THE Senior SCOOP

Presented by
RetireSafe



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WELCOME

I hope everyone is staying safe, the first two months have been difficult for many of us across the country. However, even with all of this we are in an exciting and challenging time and the next few months will lay the groundwork for a path forward. There is now a VACCINE for COVID-19! It is very important that you get your vaccine as soon as possible. This is the only way we can combat this pandemic, we have lost too many.

RetireSafe is looking forward to working with the Biden Administration and the new Congress on issues that are important to you as mature retired Americans and for those of you that are 45 years of age to 64 years old. Our staff is focusing on the Cost of Living Adjustment (COLA), Social Security, Medicare, Medicaid, VA Health, Telehealth, Surprise Billing, Drug Importation, Affordable Care Act and many other issues.

We will be launching a new survey to capture the demographics of our membership. We will be asking for some basic information that will help us provide tangible data that legislators will understand. Please click [this link](#) to participate. In addition, we have created a Podcast entitled – “Learn to RetireSafe”.

This year is our 30th Anniversary, we will have several events throughout the year to capture this milestone. Please watch out for upcoming events.

Mark Gibbons
President/CEO
RetireSafe

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American Heart Month Resources

For the month of February, RetireSafe is dedicated to bringing awareness to heart disease. If you would like to learn more about heart disease, here is a list of credible resources that RetireSafe has compiled for your convenience. Each of these organizations are reliable sources of information regarding heart disease and heart health.

- American Heart Association

<https://www.goredforwomen.org/en>

<https://www.heart.org/en/around-the-aha/february-is-american-heart-month>

- Center for Disease Control

<https://www.cdc.gov/HeartDisease/>

- National Heart, Lung, and Blood Institute (NIH)

<https://www.nhlbi.nih.gov/>



COVID Scams!

Crisis gives some people the opportunity to grow personally. However, that is not the case for everyone. For example, we have seen many solidarity actions from people during the COVID pandemic, but we now also have people doing scams trying to steal someone else's money. Thankfully, the Department of Health and Human Services (HHS) and the Federal Communications Commissions have released information about these COVID-19 scams from selling high-demand supplies such as masks, cleaning products, or test kits to selling the vaccine online or through the phone. Here's what you can do:

- Contact your local Department of Health.
- Do not share any personal information to a unsolicited call or text messages neither a untrusted website.
- Be skeptical of ads on social media about "faster" covid vaccine, products that
- prevent or cure COVID-19 (essential oils, cannabis, intravenous vitamins or
- drugs).

For more information, check the Federal Communications Commission website. They even have some scam audios examples! <https://www.fcc.gov/covid-scams>

RETIRESAFE'S 30TH ANNIVERSARY

1991-2021

TO ALL OUR PARTNERS AND MEMBERS, WE THANK YOU

Exciting Events & New Updates

Webinars

RetireSafe is having a series of webinars led by our spring interns. Webinar dates listed below :

- Donut Hole - Thursday, March 4th, 11 am
- Telehealth: Myths vs. Facts - Thursday, April 8th, 11 am
- Health on the Hill - Thursday, April 29th, 11 am

Instagram & Tiktok

We made some new social media accounts to utilize and educate more of our audience! Be sure to check us out at @retiresafe.

Spring 2021 Interns

RetireSafe has hired 4 special interns for the spring semester!

Please welcome:



Kevin Sanders



Maria de los Angeles Pacheco



Katherine Pinney



Lyla Nguyen

Check them out on our website retiresafe.org