

THE Senior SCOOP

Presented by
RetireSafe



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WELCOME

As we approach Spring make it a point to get your COVID vaccine if you have not already. Things are beginning to pick-up on the hill now that the American Rescue Plan has been signed by President Biden. We will continue to stay true to our mission of focusing on Medicare, SSN, Medicaid, and Vaccinations. However, this past week Medicare for All was reintroduced to Congress. In this newsletter you will have the opportunity to let us know if this is a good or bad idea. RetireSafe also reached out to New Mexico to voice our concern on the continuing practice of taxing Social Security payments as income.

We have continued to create educational programs for you. This past week we had a webinar on "[Understanding the Donut Hole](#)". This is on our website under Resources if you missed the live presentation. Stay tuned for more educational webinars as we will have more in the upcoming weeks. Additionally, RetireSafe is now available in the Podcast world. Below you can listen to the podcasts that were produced in March by clicking any of the links below.

[Spotify](#), [Anchor](#), [Breaker](#), [Google Podcast](#), [Pocket Casts](#), [Radio Public](#)

Please share this newsletter with others who you feel may benefit from this information. As always, if you want us to look at a certain issue for you please contact us.

Mark Gibbons
President/CEO
RetireSafe

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American Heart Month Resources

For the month of March, RetireSafe is dedicated to bringing awareness to multiple myeloma. Multiple Myeloma is a cancer that begins in plasma cells, a type of white blood cells needed for a healthy immune system. If you would like to learn more about multiple myeloma, here is a brief list of credible resources that RetireSafe has compiled for your convenience. Each of these organizations are reliable sources of information regarding Multiple Myeloma Awareness Month.

- [American Association for Cancer Research](#)
- [Myeloma Action Month](#)
- [The Leukemia & Lymphoma Society](#)



Social Security Scams!

Nobody is exempt from scams. This is why we have to be really careful and aware when bad people are trying to steal our information. One common scam that our seniors can experience is Social Security scams, here are some ways how to avoid them:

- Ask you to wire or send money to a random bank account
- Ask you for a credit card number
- Ask you to send gift cards to a specific address
- Threaten to throw you in jail unless you pay a fine
- Threaten to freeze your benefits if you don't comply with a request to send money
- Threaten to lower your monthly benefits if you don't pay a fee
- Promise to boost your benefits if you pay a fee or provide personal information

These articles explain how companies are fighting Social Security, give us some examples and explain more in detail how to avoid them!

[CVS, Walmart And Home Depot Join Fight Against Rampant Social Security Scams](#)

[Social Security Beneficiaries Lost \\$45 Million to Scams Last Year. Here's How to Avoid Them](#)

[SCAM ALERT: Fake Social Security calls in Limestone County](#)

ONE QUESTION SURVEY!

Congress reintroduced
Medicare-for-all.

Is this a good idea? Yes or No.

Click the button to participate.



NEW UPDATES FROM RETIRESAFE

- Next RetireSafe Webinar entitled “Let’s Talk About Telehealth” is on April 8th at 11 am - 12 pm! Check out our flyers on our social medias which are listed on our website.
- For the entire month of March, our interns have been posting wellness and health tips for 30 days on Facebook and Instagram in honor of our 30th anniversary.
- We have new social media platforms this year to educate and advocate for our seniors

Tiktok: @retiresafe

Instagram: @retiresafe

Spotify: @RetireSafe

THE INCREASE of COLA... or lack thereof

Since 2010, annual Cost of Living Adjustment (COLA) increases have averaged around 1.375%. This means that the average recipient has received a COLA increase of less than \$20 a month. The annual COLA adjustments are determined by the U.S. Bureau of Labor Statistics (BLS) on a formula that uses the Consumer Price Index for All Urban Wage Earners and Clerical Workers (CPI-W). Therein lies the problem; this does not accurately reflect the rising cost that are affecting most seniors such as rent, medical care and drugs, and food and other essentials.

Some estimate these costs are increasing at a rate between 5% and 10% annually. The BLS actually has a calculation called the Consumer Price Index for Americans 62 and older (R-CPI-E), which measures price changes specifically based on the spending patterns of the elderly. The eight major groups that are representative of typical costs are food, housing, apparel, transportation, medical care, recreation, education, and communication. However, this formula has only

been used for research purposes. There are bills in congress that aim to fix this error. These include the H.R. 304: Equal COLA Act, the H.R. 351: COLA’s Don’t Count Act of 2021, and S. 189: Veterans’ Disability Compensation Automatic COLA Act of 2021. Each of these bills are in their early stages, so make sure to keep your eyes out for progress!

