



## WELCOME

I want to wish everyone a Merry Christmas, Happy Hanukkah, and Happy Kwanzaa . December is a busy month with many deadlines hitting congress. Build Back Better will be the next huge hurdle for the government, hopefully without hurting the current drug development programs. As the new year approaches we will continue to Stand Up for Seniors.

Mark Gibbons  
President/CEO  
RetireSafe

HAPPY  
*Holidays*

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# Current Issues and Important Topics

**Christmas:** Whether you are hosting a dinner or going to a family or friends house for Christmas, it is important to be health conscious. This British Broadcasting Corporation Goodfood article provides some helpful information to have a healthy Christmas. Additionally, this provides recipes for delicious, yet healthy food that everyone will enjoy!

[How to have a heart healthy Christmas - BBC Good Food](#)

**COLA Update:** The upcoming cost-of-living adjustment for social security benefits will be the highest it has been in nearly half a century, coming in at 5.2%. This article Marca will give a breakdown of the change of the cost-of-living adjustment and social security. Merca also addresses some problems that may still occur due to inflation of goods because of the ongoing pandemic.

[The cost of living adjustment for Social Security benefits in 2022 will be 5.9% | Marca](#)

**No Surprise Act -- Update:** Last year Congress signed the No Surprise Act into law. This act addresses the issue of people being charged outrageously for out-of-network health services. Recently 152 members of the House of Representatives have reached out to the departments of Health and Human Services, Treasury, and labor to amend implementation of the act. Learn more about their requested change of implementation through this article provided by REVCYCLEINTELLEGENCE.

[Lawmakers Seek Changes to No Surprises Act Implementation \(revcycleintelligence.com\)](#)

**Mental Health:** Being inside during the winter can take a toll on one's mental health. During this time, it is important to take steps to have a healthy lifestyle to maintain good mental health. BrainMD provides some good tips to take care of your mental health this holiday season. Some of these tips include being active, getting adequate sunlight, and getting sufficient sleep. Take a look at the article below for more information.

[10 Ways to Take Care of Your Mental Health During the Winter \(brainmd.com\)](#)

**Eco-Friendly and Sustainable Christmas Gift Ideas:** During the holiday season it is important to think eco-friendly. Here are some great gift ideas that are good for the environment too!

[www.timeout.com](http://www.timeout.com)

## Medicare provisions updated in Biden's new Budget Plan:

Over the past years, Medicare has expanded to cover more than 80 million Americans, becoming a predominant topic in Democrats political agenda. Biden's new Medicare provisions under his new budgetary plan for this fiscal year, are set out on expanding Medicare coverage towards Black and Hispanic communities nationwide. The plan also ensures to allocate nearly \$150 Billion dollars for Medicaid for home and community-based care for seniors and disabled people.

