

The Senior Scoop

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RetireSafe
Standing up for America's Seniors!



Editorial from President/CEO of RetireSafe, Mark Gibbons

Seniors in America are dealing with so many different issues and problems. At the forefront are mental health and fraud. Recently, the entertainment and music industry has helped bring these issues to prominence.

The movie "The Beekeeper" [@beekeepermov](#) tells a story of a widower who has all her money taken through in online scam. The scammer claims to be able to troubleshoot your computer remotely, but they are gaining access to your various bank and credit card accounts. Although the movie is extreme in nature, cases like this are happening all over America with the target being seniors.

The singer Jelly Roll [@jellyroll615](#) released a song titled "I Am Not Okay". It talks about mental health and understanding that everyone needs help. During the pandemic, the cases of mental health issues in seniors have skyrocketed in the US. This song encourages the conversation about mental health, so let's talk more about senior mental health.

In November, you will help select the next leader of our country. To help you study the candidates we have created a slide deck and video for you to compare all 3 candidates on 9 different topics. RetireSafe does not endorse any presidential candidate.

Mark Gibbons

In this newsletter you can expect:

Informational Articles

Undermining 340B

New Historic Healthcare Coverage

2024 Equity Plan for Veterans

Healthy Aging for All

Social Security & Retirement

Brain Teasers Throughout

Informational Articles

Telehealth and Greenhouse Gasses

Telehealth can help reduce greenhouse gas emissions associated with cancer care. Nationwide cancer care that utilizes telehealth and local care would generally produce about 33% less greenhouse gas emissions because of the reduced travel to medical appointments. This specifically targets patients for conditions such as cancer who have to talk to their doctor regularly but do not have to have lab work, or physical work done. Read more [here](#)

Medicare

On July 2nd the U.S. Department of Health and Human Services expanded Medicare coverage in some states for people coming out of incarceration. This step is a reflection of the Biden-Harris administration as they, "ensure every American has access to high-quality, affordable health care," and are now prioritizing a historically overlooked population. Read more [here](#)

Climate Change

Climate change is one of the most prominent issues in contemporary society and will continue to advance in importance in the upcoming decades. Climate change is commonly associated with a temperature increase. However, climate change also encompasses rising sea levels, changes in weather patterns, a loss of species, a lack of food, and increased health risks. Below is an article that focuses on the health risks that climate change poses to seniors.

Read more [here](#)

Word Search

B	A	R	B	E	Q	U	E	S	F
C	S	J	L	Q	Y	K	K	G	R
R	O	U	F	M	C	R	S	A	E
D	G	L	X	L	O	E	C	E	E
W	D	Y	O	W	A	I	R	M	D
Q	T	Z	E	N	R	G	I	D	O
J	D	R	B	E	I	P	F	H	M
V	I	Y	M	M	R	E	L	A	W
F	X	A	R	T	O	L	S	R	A
B	K	T	L	I	B	E	R	T	Y

Can you
find all 8
words?



1. Barbecue
2. America
3. Colonies
4. Fireworks
5. July
6. Liberty
7. Freedom
8. Flag

Informational Articles Continued

Inflation Reduction Act

The inflation reduction act will fundamentally change how prescription drugs are paid for under Medicare Part D. The first portion is the coverage phase which is the main part of the plan where the beneficiary will pay 25% of the cost of the prescription drugs. However once the out of pocket spending reaches \$2,000 the plan moves to the second phase. In the catastrophic phase the beneficiary does not pay any cost for the prescription drugs. This is a net benefit to the beneficiary from the old plan.

Read more [here](#)

Finish the July Phrase



1. The shot heard 'round the...
2. Life, Liberty, and the Pursuit...
3. Where liberty dwells there is my...
4. Give me liberty or give me...

Spelling Bee

Get a piece of paper and see how many words you can make with these letters!



B O G N I R Z

The Dangers of Obesity

Obesity is a problem that has been affecting society for ages and are one of the major determinants of peoples' health. Obesity has increased among all age groups over the years and mostly, it has increased among seniors who are the most likely to experience the health consequences caused by it. How citizens manage their obesity in their young age begins to determine their health in their old age. This article informs readers about the causes and consequences of living with obesity and also talks about how to prevent it.

Read more [here](#)

2024 Equity Action Plan

As July passes us for another year in America, and especially this being an election year, patriotism and national pride are common themes on the minds of many citizens. With these feelings of honor comes specific consideration of veterans, often seen publicly in things such as marketing materials, campaign speeches in debates, and more.

A new action item on the forefront is that of the 2024 Equity Action Plan. In this article, this plan will be broken down and explained in simple terms. This includes key components of the plan, what it will look like in the future, and how to get involved.

The 2024 Equity Action Plan is a comprehensive initiative designed to address disparities and foster inclusivity with the veteran community designed by the Department of Veteran Affairs. This is done in hope of ensuring that all veterans receive equitable access to the benefits and services they deserve. VA has made a commitment to equity, inclusivity, and justice. This Equity Action plan outlines strategic actions and policies aimed at eliminating barriers of access.

There are 6 key action components to this plan, including improving accessibility, support for women veterans, stat driven decision-making, cultural competency training, enhanced outreach, and LGBTQ+ inclusivity. By outlining these components and highlighting how they are connected, the VA is demonstrating an even more thorough approach to the goal of making VA benefits accessible and equitable.

This plan will serve as a roadmap for the department, and will hopefully make the transition for more accessible services even smoother. Every veteran deserves to receive the care, respect, and support they have earned through their service.

For more information about the 2024 VA Equity Action Plan, or how to get involved in RetireSafe, email info@retiresafe.org or visit our website.

By working together, we can empower all veterans to create a brighter future for the community.



Riddle



WHAT BELONGS TO
YOU, BUT IS USED
MOSTLY BY OTHERS?

ANSWER IN THE NEXT
NEWSLETTER!

How to Maintain a Healthy Aging Experience for All

As of 2024, more older adults want to age in place than aging in long-term care facilities. Aging in place gives seniors the feeling of being close to their family members, proximity to things they cherish, and being surrounded by support from their local communities. These components contribute to why aging in place is essential for seniors and those who want to stay easily connected with their loved ones for the rest of their lives. But then again, illness is inevitable when people age and as seniors get older, they encounter more health problems. So, the question is, how can seniors protect their health while aging in place?

Before diving into the "how," let's start first with the "why." Why do seniors need to take good care of their health when aging in place? The more people age, the greater the demand for maintaining their well-being. In other words, older age comes with more severe and chronic diseases, and managing chronic diseases becomes a core factor of the aging experience. According to [Forbes Health](#), about 78% of adults aged 55 or older nationwide have a chronic disease, including arthritis, asthma, cancer, cardiovascular disease, chronic obstructive pulmonary disease, or diabetes. More critically, the rate swells to 85% if the seniors are 65 or older. In addition, seniors encounter age-related health conditions, such as vision loss, sleeping difficulties, bone and muscle loss, diabetes, and hypertension.

However, physical health conditions are not the only barrier for seniors; mental health can become another concern as seniors face social isolation and loneliness along with depression, anxiety, or suicide while aging in place. To prevent older adults from being particularly affected by physical and mental conditions that can possibly lead to more severe health concerns, seniors need to center their focus on maintaining good health while aging.



Trivia

...



Every

independence day,
how many times
does the liberty bell
ring?

How to Maintain a Healthy Aging Experience for All: Continued

So, how can seniors protect their health while aging in place? First, age-related conditions are inevitable; fortunately, there are ways to manage these conditions. One healthy way to adapt to age-related health issues is to make healthy lifestyle changes, including exercise, diet, relaxation, stress reduction, and substance use avoidance (e.g., smoking or drinking alcohol). Exercise is one of the most common ways for older adults to maintain excellent health, for even a small session of exercise can help seniors stay active and independent and increase levels of serotonin, dopamine, and norepinephrine, which helps sustain positive moods.

Second, chronic disease is one of the leading causes of poor health among seniors, so it is vital to stay up to date with medical appointments, including annual medical check-ups. Though non-medical methods can contribute significantly to protecting seniors' health, engaging in preventative health behaviors, such as taking immunization vaccines for flu or pneumonia, is as critical to strengthening seniors' immune systems. Seniors can also use wearable medical technology to monitor their heart rate, blood pressure, or body temperature, which can assist in keeping track of their health and indicating if immediate medical attention is necessary.

Lastly, maintaining a healthy state of mind is as essential as preserving excellent physical health. Hence, actively engaging with the world is one of the most common ways seniors keep their brains active. Seniors can also engage with the world by being well-informed about new developments in sciences, arts, politics, and other areas of cultures and interests, as well as engage in activities that they genuinely care about and are passionate about.

Ultimately, aging in place gives seniors a sense of familiarity, love, and support. Not only can they start aging peacefully, but they can interact with their loved ones and rest assured that their family members will be by their sides when needed. Truly, aging in place is about spending the rest of their time with their family and ensuring that seniors age comfortably and safely. Therefore, it is incredibly necessary for seniors to maintain good health and live happily with their family and community. So, let's stay healthy, the beloved America's seniors!

Social Security in Retirement

As Americans approach their golden years, many are increasingly concerned about their financial security. Social Security, the federal program, established over 80 years ago, was designed to provide financial stability for retirees, ensuring they can enjoy their later years without the burden of financial insecurity. However, understanding how to maximize Social Security benefits and integrating them effectively into retirement planning can be complex. Whether you are nearing retirement or just starting to think ahead, it's essential to grasp how Social Security fits into your broader financial picture.

Social Security will be available when you retire, supported by three main funding sources. The largest of these sources is income taxes, which account for 89% of the program's total funding. This reliable influx of money ensures that Social Security remains a steady component of your retirement income as long as people are working and paying their taxes. To qualify for Social Security, you need to earn credits by working and paying Social Security taxes. For 2024, one credit is earned for each \$1,730 of earnings, up to a maximum of four credits per year. While the amount of earnings needed for a credit may increase over time, the credits you earn remain on the Social Security Administration's records, even if you change jobs or have periods of no earnings. For those born after 1928, 40 credits are required to qualify. Although most people earn more than the necessary credits, the extra credits do not increase the size of the monthly benefit, which is determined by the amount of income earned during working years.

Teaser

RetireSafe will be releasing a 2024 Voters Guide on Monday, July 29th.

This collection of nonpartisan visuals will compare the 3 presidential candidates stances on 9 major issues allowing readers to form their own opinion and better understand the candidates values.



Social Security in Retirement: Continued

Your Social Security benefits are calculated based on your lifetime earnings, adjusted for changes in average wages. Specifically, the program uses your 35 highest-earning years to estimate your benefits. It's crucial to periodically review your earnings record on the Social Security Administration's website to ensure accuracy and stay informed about your potential benefits.

While Social Security is not disappearing, its reserves are being utilized due to an increasing number of retirees, including the baby boomer generation. As of 2019, Social Security had a reserve of \$2.9 trillion, but with more people retiring, these reserves are expected to be depleted by 2035. Even then, the program will continue to pay benefits through annual tax revenue, though at about 80% of the usual amount. To supplement your Social Security income, consider consulting a financial planner.

Depending on your retirement income, your Social Security benefits may be taxable. If Social Security is your sole income source, you might not owe taxes. However, additional income from sources like traditional IRAs, capital gains, or job earnings could make your benefits taxable. For individuals with a combined income exceeding \$34,000, up to 85% of Social Security benefits may be taxable. Notably, qualified distributions from a Roth IRA are not considered taxable income for Social Security purposes.

Your Social Security benefit will be based on the Social Security Administration's record of your earnings. The SSA used to send annual Earnings and Benefits Estimate Statements to those who met specific criteria, but this practice has been intermittently paused. You can now access your Social Security Statement online through the SSA website at <https://www.ssa.gov/myaccount>. Reviewing your statement every three years ensures that the SSA has accurate information about your earnings, as they can only correct errors within a limited timeframe.

Having a strategy that maximizes your Social Security benefits is crucial for financial security in retirement. For personalized advice and detailed planning, consider contacting a certified financial planner.

June Riddle Answers



Q, A man rode into a town with his horse on the 25th of June. He stayed in the town for 3 weeks, then left on June.

How is this possible?

A. The horse's name was June

Q. Which iconic movie starring Humphrey Bogart and Ingrid Bergman was released in 1942?

A. Casablanca

Q. What letter comes next in the sequence?

B C D E G ?

A. P, because these are the letters in the alphabet that rhyme

Thanks for Reading

Get Involved...

What is the biggest event that has happened in your life?

Email your experience to info@retiresafe.org for a chance to be featured in next month's newspaper!

Consider Donating...

If you enjoyed this newsletter then please consider a donation to support our future endeavors!

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