



WELCOME

I want to wish everyone a Happy Thanksgiving from RetireSafe. Take this time to reflect on this past year, which has flown by so quickly. Remember to be safe when visiting family this holiday. Unfortunately the Coronavirus has not left us yet.

Legislatively things up here on the Hill are at a frantic pace with important deadlines fast approaching:

- About 14 days until a government shutdown
- 26 days until the Treasury Department says the debt limit needs to be lifted
- “About” 2 days until President Biden said he would make news about the next chair of the Federal Reserve
- In fighting about the Build Back Better Act, with a possible vote in the House this week

Earlier in the month we observed Veterans’ Day. I want to personally thank those who served and to assure you that we are keeping your interest on the front burner. The VA system has some great programs for it’s male veteran service members, however we need to push for the same quality care for our female veterans. Over the next several months we will be working with veteran group to make this a reality.

Thank you for your support and please feel free to reach out to me if you would like for us to look into a matter that concerns seniors.

Mark Gibbons
President/CEO
RetireSafe

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Current Issues and Important Topics

Reconciliation: As we enter the Holiday season, Congress is remaining busy and attempting to pass both the reconciliation and infrastructure bill. One of the major discussions that have been taking place has revolved around drug pricing. Initially, drug pricing reforms were disregarded in the reconciliation bill. However, recent talks have resurrected, and new legislation has been proposed. Read this article to learn more about this legislation.

[Democrats' new drug pricing outline includes carveout for small biotech \(statnews.com\)](#)

Thanksgiving Wellness: As Thanksgiving quickly approaches it is important to maintain a healthy and active lifestyle. This article from Hearts at Home gives great advice for just that. In this article you will receive tips to have a great and enjoyable day on Thanksgiving, while keeping a good and healthy lifestyle.

[Hearts at Home's Tips for a Healthy Thanksgiving for Seniors \(heartsathomeusa.com\)](#)

Finding Your Health Plan: Choosing a health plan can be a stressful and difficult decision. There are many questions to ask in this process, as well as many new changes that have taken place recently that may change your answer to those questions. In this article by Government Executive, you will be given some helpful information that can help you answer those questions and help you make your decision.

[How to Find the Best Health Plan During Open Season - Government Executive \(govexec.com\)](#)

National Family Caregiver Month: It is November so that means it's National Family Caregiver Month! We know that being a caregiver can be a tough job. As you are caregiving for a loved one, don't forget to stay on top of your own health as well. Caregiver Action Network provides helpful tips to people that are caregivers. Look at these tips from the link below.

[10 Tips for Family Caregivers | Caregiver Action Network](#)

Staying Active During Winter: It is November so that means it's National Family Caregiver Month! We know that being a caregiver can be a tough job. As you are caregiving for a loved one, don't forget to stay on top of your own health as well. Caregiver Action Network provides helpful tips to people that are caregivers. Look at these tips from the link below.

[Ways for seniors to remain active during winter - Mayo Clinic Health System](#)

Digital Scams - Video

The interns at RetireSafe have created a video to help you learn about and identify various kinds of online scams and frauds. In this video, you will learn about phishing, malware, fake charities, false surveys, lottery scams, and fake debt scams. This video is available in both English and Spanish.

SCAM ALERT

