



FRIDAY ALERT



Alliance for Retired Americans

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November 26, 2021

The Alliance wishes you and your family a safe and happy Thanksgiving holiday week.

Biden to Replace Ron Bloom, USPS Board Chair and DeJoy Ally, on Postal Board of Governors

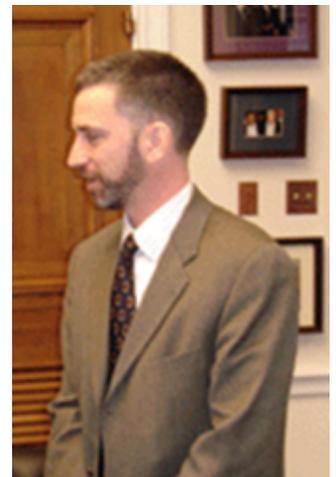
President Biden [announced](#) that he plans to replace **Ron Bloom**, the chairman of the US Postal Service's governing board and a key ally to current Postmaster General, **Louis DeJoy**. The bipartisan, nine-member board is tasked with overseeing Postal Service operations, including the hiring and evaluating of the Postmaster General, a process that was met with public scrutiny following the nomination of Postmaster General DeJoy in 2020.

During his tenure, Postmaster General DeJoy has implemented a number of policies that [slowed mail delivery](#) and increased prices for consumers. Democratic lawmakers have also criticized him about [numerous conflicts of interest](#), and concerns that service slowdowns [would disrupt delivery of mail ballots](#) during the 2020 election.

Daniel Tangherlini, former administrator of the General Services Administration under President Obama, will be nominated to fill the position.

USPS supporters hope that Tangherlini's appointment will eventually lead to the replacement of DeJoy.

"The Postal Service is critical for millions of Americans, especially seniors. Raising prices and deliberately slowing the mail is not acceptable," said **Richard Fiesta**, Executive Director of the Alliance. "We hope this nomination will be the first step toward a Postal Service that puts the needs of the American people first."



Daniel Tangherlini

New Report Shows Drug Price Hikes for 7 Medicines Were “Unjustified” and Cost Billions

According to a [new report](#) from the Institute for Clinical and Economic Review, prescription drug increases for seven out of 10 medications cost \$1.7 billion last year. Researchers also determined that these seven price hikes were “unsupported,” meaning that price increases did not lead to a boost in effectiveness of the drug.

One drug, Humira, accounted for 82 percent (\$1.4 billion) of the total cost. The other drugs examined included Krystexxa, which treats chronic gout, and Xifaxan, which treats Irritable Bowel Syndrome. They were among the 250 best-selling medicines in 2020.

“This study shows once again that high drug prices are costing the American people outrageous amounts of money,” said **Robert Roach, Jr.**, President of the Alliance. “The Senate must pass solutions like the Build Back Better Act to rein in drug corporations’ monopoly power over prices.”

Psychologists: Use These Techniques to Boost Your Mental Health

[According to](#) the National Institute of Mental Health, many older people suffer from mental health conditions such as depression and anxiety. Research has identified the highest-risk individuals as those who are dealing with a significant physical or cognitive decline and those who are grieving or dealing with multiple losses. The way that seniors perceive, process and talk about these questions can play an important role in boosting their emotional well-being.

Similarly, older people who struggle to find meaning in their lives also fall under the high-risk category for these issues. Concerns about finding meaning may include questions such as, ‘Have I led a meaningful life?’ or what their legacy might be.



Psychologist **Jelena Kecmanovic** offers [four approaches](#) for better understanding these questions and improving one’s mental health. By engaging in “life review” and reminiscing about events in the past, older people create a more coherent understanding of their life’s purpose. Activities such as autobiographical writing, storytelling or scrapbooking can help.

Second, rather than attempting to grasp the abstract ‘meaning of life,’ seniors should focus on engaging with the meaningful activities that they currently do. By orienting their thoughts toward meaningful subjects, older people can gain clarity about what really matters. This meaning can also be found in other activities, such as making personal relationships, connecting with nature or creating art.

Third, Kecmanovic recommends accepting one’s limitations as they age. She distinguishes this acceptance from giving up. For older adults struggling with physical or cognitive limitations, focusing on the things they can still do provides a sense of purpose and control.

Finally, seniors are advised to deal with their death anxiety, rather than avoiding the topic. This takes the form of reading obituaries, visiting cemeteries or attending funerals. By arranging one’s will ahead of time, seniors also gain a sense of dignity and control in providing a gift for the ones they leave behind.

“Mental health is such an important part of overall health,” said **Joseph Peters, Jr.**, Secretary-Treasurer of the Alliance. “Older people need to pay attention to their mental health and seek professional treatment when they need help.”

KHN: As Big Pharma and Hospitals Battle Over Drug Discounts, Patients Miss Out on Millions in Benefits

By Sarah Jane Tribble and Emily Feartherston, *InvestigateTV*

In early July, as the covid-19 pandemic slammed rural America, the president of a small Kansas hospital sat down on a Friday afternoon and wrote the president of the United States to plead for help.

“I do not intend to add to your burden,” said **Brian Williams**, a retired Army lieutenant colonel and Desert Storm combat veteran. He said his hospital, Labette Health, was “like a war zone,” inundated with unvaccinated patients. A department head had threatened to resign, saying he could not “watch one more body be carried out.”

But Williams wasn’t seeking pandemic relief.

Instead, he asked President Joe Biden to confront pharmaceutical manufacturers Eli Lilly and Co., Novo Nordisk and others for refusing to honor a federal drug discount program for hospitals and clinics. The program gives Williams millions to pay staff members, ensures remote clinics remain open and provides charity care for patients unable to pay, he said.

[Read more here.](#)

The Alliance for Retired Americans is a national organization that advocates for the rights and well-being of over 4.4 million retirees and their families.