



FRIDAY ALERT

Alliance for Retired Americans
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Alliance and Allies Highlight the Benefits of Inflation Reduction Act for Retirees

The Alliance joined Rep. **Jan Schakowsky** (IL) at a virtual press conference Wednesday to discuss how [millions of seniors](#) will benefit from the Inflation Reduction Act's prescription drug savings.

The speakers discussed how the historic legislation works to drive down health and drug costs for families nationwide, and **Doug Hart**, former President of the Arizona Alliance and national Alliance executive board member, detailed how he personally will save at least \$4,500 each year.

"I have Medicare but the amount I currently still have to pay out of pocket for my prescriptions keeps going up - right now it's \$6,500 per year," said Mr. Hart. "I am one of the 49 million Medicare Part D beneficiaries who will see relief by having out-of-pocket costs for prescription drugs capped at \$2,000 per year beginning in 2025."

Many of the IRA benefits will begin in 2023, including:

- Insulin co-pays capped at \$35 per month;
- All recommended adult vaccines free for Medicare beneficiaries;
- Corporations that raise the price of drugs sold to Medicare faster than inflation have to pay rebates back to Medicare; and
- U.S. Department of Health and Human Services must identify the 100 highest-priced drugs and select the first 10 for negotiation

All Medicare beneficiaries will save money thanks to the law, and those who take the most drugs will save [thousands of dollars each year](#).

SSA Adds Safety Measures to Protect People Facing Long Wait Times, Adverse Conditions

When the Social Security Administration (SSA) reopened its offices for in-person appointments many beneficiaries and applicants faced long waits outside in the summer heat. Over the past several weeks, the agency has [taken several steps to implement safety upgrades](#) to address the problems.

For offices where outside lines are necessary, Social Security is providing access to bathrooms, water fountains and, in some cases, fans and outdoor canopies. The agency is rearranging its waiting areas to allow more people to wait in its air-conditioned offices. In addition, SSA is

expanding the use of mobile check-ins for appointments, allowing people to wait in their cars or other places nearby.

SSA is also referring customers for quick express interviews or for same-day or future appointments; checking to make sure visitors have the necessary information and documents; providing drop boxes for documents; giving workload assignments to offices with less walk-in traffic; assigning volunteers to busier offices; rehiring retired employees; and increasing overtime for busy offices.

The SSA office locations which have had the most people having to wait outside include Orlando, Carrollwood, Perrine and South Miami in Florida; the Twin Cities in Minnesota; Southwest and northwest Houston and Pasadena in Texas; and Las Vegas.

“SSA personnel are doing all they can despite very challenging circumstances with inadequate resources,” said **Robert Roach, Jr.**, President of the Alliance. “Additional funding for SSA would also go a long way in addressing these dangerous situations.”

Illinois Alliance Member Bea Lumpkin, 104, Leads Chicago Labor Day Parade



Illinois Alliance member and AFT retiree Bea Lumpkin, going strong at 104, served as Grand Marshall for the 2022 Chicago Labor Day Parade Monday. The legendary Ms. Lumpkin has been an activist, professor, and writer during her lifetime. To her right: Chicago Federation of Labor Secretary Treasurer Don Villar. More [here](#).

Walking More Will Cut Your Risk of Developing Dementia

Walking [between 3,800 and 9,800 steps each day](#) can reduce your risk of mental decline, according to a new *Journal of the American Medical Association* study.

People between the ages of 40 and 79 who took 9,826 steps per day were 50% less likely to develop dementia within seven years, the study found. People who walked with "purpose" -- at a pace over 40 steps a minute -- were able to cut their risk of dementia by 57% with just 6,315 steps a day. Experts describe 40 steps per minute as "a brisk walking activity," similar to a power walk.

Even people who walked approximately 3,800 steps a day at any speed cut their risk of dementia by 25%, the study found.

"If you don't have a step counter, you can count the number of steps you take in 10 seconds and then multiply it by six to calculate steps per minute," said **Joseph Peters, Jr.**, Secretary-Treasurer of the Alliance. "However, before beginning any new exercise program, consult your doctor, and stop right away if you experience pain."

Fiesta Addresses Colorado Alliance Members



Left to right: Bob Knapp, Ed Augden, Allen Weisheit, Carolyn Boller, Richard Fiesta.

Alliance Executive Director **Richard Fiesta** was in Denver on Thursday to address 70 Colorado Alliance Conference attendees. Elected to office at the gathering were: **Ed Augden**, President; **Carolyn Boller**, Executive Vice President; **Allen Weisheit**, Treasurer; and **Bob Knapp**, Secretary. Ten state representatives and 2 state senators were also in attendance.

During his presentation, Fiesta discussed the senior vote in the 2022 midterm elections and the Alliance's activities to protect and expand Medicare and Social Security. He also spoke about the many pro-retiree actions taken by Congress and the Biden Administration, including the Inflation Reduction Act, Infrastructure Bill and American Rescue Plan.

“The IRA is just the latest bill benefiting seniors that President Biden has signed into law,” said Fiesta. “And he overcame strong opposition: both the IRA and the American Rescue Plan, which provided \$94 billion for 3 million Americans in troubled multi-employer pension plans, were signed without ANY Republican support on Capitol Hill.”

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.