



KICKIN' BACK

FOR AND ABOUT ACTIVE RETIREES

SUMMER 2007

YOU MAY RETIRE FROM THE JOB, BUT YOU NEVER RETIRE FROM YOUR UNION

MESSAGE FROM MARIA

With the beginning of spring when we are thinking about our blessings, I reflect on the success of our 4th International Retirees' Conference that was held in Las Vegas, NV in November of 2006.

Each conference increases, not only in the number of attendees but also in the strength of networking, planning and the focus of our members' needs.

After the conference's initial sessions, the attendees participated in workshops. They had lively discussions and mapped out a concrete action plan. The plan included political activism that was designed to unite and energize our political base.

This process entailed letters to the editor, calling/e-mailing members of Congress, networking, and using the resources that my office provides.

The Fourth International Retirees' Conference highlighted some very important issues:

- * The Intergenerational perspective of: "Who We Are"
- * The usual Fireside Chat - New Deal vs. Raw Deal
- * Legislative/political - USA/Canadian issues
- * Labor History - USA/Canada

Some other topics included trade, Social Security, Canadian Social Security, Medicare and Health Care.

On a lighter note, we enjoyed entertainment, whether it was joke telling by Mayor and IAM Florida State Council President Frank Ortis, songs written and sung by Steve Jones, or our much acclaimed dancers - the Back Stage Revue. Even Santa Clause paid us an early visit. Folks came from Canada to Texas, Hawaii to New York and all regions in between.

Yes, I am blessed. It was a good year - and a great conference.

NEW PROGRAM

In 2006 representatives of our Community Services/EAP/Retirees Department traveled the country listening to our retirees. Over and over again, we heard stories laced with anxiety and concern about the continuing loss of jobs and loss of retiree benefits.

Two concerns were the lack of trusted information and of benefits lost. As a result, the IAM&AW's Community Services/EAP/Retirees Department has developed a program designed to provide our retirees easy access to information that details affordable supplemental benefits.

The IAM&AW is not responsible for choosing any particular program nor its result. We have entrusted this responsibility to the principals of NASH. We have worked with these people over enough years to be able to gauge both their loyalty and competence. Their years of experience with group benefits and sensitivity to retiree needs makes them an excellent partner to help us introduce and expand our program.

Medicare Supplement Insurance - pays expenses not covered by Medicare; covers prior health conditions immediately; your contract is guaranteed renewable for life; you can choose your own doctor.

Medicare's Advantage Plans - Government subsidized health insurance - different plans have varying benefits; a plan's benefits can change from year to year; many plans' coverage are local or regional; you MUST revisit your plan EACH YEAR.

Dental Discount Plan - enjoy significantly reduced fees from day one on a full array of dental care; affordable; easy to use extensive network of providers.

Hearing Discount Plan - you have easy access to the largest national provider of hearing health care products and services; you save on products and services.

Vision Discount Plan - Discounts on eyewear and eye care; access to large network of vision care centers.

Long-Term Care Insurance - find a plan that is affordable; allows you to choose your care; protects your family and its savings.

For information contact NASH : Dental, Vision & Hearing (866) 498-7913;
Medigap & Advantage Plans (800) 727-0199; EMAIL: assist@nash-assist.com

GENERIC DRUGS NOT ALWAYS AS AFFORDABLE AS ONE MIGHT EXPECT

Generics of several notable drugs that came off patent recently, including the anti-depressant Zoloft, the antibiotic Zithromax and the allergy drug Flonase, have in many cases failed to deliver big savings so far, according to a recent Wall Street Journal article. In the case of the cholesterol-lowering drug Zocor, which lost patent protection last June, the price that many insurers pay for the

generic version has dropped dramatically, while the price for patients who pay cash for the generic often remains high. Generics still typically cost less than their branded counterparts, but how much generic prices fall depends on factors such as how many generics makers sell the drug; how much competitive pressure pharmacies feel; whether there is another alternative, such as a different

generic in the same class of drugs; and whether a particular generics maker gets an initial exclusivity period. By law, the first generics maker to challenge a patent on a branded drug and prevail wins six months of exclusive sales.



NURSING HOMES SEEKING OUT SHORT-TERM PATIENTS

With billions of dollars at stake, nursing homes across the nation are rushing to reinvent themselves to compete with hospitals and affiliated rehabilitation facilities for short-term, higher-paying patients. According to the *Atlanta Journal-Constitution* (March 25, 2007), hundreds of millions of dollars are going toward renovations and additions, as well as new features like aromatherapy, brightly colored décor, and spacious therapy gyms. Most often, the facilities are provid-

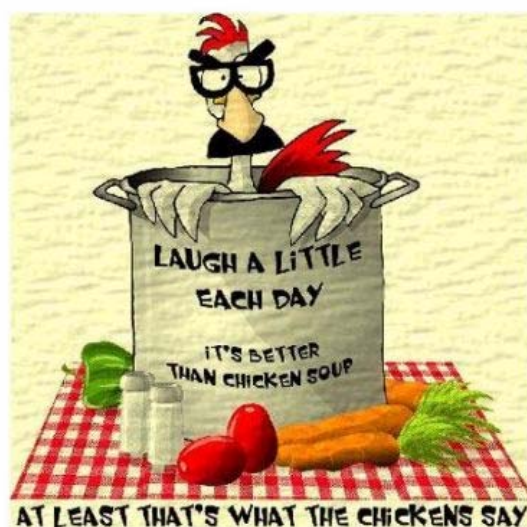
ing postoperative rehabilitation for knee and hip joint patients, but heart attack and stroke victims are also coming in for therapy. Many patients are retirees, but others are still in the workforce, and some are as young as their 20s.

Attracting rehab patients has also meant catering to people in their 50s and 60s who have an aversion to what they view as the traditional nursing home. Medicare, which covers care for up to 100 days after a 3-day hospital stay, pays two to three times more per day for its patients than Medicaid, which covers the vast majority of traditional nursing home patients.

Nursing homes are rushing to reinvent themselves

PRICES FOR MOST COMMON MEDICARE DRUGS CONTINUE TO RISE

Costs for many of the most commonly prescribed medications are continuing to rise under Medicare's new prescription drug plan, a study published recently in the *Washington Post* concludes. Government investigators found that "prices for ten of the most prescribed brand-name medications have shot up an average of 6.8 percent since December under Medicare private insurance plans, while wholesale prices for the same drugs have risen just 3 percent." Over the same period of time, plan premiums have already jumped 13 percent. While both drug manufacturers and health insurers noted that overall program costs remain low due to a push toward generic drugs, the investigators note that the drugs tracked in the study were 2004's top 10 sellers, and only one has a generic alternative. In 2007 alone, while name-brand drug costs were predicted to increase 7 percent over the entire year, they had nearly climbed that high by mid April.



IT WAS TRULY A DAY OF ACTION

On May 17, 2007, the IAM led transportation workers from more than a dozen unions in a massive rally of thousands on the National Mall in Washington DC. The cry was heard from the monument to the White House: **Enough is Enough**. Folks are done with this administration's policies that have plagued workers, their families and seniors in this country.



With hundreds of our retired members in attendance, it was a day that will not be forgotten. Retirees traveled from California to New York and in between. They were in full force to support the plight of workers and say to this administration "**ENOUGH IS ENOUGH**".

RETIREES IN ACTION

Kenneth and Janell Walsh have both been elected to the Kansas State Democratic Party. They are getting ready for the 2008 campaign.

On May 30, 2007 newly-retired Administrative Assistant from District Lodge 751 **Ron McGaha** will be leaving on his "Senior Trip". This lone rider will be traveling on his Harley-built motorcycle, touring the four corners of the USA. His intention is to travel these 11,000 miles in a 16-day venture.



Why is Ron taking his "Senior Trip", you ask? He is collecting donations to benefit programs for the IAM Retirees' Department. Ron is paying his own expenses; therefore, 100% of contributions will benefit the programs of the IAM Retirees' Department.

So, join Ron in supporting the IAM Retirees by making your donation payable to the IAM Retirees Department, 9000 Machinists Place, Upper Marlboro, MD 20772.

And remember, if you see "US BILT" on the back of a Harley-built motorcycle - it's Ron!!!

Welcome to newly formed retiree club, **Active Retired Machinists (A.R.M.)** from Local Lodge 1528 in Ceres, California. The officers are: Gene Britt, President; Mike Przekurat, Vice-President; Jessie Zavala, Secretary; and Gail Voss, Treasurer . **Congratulations A.R.M. members.**

On April 26 and April 27, 2007 there was a **Florida Statewide IAM Retirees** meeting in Cocoa Beach, Florida. Approximately 100 retirees from all parts of the state attended. The leadership of the state agreed to have regional meetings. More to come.

ALLIANCE FOR RETIRED AMERICANS 2007 LEGISLATIVE CONFERENCE—SEPTEMBER 4-7, 2007

The Alliance for Retired Americans invites members to attend its Legislative Conference beginning Tuesday, 9/4/07 at 1:00 p.m. and concluding on Friday, 9/7/07 by noon.

The Alliance for Retired Americans is a powerful voice for retired and working people. In six years the Alliance for Retired Americans population has grown to 3.4 million members.

The major focus of the speakers, workshops and training sessions will be honing in on their work with the growing State Alliances

and educating our Federal elected officials about the priorities for building a safe and secure future for all Americans. The Lobby Day event will enable you to meet with your Congressional Representative and Senators.

The conference will be held at the Hilton Washington and Towers at 1919 Connecticut Ave., N.W., Washington, DC 20009. Hotel reservations must be made by calling the Hilton and Towers: **1-888-324-4586**. Ask for the Alliance for Retired Americans Legislative Conference attendee

rate (\$146 a night plus tax). This special rate is available until 7/20/07.

A banquet is scheduled for 9/6/07 at 6:00 p.m. Banquet tickets are \$70 per person and should be purchased at the time of registration.

Contact the Alliance for Retired Americans for a registration form and information.

1-888-373-6497

www.retiredamericans.org

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WE ARE ON THE WEB: goiam.org

Click [IAM Headquarters](#)

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STAY INFORMED - SUBSCRIBE TO iMAIL

iMail is a twice-weekly electronic newsletter that lets IAM members get information quickly and efficiently. Once you subscribe, a link to the current **iMail** will be sent directly to your personal email address every Tuesday and Thursday, or more often as events warrant.

You can sign up on the [Community Services/Retirees Web Page](#). Follow the directions above. Then click on the block "[Stay Informed Sign Up For iMail](#)".



DO YOU HAVE A CHANGE OF ADDRESS OR NEED TO REMOVE A NAME FROM OUR MAILING LIST?

→ **Call our toll-free 800 number ([voice mail](tel:1-800-961-4745)): 1-800-961-4745**

If the mailing label has a number above the name, include that number in your message.

For Change of Address:

1. Spell your name
2. State your old address
3. State your new address and phone number

To remove someone from the mailing list

1. Spell the person's name
2. State the address where the mailing was sent
3. It is **very important** that you leave your name and phone number



PRESCRIPTION DRUG DISCOUNT PROGRAM

A special program has been developed in alliance with the Pequot Pharmaceutical Network (PRxN) through a Mail Service Prescription Drug Discount Program exclusively for IAM&AW members and their families. You and your family may be able to realize significant savings. Both brand name and generic products, as well as diabetic supplies, are available. There is no fee to join and no monthly premium or fee.

Call PRxN at 1-800-342-5779 for any questions about the program, cost of specific medications, or to enroll over the phone by giving your name, address, phone number and date of birth. Please be assured that PRxN is HIPAA compliant and protects your privacy.

Brochures are available from the IAM&AW Community Services Department (301) 967-3433