

## Courier-Journal

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You must include the following:

Your first and last name.

City and ZIP code.

Daytime phone number for letter verification and possible questions.

When emailing, please include the topic of the letter in the subject field.

Only your name, city and ZIP code will be published.

### Example – Letter to the Editor: Published Jan. 18, 2017 – Courier Journal

ACA should be improved, not repealed

As a physician now working with many people who have never had insurance — encouraging them to get to know their physicians and take advantage of preventative medicine, to get treatment in a timely way, to be partners in their care — and as parent of someone who works at Family Health Centers, our wonderful group of Louisville clinics serving many folks able to pay only because of the ACA and Medicaid expansion, I have been schooled and am ever more in favor of health care for all.

Our senators and representatives should not repeal the ACA but improve and thereby replace it.

Suggestions: Disconnect insurance from employment. Give MDs time to counsel patients in the billing codes. Find ways to include education so that shame about being sick and old habits of neglect (caused by years of no alternatives) don't put folks back in the emergency rooms. I bet as you read this letter, you have ideas, too: let's have a conversation: call your lawmakers!

Susan M. Bentley

Louisville 40204

### Example – Letter to the Editor: Published Jan. 10, 2017

People will suffer when Kroger closes

I am haunted by what Kroger closing its Second Street location means for the community. I live in Old Louisville and work at The Center for Women and Families. Not only do staff and shelter residents at The Center rely on the Second Street Kroger for groceries and prescriptions, but so do the many elderly, disabled, homeless and low-income families in the neighborhood.

Residents without transportation who walk and bike to Kroger will suffer. Many of the elderly and disabled residents who live at Friendship House and Baptist Towers transport groceries on their wheelchairs. It's unreasonable to expect students, single parents and low-income residents to take the TARC for groceries.

I am grateful to Kroger for serving vulnerable populations in Kentucky through Shop and Share and Dare to Care. But we need a clear message from Kroger about how it plans to reinvest in our community. If Kroger is not an option, I'm calling on our city government to present an alternative strategy for attracting and retaining affordable, centrally-located grocery stores that have fresh foods and are accessible to the neighborhood.

Real people will suffer when the Second Street Kroger closes. How can our most vulnerable survive without food?

Michael Miller

Louisville 40208

### **Lexington Herald-Leader**

Submit online: <http://www.kentucky.com/opinion/letters-to-the-editor/submit-letter/>

Mail to:  
Letters to the Editor  
Lexington Herald-Leader  
100 Midland Avenue  
Lexington, KY, 40508.

By fax: (859) 231-3332.

Questions: Jamie Lucke (859) 231-3340 or Vanessa Gallman (859) 231-1393

Example – Letter to the Editor: Published March 21, 2017 – Lexington Herald

Stand with our Muslim neighbors

I had never visited a mosque until March 4. I spent several hours at the Masjid Balil Mosque, down the street from my house, visiting, learning, sharing food and hugs, making connections with many wonderful neighbors.

While there, as the afternoon prayer time approached, I bowed my head in prayer too. What a powerful moment, knowing that at that exact same moment, millions of

others all over the world were in prayer also. I'm in tears learning that someone would threaten my new friends, where they too worship our God of peace and love.

I will stand with my brothers and sisters and do what I can to show love and dispel this hatred. Love must win.

DIANE CAHILL

LEXINGTON

Example – Letter to the Editor: Published March 21, 2017 – Lexington Herald

Assimilation makes U.S. great

We hear a lot about assimilation and diversity. Assimilation is easy to accept, diversity is harder.

My great grandfather came here from Germany in 1868. He changed his last name and learned to speak English. He came here for new opportunities and his belief in this young country's freedoms. He is my role model for his vision, courage and beliefs.

My recently deceased sister was cut from the same fabric. She was director of minority affairs at NASA during its heyday. She vigorously fought for women's rights — in the workplace, home, church, politics even about how to dress. Many gains women have today are because of efforts by women like her.

Today we may be exposed to a subtle threat. I am not comfortable with a culture that limits women's rights, whatever the premise. People seem to be afraid to express their opinions on this subject because of religious connotations. Will they assimilate, or will they stay to themselves and have their own micro-culture? Is this something Europe is experiencing right now?

CHARLES ADAMS

GEORGETOWN

**Paducah Sun**

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Example – Letter to the Editor: Published March 19, 2017 – Messenger - Inquirer

Alzheimer's related deaths continue to rise. The Alzheimer's Association's 2017 Alzheimer's Disease Facts and Figures report states that deaths due to the sixth-leading cause of death have nearly doubled in 14 years. For comparison, deaths from the number one cause of death -- heart disease -- continue to decrease. Therefore, I am excited about attending the Alzheimer's Association's Advocacy Forum in Washington, D.C., later this month because it will give me the tools to help make a difference.

Alzheimer's is the most expensive disease in the country and its impact on families can be devastating. How expensive is it? Medicare and Medicaid cover the lion's share -- \$175 billion, or 67 percent, of the total health care and long-term care payments for people with Alzheimer's and other dementias. Protecting these programs is vital.

Medicaid pays for nursing home and other long-term services, which most people with Alzheimer's will eventually need. In fact, more than one in four seniors with Alzheimer's and other dementias are currently on Medicaid (compared with just 11 percent of seniors without dementia).

I am a caregiver for a dear friend with Alzheimer's disease. Six months ago she was admitted to a memory care unit for her safety. She is private pay, living with the real possibility her end-of-life care will require Medicaid support. She is far from alone in this predicament.

Please write your congressman and Sen. Rand Paul. Tell them it is essential that Congress and the administration maintain the Medicaid long-term safety net while expanding other options and support for those living with Alzheimer's and their caregivers.

Visit the Alzheimer's Association at ALZ.org or call 800-272-3900 to learn more and get involved with the fight against Alzheimer's.

Peggy McFadden, Advocate

Alzheimer's Association -- Greater Kentucky & Southern Indiana Chapter

Example – Letter to the Editor: Published March 19, 2017

Are you really ready to back those who want to strip 24 million people of health care?

Those who do not learn from history, are doomed to repeat it.

In the 1930s, Franklin D. Roosevelt, a Democrat, fought resistance from Republicans and passed Social Security. In the 1960s, Lyndon Johnson fought Republicans and passed Medicare. In 2005, George W. Bush, a Republican, tried to privatize Social Security. Thanks to Democrats, it failed.

More recently, Barack Obama fought for, and gained, health care for more than 20 million Americans. It wasn't perfect, but it was a start. Now, if Trumpcare passes, according to the nonpartisan CBO, 14 million will lose health care next year, with another 10 million to follow. It is estimated that as many as 20,000 a year will die because of this. Remember when we believed the lie that no one would lose their health care? Where are the pro-life people when you need them? Oh, I forgot, all they want is to get their Supreme Court nominee in.

Danny Baggerly

Owensboro