

is a "cheerful giver," as she constantly reaches out and offers kind words and support to those who need it most.

The commitment to helping others and interest in current events that Nancy exhibits at the office also extends to her personal life, as well. For many years, Nancy has been a respected leader in both the Oregon and National Federations of Republican Women. She has served as President of the OFRW, and is a member of the NFRW Legislative Committee.

I am very proud to call Nancy and her husband, Dave, my friends, and wish her the very best as she retires from service to the U.S. Senate.

ADDITIONAL STATEMENTS

HONORING BETTY BENJAMIN

• Mr. DAYTON. Mr. President, today I congratulate and honor my friend, Betty Benjamin from Minneapolis, who last Saturday celebrated her 80th birthday. She has lived an extraordinary and outstanding 80 years.

Raised on a farm near Redwood Falls, MN, Betty studied social work at Hamline University, where she met her future husband, Robert Benjamin, a pre-med student from Pipestone, MN. During the mid- to late 1960s, Betty was busy raising her family, but somehow she found time to become a committed leader in the local movement to reform the existing abortion laws. Recognizing her determination and natural leadership, her friends and colleagues asked her to become the president of two women's organizations; the Edina League of Women Voters and the Minnesota Organization for the Repeal of Abortion Laws. The latter organization later became the Minnesota Chapter of the National Abortion Rights Action League.

When Betty became the leader of Minnesota's pro-choice community, abortion was an illegal procedure. Driven by her professional experience as a social worker and her deeply held belief that women should have the freedom to make their own decisions about their own bodies and lives, Betty was committed to see the abortion laws repealed. With her family by her side, Betty dedicated everything to the movement—her time, her energy, and even her home. To save valuable resources, the organization met in a spare room at the Benjamins' house in suburban Minneapolis for more than 5 years. Opening her home to other abortion rights advocates allowed Betty to stay connected to the statewide, grassroots organizing plan she shaped. At one point, Betty organized a Board of Directors that featured a resident from each of Minnesota's 67 legislative districts. Most importantly, making the organization's base of operations her home enabled Betty to be a loving and devoted mother. And what a role model she was to her three children! Day after day, she demonstrated the values of hard work and persistence and that one person can truly make an imprint on social policy.

While the organization eventually outgrew the Benjamins' spare room, Betty has never outgrown the organization and the fight. A steady source of inspiration and encouragement to all in the movement, Betty continues to serve on the Minnesota NARL Foundation Board of Directors.

At 80 years of age, Betty's activism and passion still spill out of the boardroom and onto the streets. Two weeks ago, she flew from Minneapolis to Washington, DC, to participate in the largest march ever for women's reproductive rights. Once again, she stood strong with her fellow Americans, this time over a million, to protect the rights she fought to secure for women more than 30 years ago.

I stand here on the Senate floor today to honor Mrs. Betty Benjamin on her 80th birthday and to thank her for her continued commitment and dedication. May God grace us with her presence and her passion for many years to come.●

OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

• Ms. SNOWE. Mr. President, I wish to speak about osteoporosis and to remind my colleagues that May is Osteoporosis Awareness and Prevention Month. Osteoporosis today is a major public health threat for an estimated 44 million Americans, or 55 percent of the population age 50 and over. At least ten million Americans are estimated to have osteoporosis and almost 34 million more are estimated to have low bone mass, placing them at increased risk for the disease.

Of the 10 million Americans estimated to have osteoporosis, 20 percent are men. Current statistics show that one in two women and one in four men over age 50 will have an osteoporosis-related fracture in her or his lifetime. To put this into perspective, as I look around this chamber, these statistics mean that more than 25 of our group of 100 Senators could develop osteoporosis. And, while osteoporosis is thought of as an older person's disease, it strikes men and women of all ethnic groups at any age.

The literal meaning of the word "osteoporosis" is "porous bone." Osteoporosis is a devastating disease that causes bones to thin and break easily—especially bones in the hip, spine and wrist. It is known as a silent disease because most people don't even know that they have osteoporosis until after they have broken a bone.

Not only are these bone fractures very painful and devastating to an individual's quality of life, but they can also be life-threatening, especially for older men. Nearly one in four hip fracture patients who are age 50 and over, and average of 24 percent, die in the year following their fracture. And the 80,000 men who suffer hip fractures each year are nearly twice as likely to die in the year after the fracture as women their age.

Apart from the severe life-or-death and quality of life consequences that

bone fractures can have, osteoporosis has become a major health care expense. In 2001, osteoporosis cost the country \$17 billion, or \$47 million a day in direct costs, according to a report of the National Osteoporosis Foundation, "America's Bone Health: The State of Osteoporosis and Low Bone Mass in Our Nation," issued 2 years ago. Of course, those figures would be even higher today.

The ramifications of osteoporosis go beyond our country's health care system and are truly international in scope. The World Health Organization considers osteoporosis to be the second leading health problem in the world.

In spite of these alarming statistics, we are making progress and developing a growing awareness and commitment to confronting this disease. Twenty years ago, few people understood the terms "osteoporosis," and no medical therapy existed to treat the disease or help prevent its onset. Today, osteoporosis research and education are helping us make great strides. People are far better informed about the causes of this disease and steps to take for prevention and treatment.

Building strong bones during childhood, adolescence and as young adults can help individuals avoid the disease later in life. Four simple steps can help prevent osteoporosis and optimize bone health: Eating a balanced diet rich in calcium and vitamin D; doing weight-bearing exercises on a regular basis; leading a healthy lifestyle without smoking or excessive alcohol; and having bone density tests and treating low bone mass, as recommended. Preventive measures and treatment—even after a fracture—will minimize further bone loss and help prevent future disability.

Along those lines, I have introduced two bills, the Osteoporosis Federal Employee Health Benefits Standardization Act of 2003, S. 417, which ensures that coverage of bone mass measurements is provided under the Federal health benefits program, and the Medicare Osteoporosis Measurement Act of 2003, S. 419, which amends Medicare to include coverage of bone mass measurements under Medicare part B for all individuals, including estrogen-deficient women, at clinical risk for osteoporosis. I urge my colleagues to join me in supporting this legislation and working towards passage of these bills this year.

Injuries and death from bone fractures can be greatly reduced with prevention, early detection, and the new forms of treatment that are now available. We should all take the initiative and keep one thought foremost in our minds: It's never too early or too late to start.●

COVER THE UNINSURED WEEK

• Mr. SARBANES. Mr. President, today I wish to recognize Cover the Uninsured Week. I take this opportunity to highlight the crisis of the uninsured in the United States and to underscore the significant impact that this crisis has on our population.