



CARA Alert – May 2, 2018

A publication of the California Alliance for Retired Americans

CONGRESSIONAL CANDIDATE FORUMS, TOWN HALLS, BOWZER AND MORE!!! MARCH/APRIL EVENTS A HUGE SUCCESS!

CARA hosted over a dozen events around the State in late March and throughout April – some were Congressional Candidate Forums in our 5 targeted districts, others were educational forums on the current threats to Medicare, Medicaid and Medicare, and we even had a Senate and a Mayoral Candidate Forum. These events were held as far South as San Diego and as far north as Eureka. Each one had its' own special flavor and energy – and all of them were fabulous!!! Over 1000 people attended one of these events and learned about candidates, CARA, the Senior Vote Project and so much more.

A big thank you to everyone who attended; to the CARA CATs who helped put these together (outreach, set-up, food, videographers and photographers, and program development); to the candidates and guest speakers, and of course to the fabulous CARA Staff members in the field and in the CARA office. These events showcased CARA at our best, bringing seniors together to amplify our voices on key issues, show our power, and have fun.

Videos from the Congressional Candidate Forums or pictures from these events are on our website at <https://californiaalliance.org/senior-vote-2018/>. A special thank you to Chuck Walker for keeping our website up to date and full of information.

CARA Statewide In-District Senior Lobby Day June 8, 2018

CARA is planning to hold our annual lobby day in each of the State Assembly and Senate Districts on June 8th. We hope to have 120 district meetings all on the same day, in each legislator's district office. CARA members/constituents will meet with their elected officials to talk about CARA's key priority bills. If you would like to join other CARA members in your area and meet with your CA Assemblymember or Senator, let us know. We will plug you in. Call CARA at 877-223-6107 (toll free). We are planning to hold a tele-training with all CARA volunteers on May 25th at 12 noon (sign up to

attend a lobby visit and will give you the call in number for the tele-training) to go over the bills that we will be discussing and prepare you for these meetings. Please sign up for a meeting with your state legislator today!



CARA OFFERS TWO LEADERSHIP ACADEMY TRAINING SESSIONS IN MAY AND JUNE

FREE for CARA MEMBERS. SIGN UP TODAY

Fresno (UFCW Golden State) on May 22nd & 23rd

Orange (Teamsters Local 952) on June 28th & 29th

Program from 10am – 8pm on first day; 9am – 4pm on second day

CARA's famous Leadership Academy 2 day training program is being offered 2 times this Spring - Summer! These two trainings are being held in our targeted Congressional districts so that folks working in these districts can attend. Workshop sessions are designed to be informative, interactive, and fun! During the course of the training, you will assess your leadership style, learn how to take your issue to policymakers and the media, practice your public speaking skills, and use social media to make your message heard. You will share your experiences with others as you work to build the strength of CARA and your organization.

The Leadership Academy is FREE for CARA Members and Affiliates. Members of the public who are not affiliated with CARA can attend with a \$50 registration fee. Refreshments and Lunch will be provided on both days, along with training materials. Dinner is also included. Space is limited so you must register by May 17th for the training in Fresno and June 21st for the one in Orange. There is plenty of free parking at both sites. For those who do not want to drive back and forth each day, CARA has reserved a block of rooms in both Fresno and in Orange for each of the events. You can book a shared double room for \$75 per person, to be shared with 1 other person (some scholarships for rooms available too). To reserve a room and to register for either event, call CARA at 510-663-4086.

MARCH AND RALLY FOR HEALTH CARE JUSTICE SATURDAY, MAY 12TH/1PM

Oscar Grant Plaza/ Oakland: #Marchforourhealth

Join CARA and dozens of organizations to March for Health Care as a Human Right. Meet at the Oscar Grant Plaza in Oakland (1 Frank Ogawa Plaza). The rally will start at 1pm and a march will follow. Wear your CARA tshirts and hats and show your support.

You can contact CARA at:

CARA, 600 Grand Ave. #410, Oakland, CA 94610

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CENTRAL VALLEY: 714-488-5488 • Vishnu.cara@gmail.com

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