



CARA Alert – January 8, 2019

A publication of the California Alliance for Retired Americans.

HAPPY NEW YEAR – GET READY FOR A REALLY BIG 2019

Now that the holidays are over, and a new Governor, State Legislature and Congress have been sworn in, it is time to get to work on our key issues. CARA has big plans to move our agenda forward. At the national level, we will be working to Protect, Improve and Expand Medicare, Medicaid and Social Security; fighting for Medicare for All, lower prescription drug costs, pension protection, and of course supporting federal workers and ending the government shutdown. At the state level, we have historic opportunities to win Medicare for all in CA, increase affordable housing opportunities and renter protections while decreasing homelessness; expanding access to affordable long term care services, better transportation that is accessible and affordable and improved pedestrian safety, addressing climate change, continuing to make CA campaign financing more just and transparent, and closing the corporate loophole in Prop 13 so that more money is available at the county level for services and public education to serve us all. This is an ambitious agenda for sure. That is why we need your help and support. Here's 3 ways to help CARA meet our goals:

Renew your Annual Membership Dues: If your organization is a member, please be sure to have them renew their dues asap. The same goes for those of you who are individual members. Dues are paid annually, due on Jan 1st of each year and valid through Dec. 31st. If you or your organization is not a member of CARA, now is the best time to join so that you can be part of the action, for the whole year.

Participate in one of the 17 CARA Action Teams (CATs). These groups meet locally on a monthly basis, and plan educational and advocacy activities on CARA issues in your area. Check the CARA Website at www.californiaalliance.org to find the CAT nearest you. If there is not a CAT in your area, consider helping us form one. Call one of the staff members listed at the end of this email to find the staff person nearest you. The CARA CATs are where the action is.

Sponsor a CARA Training in your area or with your organization. CARA offers both skills building trainings as well as issue based trainings. Take a look below to see what we are offering in 2019. For more information, contact one of the CARA staff listed below. These trainings are fun, informative, interactive, and effective.

CARA's Training and Education Opportunities in 2019

Contact the CARA office to arrange to bring one of these workshops to your group, or attend one that is being offered in your area.

Call CARA toll free at 877-223-6107 or email at ksmith.cara@gmail.com

Empowered Elder Workshops

Vial of Life: Collect all of your important health information in one safe place and put on your refrigerator. In an emergency, this information will help emergency responders and others get you the assistance you need and inform your health care providers, family and friends. (60 minutes)

The Informed Patient: Whether you are hospitalized because of an emergency or it is a planned visit, knowing your rights and what to expect can make all of the difference. Learn how to advocate for yourself and others. (60-90 minutes)

Advance Healthcare Directives: Learn what's involved in completing your advance healthcare directives and answer your questions to help ensure that your voice is heard during end of life situations. (90 minutes)

Issue Based Trainings (these include power point presentations)

Protect, Improve and Expand Medicare, Medicaid and Social Security. Learn about these essential programs and efforts to protect, improve and expand them for future generations. (60 minutes)

Medicare for All – A Senior Perspective: There are efforts at the state and national levels to improve Medicare and expand it to cover everyone – from the cradle to the grave. Learn about these efforts and how you can get involved. (60 minutes)

The Schools and Communities First Campaign: Close the corporate loophole that was written in to Prop 13 that took billions of dollars away from schools and local community services since the 1970's. Learn about the 2020 ballot measure that would close this loophole while protecting homeowners from property tax increases. (60 minutes).

Senior Leadership Academy

The Senior Leadership Academy is a two-day skills training to teach new skills and learn new ones to help you be the most effective advocate and leader that you can be. CARA will offer at least 2 sessions in 2019 (stay tuned for more information on dates and location). We are also able to offer some of the modules from the Senior Leadership Academy as stand alone sessions (2-3 hours per session). Here are some of the skills modules that we plan to offer in 2019:

- ❑ Leadership 101
- ❑ Developing a winning organizing strategy
- ❑ Communicating with elected/public officials
- ❑ Public speaking
- ❑ Social media 101
- ❑ Effective Meetings
- ❑ Recruiting and maintaining volunteers
- ❑ Effective outreach
- ❑ Embracing Diversity
- ❑ Media/Public Relations – Getting your message out!

JANUARY BUDGET ACTIONS AROUND THE STATE – SAVE THE DATES!

The Health and Human Services Budget Network is planning several press events around the state to let Governor Elect Gavin Newsom that we demand funding for programs and services to help low income Californians move out of poverty. Governor elect Newsom is scheduled to release his first budget on January 10th and we want to make a strong show of support for programs like IHSS, SSI, Food programs, affordable housing, health care for all, and more. Please mark your calendars for these upcoming events.

Sacramento Action: WEDNESDAY JANUARY 9TH: State Capitol Bldg 1st Floor Room 1190 at 10:00 AM or following Governor Newsom's statement

San Francisco Budget Action: Thursday, January 10th at 1:00 p.m. @ 355 McAllister Street San Francisco, CA 1:00 pm

Los Angeles Budget Action: Thursday, January 10th at 12:00 p.m. Outside Ronald Reagan Building, 300 Spring St., Los Angeles

San Jose Budget Action: Thursday, January 10th at 12:30pm. Santa Clara County building, 70 W Hedding St., San Jose

San Bernardino Budget Action: Thursday, January 10th at 11:00am. San Bernardino City Hall 290 N D Street San Bernardino, CA 92401

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