



CARA Alert – April 17, 2019

A publication of the California Alliance for Retired Americans.

DISABILITY & AGING CAPITOL ACTION DAY

Thursday, May 23, 2019

10:00am – 3:00pm

Cesar Chavez Park, 910 I St, Sacramento

SOUTH Steps of Capitol, Sacramento / N St

- Resource Fair and Rally at Cesar Chavez Park at 10am
- March to South Steps of Capitol – 11:30am
- Free lunch for participants – South Steps of Capitol (must have ticket) – 12:30pm
- Legislative Visits on key disability and aging issues – 1pm – 3pm

**FREE Transportation Available
(call 510-663-4086 to reserve a seat)**

Berkeley: Pick up at Ashby BART / Adeline St at 8am

Fresno: Pick up at Blackstone & Gettysburg at 7am

Modesto: Pick up at CVS at Briggsmore & Highway 99 at 8:30am

Novato: Pick up at Novato Costco / 300 Vintage Way at 8:15am

Redding: Pick up at Labor Center / 900 Locust St. at 7am

Richmond: Pick up at Target / MacDonald & 42nd at 8:30am

Roseville: Pick up at UDW office / 4220 Rocklin Rd Ave at 9:30am

San Francisco: Pick up at Main Library / Larkin & Fulton at 8:00am

San Jose: Pick up at Labor Center / 2012 Almaden Rd. at 7:30am

Santa Rosa: Pick up at Finley Comm. Center / 2060 W. College Ave at 7:30am

Stockton: Pick up at Clarion Hotel / Waterloo & Highway 99 at 9:30am

Call Your State Legislator on May 23rd

If you are unable to attend the Lobby Day in person, please call your State Assemblymember and Senator on May 23rd. Tell them you are part of CARA and the Disability Action Network, and you support these issues: **SB 512 (Pan)** - Funding for long term supports and services and **AB 1434 (Kalra)** - Increasing SSI/SSP base grant and reinstating COLA. A free toll-free number will be available soon. Stay tuned!

CARA LEADERSHIP ACADEMY – APRIL 29TH & 30TH IN SANTA ROSA

FREE for CARA MEMBERS. SIGN UP TODAY
UUSR – Glaser Center, 540 Mendocino Ave., Santa Rosa
Program from 10am – 4pm on first day; 9am – 4pm on second day

Just a few spaces left – sign up today!!!

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. Space is limited so you must register by April 22nd. There is parking behind the UU Church at the 7th St. garage in Santa Rosa. For those who do not want to drive back and forth each day, CARA has information about hotels that are affordable and close to the training location. Call CARA at 510-663-4086.

IT'S STILL SPRING TRAINING TIME AT CARA

CARA has held a dozen or more trainings and forums so far this spring – and they have been fantastic. You don't want to miss the opportunity to attend one or more in your area- some are skills trainings and some provide important information about your rights. Others are issue training. See the list below and more are being planned so keep reading the CARA Alert!

If you are interested in a training, you must rsvp at 877-223-6107

City	Date and Time	Location	Training topic
Fresno	Tuesday, April 23 10am -12pm	UFCW 3485 W. Shaw Ave	Empowered Elder workshop
San Jose	Thursday, April 25 th 12 – 3pm (lunch included)	South Bay CLC 2102 Almaden Rd Carpenters Hall A	Empowered Elder Workshop
Berkeley	Friday, April 26 th 10am-12pm	Ed Roberts Center 3075 Adeline St.	Seniors and Single Payer
Santa Rosa	Mon & Tues, April 29-30 10am – 4pm Two days- space limited- 510-663-4086	Glaser Center/UUSR 547 Mendocino Ave Santa Rosa	Leadership Academy (2-day training)
Covina	Saturday, May 4 th 11am – 3pm	409 Cedar Dr.	CARA House Party and fundraiser with Dr. Paul Song
Bakersfield	Tuesday, May 7 th 1:30-3 pm	ILRC, 5251 Office Park Dr. Suite 200	Advanced Healthcare Directives
Orange	Wednesday, May 15 th 10am – 12pm	Teamster Local 952 140 S. Marks Way	Empowered Elder workshop
Santa Ana	Monday, May 20 th 3pm-6pm	Chapter One Restaurant 227 N. Broadway	CARA Bingo Fundraiser

Manteca	Monday, May 20 th 10am-12pm	Manteca Library 320 W. Center St	Seniors and Single Payer
San Diego	Tuesday, May 21 st 11am – 12pm	Sheet Metal Workers 4594 Mission Gorge Pl	Empowered Elder Workshop
Bakersfield	Tuesday, June 4 th 1:30pm-3pm	ILRC of Kern County 5251 Office Park Dr, #200	Schools & Communities First Training
San Rafael	Tuesday, June 4 th 10am – 12:00pm	Marin County Board of Education 1111 Las Gallinas	Empowered Elder Workshop
Rialto	Friday, June 14 10am-12pm	Rialto Community Center 214 N. Palm Ave	Inland Empire Senior Forum
San Diego	Tuesday, June 18 10am-12pm	Sheet Metal Workers 4594 Mission Gorge Pl	Federal and State Legislators – Speak OUT Fundraiser
Santa Rosa	Wed. June 19 th 10am-12pm	Glaser Center/UUSR 547 Mendocino Ave	Seniors and Single Payer
Manteca	Monday, June 24 th 10am-12pm	Manteca Library 320 W. Center St	Empowered Elder Workshop

SAVE THESE DATES

THURSDAY, MAY 23RD – SACRAMENTO (10-3pm) / DISABILITY AND AGING CAPITOL ACTION DAY. Free Transportation from various locations is available. Call CARA to reserve a seat at 877-223-6107!

TUESDAY/WEDNESDAY, OCTOBER 22ND AND 23RD – CARA CONVENTION IN SACRAMENTO. Details and registration information will be available soon.

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

SOUTH:

LA COUNTY: 917-434-3220 • jennichang.cara@gmail.com

ORANGE/SAN DIEGO: 714-460-3542 • smeyer.cara@gmail.com

OTHER SOUTHERN CA COUNTIES: 714-488-5488 • Vishnu.cara@gmail.com

TOLLFREE 1-877-223-6107 • www.californiaalliance.org