



CARA Alert – March 25, 2019

A publication of the California Alliance for Retired Americans

CARA'S YOUNGEST MEMBER BORN – CONGRATULATIONS!

Jenni Chang, CARA's L.A. County organizer and her husband Peter Yang welcomed baby Jovia Yang into the world on March 8, 2019 (International Women's Day). She is officially CARA's youngest member!!! And she is beautiful. Jenni and family will be taking a bit of time off and Susan Meyer will be covering some of her CATs and other CARA activities. But Jovia (and Jenni) are anxious to get back to work – sometimes with baby in tow. We are so happy for this beautiful addition to the world and send them lots of love (and hopefully some shut-eye too).

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

CARA's famous Leadership Academy 2-day training program is being held in Santa Rosa. 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. 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 is planning a series of trainings and educational forums around the state this spring. Some of these trainings are on CARA's issues, some are skills trainings and some provide important information about your rights. Below is an initial list. There is sure to be one in your area, so please read your CARA Alerts regularly for updates. **If you are interested in a training, you must RSVP at 877-223-6107.**

City	Date and Time	Location	Training topic
San Rafael	Tuesday, April 2 10am – 12:30pm	Temple Rodef Shalom 170 N. San Pedro Rd. San Rafael	Seniors and Single Payer
Bakersfield	Tuesday, April 2 1:30-3pm	ILRC 5251 Office Park Dr. Suite 200	Advanced Healthcare Directives
Richmond	Monday, April 8 10am-12pm	Richmond Auditorium 403 Civic Center Way	Schools and Communities first (Prop 13 reform)
Rocklin	Wed. April 10 th 10am-12pm	Rocklin Event Center 2650 Sunset Blvd.	Empowered Elder Workshop
San Francisco	Thurs., April 11 th 1pm-3pm	Unitarian Church SF 1188 Franklin St.	Your Rights in a Hospital
Redding	Friday, April 12 th 10am – 12pm	Redding Library 1100 Parkview Ave.	Empowered Elder Same as march 20
Sacramento	Saturday, April 13 10am-12pm	HART Senior Center 915 27 th St.	Seniors and Single Payer
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
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
San Diego	Tuesday, May 21 st 11am – 12pm	Sheet Metal Workers 4594 Mission Gorge Pl	Empowered Elder Workshop
San Diego	Tuesday, June 15 th	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 Santa Rosa	Seniors and Single Payer

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!

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

You can contact CARA at:

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