



CARA Alert – February 14, 2020

A publication of the California Alliance for Retired Americans

WE LOVE MEDICARE, MEDICAID, SOCIAL SECURITY STOP TRUMP'S PROPOSED CUTS TO THESE PROGRAMS

Call your Congressman and U.S. Senator TODAY!

866-220-0044 (TOLLFREE CAPITOL SWITCHBOARD)

President Trump released his 2021 budget proposal this week and he is calling for cuts to most of our social safety net programs. Specifically, he is proposing approximately \$1 trillion dollars in cuts from Medicaid and Affordable Care Act subsidies, about \$505 billion from Medicare over a decade, and \$35 billion from Social Security Disability Insurance and Supplemental Security Income. He is also proposing drastic cuts and changes to SNAP (Food Stamps) by imposing work requirements and cuts to the HUD budget and future subsidies. He admits that these cuts won't address our huge deficit (which his tax cuts to the wealthy increased by trillions), but will cut government spending over time.

WE MUST STOP THESE PROPOSALS IN THEIR TRACKS.

CALL YOUR US. REPRESENTATIVES TODAY!

866-220-0044 (TOLLFREE CAPITOL SWITCHBOARD)

Our elected representatives should concern themselves with the well-being of their constituents - who are entitled to their earned benefits, and who depend on these social safety net programs. Congress will be voting on the Presidents' 2021 national budget proposal in the coming months. They need to hear from you. During the week of February 17th our U.S. Congressmembers and Senators will be working in their local districts. We need to reach out to them when they are in California as week as when they are in Washington D.C (they will be back in the district in March too).

Taking action is simple—you can have your voice be heard in 3 ways:

1) Make 3 calls to your Congressman and Senators Feinstein and Harris. Ask them to oppose any cuts to Medicare, Medicaid, and Social Security, and other safety net programs like Food Stamps and HUD in the 2021 budget proposal. You can find out who your member is here: <https://www.house.gov/representatives/find-your-representative>. Toll free number is Washington D.C. – 866-220-0044

2) Visit your Congressman. Make an appointment now to meet with your legislator when they are home-ask them to fight for seniors and people with disabilities by protecting Medicare, Medicaid and Social Security and other safety net programs.

3) Email your Congressman and U.S. Senators. You can find the directory of legislators and their websites here to find addresses or contact forms.

<https://www.house.gov/representatives>

SAMPLE RAP/ EMAIL TO CONGRESSMEMBERS & SENATORS

Call the Toll Free Capitol Switchboard at 866-220-0044. Ask to be connected to your Congressman. After you talk with someone, hang up and call again to Senator Feinstein and again to Senator Harris.

My name is _____ and I am your constituent. I am calling about President Trumps' proposed 2021 budget that includes huge cuts to the programs that I depend upon – and earned. I am a senior and I depend on Medicare/Medicaid, Social Security, (and if receiving other benefits, list those too). I don't know how I will live without these programs that help me meet my health and financial needs. I am asking you, as my elected representative, to vote against these draconian cuts. Will you vote **NO** to the President's 2021 budget???? Thank you.

SENIOR AND DISABILITY IN-THE-DISTRICT ADVOCACY DAY **SAVE THE DATE: MAY 15, 2020**

This year CARA is organizing our Senior and Disability advocacy Day in the 120 legislative districts – all on May 15th. If you would like to meet with your State Assemblymember or Senator with other seniors and people with disabilities on key issues, in their local district office, sign up today. Email caralobby@gmail.com and let us know which legislators you would like to meet with. We will get back to you with the time, location and list of others who will attend with you.

A VIRTUAL CAT IS COMING TO CARA SOON

Have you always wanted to be part of one of CARA's Action Teams (we have 17 across the state now), but there is not one in your area, or the one that meets is too hard to get to or on the wrong day? CARA is working on creating a **VIRTUAL CAT** where folks who cannot attend in person can meet once a month via teleconference and/or ZOOM video and find out what CARA is up to and get involved directly with our work. If you are interested in finding out more about the formation of a **VIRTUAL CAT**, contact Jenni at jennichang.cara@gmail.com or Susan at smeyer.cara@gmail.com. We want to find out how many people would be interested before we kick this off, so please email Jenni or Susan by Feb. 29, 2020.

Get Social With CARA. Did you know that CARA is on Facebook? Learn about our local activities and meetings, town halls and about other news affecting retirees. **[Be sure to like our CARA Facebook page here.](#)** Make sure your friends and family like this page too. Help retirees build power by liking CARA's Facebook page. Every like and share helps spread our message.

You can contact CARA at:

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