



## **CARA Alert – April 2, 2020**

A publication of the California Alliance for Retired Americans

### **VIRTUAL SING-A-LONGS FRIDAY AT NOON** ***Wear your CARA T-Shirt, Hat, Button....***

Please join us on Friday, April 3<sup>rd</sup> at noon for our every Friday Sing-A-Long. The link and the lyrics are listed below.

We also have an important CALL TO ACTION for TODAY to demand that the Congress pressure President Trump and the administration to automatically send covid19 stimulus checks to SSI recipients, Veterans, and others who were left out. See instructions after the lyrics.

### **Join Zoom Meeting by Computer/Smartphone** **(click on link):**

<https://zoom.us/j/8308420049>

Meeting ID: 830 842 0049

#### **Dial by phone**

*Use any of the numbers below to call in via landline/cellphone:*

888 475 4499 US Toll-free

877 853 5257 US Toll-free

Meeting ID: 830 842 0049

### **SING-A-LONG LYRICS**

#### ***To the Tune of Glory, Glory Hallelujah***

We are seniors organizing for respect and dignity  
We need health care that's affordable and high in quality  
We need Medicare assignment and home health care that is free  
Prescription drugs, indeed!  
Seniors organized together,  
United, we will stand forever  
We're seniors organized for action - Together we will win.

## ***To the Tune of California Here We Come***

Medicare is what we need  
Prescription drugs – for this we plead.  
Part D that passed Congress is bad for us all.  
We're here to ask Congress, Repeal the bill and heed our call,  
Part D wants to privatize.  
Our health care – take away our rights  
We're fighting for our dignity  
Congressmember hear our plea!

## ***To the Tune of God Bless America***

We Love our Medicare - Don't Privatize  
It's our lifeline – It's our health care  
And we won't stand for PhARMA's big lies.  
There's no crisis. It's not broken - It's been sound for forty years.  
We love our Medicare – It Saves our Lives  
We Love our Medicare – Don't Privatize.

## ***To the Tune of Yankee Doodle Dandy***

We're pedestrians at the crosswalk, telling drivers to beware  
The green lights change at much too fast a pace  
So walkers and seniors beware

We don't want right turns on the red lights  
We need a bit more time to cross  
The city needs to change the timing. Drivers need to look both ways.  
We want pedestrian safe streets.

## ***To the Tune of God Bless America***

God Bless Pedestrians. Drivers take care  
Stop on red lights. Don't turn right.  
When you see a pedestrian there.  
WE need more time at the crosswalk, to insure we make it through  
God Bless Pedestrians. Please let us cross!  
God Bless Pedestrians. Please let us cross!

## ***To the Tune of This Land is Your Land***

Don't hit the seniors, don't hit the children  
Don't strand us out on the median island  
These are not highways, so please don't hurry  
This road is made for you and me.

As we were crossing, on the glowing green light  
We saw before us, cars turning right.  
We hesitated, we thought we'd be killed.

This road is shared by you and me.

## ***With a Little Help from My Friends* ( [The Beatles](#))**

What would you think if I sang out of tune?  
Would you stand up and walk out on me?  
Lend me your ears and I'll sing you a song  
And I'll try not to sing out of key  
Oh, I get by with a little help from my friends  
Mm, I get high with a little help from my friends  
Mm, gonna try with a little help from my friends

What do I do when my love is away?  
Does it worry you to be alone?  
How do I feel by the end of the day?  
Are you sad because you're on your own?  
No, I get by with a little help from my friends  
Mm, get high with a little help from my friends  
Mm, gonna try with a little help from my friends

Do you need anybody?  
I need somebody to love  
Could it be anybody?  
I want somebody to love  
Would you believe in a love at first sight?  
Yes, I'm certain that it happens all the time  
What do you see when you turn out the light?  
I can't tell you, but I know it's mine  
Oh, I get by with a little help from my friends  
Mm, get high with a little help from my friends  
Oh, I'm gonna try with a little help from my friends

Do you need anybody?  
I just need someone to love  
Could it be anybody?  
I want somebody to love  
Oh, I get by with a little help from my friends  
Mm, gonna try with a little help from my friends  
Oh, I get high with a little help from my friends  
Yes, I get by with a little help from my friends  
With a little help from my friends

## **California COVID 19 Information and Resources**

- 211 to access county services
- Local Area Agency on Aging: tollfree # - 800-510-2020
- COVID 19 State Information Number – 833-544-2374
- [Engageca.org/check-in](https://engageca.org/check-in)

- <https://covid19.ca.gov>
- CARA Toll free Number: 877-223-6107

## **CALL YOUR CONGRESSMEMBER AND U.S. SENATORS 866-220-0044**

*(TOLLFREE CAPITOL SWITCHBOARD – Ask to speak to your congressman and both Senators Harris and Feinstein)*

**Tell them to demand that the U.S. Treasury, SSA, VA and IRS automatically send relief payments to vulnerable seniors and people with disabilities**

The COVID-19 public health emergency is taking a massive economic toll on families across the country. To provide immediate financial assistance to struggling individuals during the crisis, Congress passed and the President signed the bipartisan Coronavirus Aid, Relief, and Economic Security (CARES) – Act.

The Internal Revenue Service (IRS) will automatically send stimulus payments to eligible taxpayers who filed a 2018 or 2019 tax return. However, many Supplemental Security Income (SSI) beneficiaries, veterans who receive pensions, and Social Security beneficiaries, including retired seniors and individuals who experience disabilities, typically do not file tax returns. After bipartisan concerns were raised, the IRS announced late Wednesday, April 1, that Social Security beneficiaries will now receive their payments automatically, without needing to file a tax return. While we commend this move, we must ensure that other vulnerable individuals automatically receive their payments without having to file tax returns. SSI beneficiaries and veterans who receive pensions must receive these payments automatically as well, even if these individuals do not file tax returns.

We strongly urge you to ensure that economic stimulus payments are automatically sent to vulnerable SSI beneficiaries and veterans who receive pensions without these individuals needing to file a return, as well as those who receive Social Security and SSDI.

**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:**

**MAIN OFFICE:** 600 Grand Ave. #410, Oakland, CA 94610 / 510-663-4086  
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