



CARA Alert – March 31, 2020

A publication of the California Alliance for Retired Americans

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

CARA's first Virtual Sing-A-Long on March 27th was such a huge success that we have decided to do it EVERY FRIDAY IN APRIL at NOON. We will be singing different songs each week and are working on bringing in some guest singers, who will accompany Hali Hammer as our song leader. We will send you the lyrics for each week a few days ahead of our Sing a Long, but the Zoom/Call in Information will remain the same for each week (see below).

Given that the new Stay at Home orders by Governor Newsom have us sequestered until May 1st, we want to continue our Friday tradition of singing together throughout April. Our last sing a long will be on May 1st (May Day) when we will celebrate all of the workers who have given us so much of themselves during this difficult time (health care workers, grocery workers, service employees, drivers, social service workers, etc. etc.). We look forward to singing with you each week – feel free to share this with your friends and family and invite them to join in too.

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

**THANK YOU FOR SINGING WITH US.
STAY WELL AND TAKE CARE OF YOURSELF.**

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
CARA Toll free Number: 877-223-6107

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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