



CARA Alert – NOVEMBER 23, 2020

A publication of the California Alliance for Retired Americans

HAVE A SAFE AND HAPPY THANKSGIVING HOLIDAY!

NOVEMBER 25TH LAUGH-A-THON at 2:45pm

Humor is not just a distraction from grim reality; it is a winning strategy to stay healthy in the face of it. So says Dr. Michael Miller, a cardiologist at the University of Maryland School of Medicine in Baltimore. For this reason, we hope you will all join the Community Living Campaigns' LAUGH-A-THON on Wednesday, November 25th at 2:45pm. The link is listed below.

To join the Nov. 25 Laugh-a-Thon, click this link: <https://zoom.us/j/86567474200>.

You will be asked to register before being admitted to the session. It starts at 2:45 p.m. You can also join by phone: Dial 888-475-4499 (toll free) or 669-900-6833 (local). Enter Meeting ID: 865 6747 4200, then press # twice.

IT'S TIME TO CELEBRATE CARA AND OUR GREAT COMMUNITY JOIN A HOLIDAY SING A LONG ON DECEMBER 11TH AT NOON

After this difficult year facing a pandemic, unemployment and recession, lack of national leadership and a difficult election season – we deserve to celebrate and look forward to a better 2021. CARA organized weekly sing-a-longs at the beginning of the pandemic which made us all smile and feel connected to one another. By popular demand, we have decided to end this year with a HOLIDAY SING A LONG, led again by Hali Hammer on **Friday, December 11th at noon**. Please Save the Date.

We will send the Zoom link and lyrics in upcoming alerts To make it even more festive, we are asking you to wear a hat to the sing a long (it can be a holiday hat, a crazy hat, or just your favorite hat). Share our sing-along with your family and friends.

Medicare for All Conference – January 23rd & 24th, 2021

Remembering Don Bechler, Single Payer Activist Extraordinaire

Register Today for the Single Payer Strategy Conference on Jan 23 & 24th, 2021. Part of the agenda will include a Memorial for Don Bechler, Founder of Single Payer NOW and a tireless advocate at the State and National Level. To see the full conference agenda and Memorial go to www.laborforsinglepayer.org We will always remember Don's words: Single Payer – EVERYONE IN, NOBODY OUT.

MEDICARE FOR ALL STRATEGY CONFERENCE



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Healthcare-NOW and the Labor Campaign for Single Payer Healthcare invite you to join hundreds of activists for a **100% online weekend of inspiration and strategy to win Medicare for All!** With a new President and uncertainty over the Senate, this year's conference will highlight effective strategies and tactics from across the country, and make sure we continue to grow our movement through 2021 and beyond.

The “live” conference will take place during the weekend of Jan. 23-24. During the preceding week, each evening we will release pre-recorded panel discussions and presentations addressing key issues facing our movement, which you can watch any time.

[Purchase Your Tickets Here](#)

[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 help spread our message.

And now we're on Twitter too! Follow us at @CARASeniors

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