



CARA Alert – December 23, 2020

A publication of the California Alliance for Retired Americans

CARA Wishes You a Healthy, Safe and Happy Holiday Season

With Christmas just two days away, many of us may be celebrating in ways we did not expect a year ago. As the Corona Virus surges around California and the country, we want to encourage each of you to stay safe and avoid gatherings with family and friends unless they are already in your social bubble. This is going to be exceedingly difficult, we know, but as seniors and people with disabilities are most at risk, we do not want you to take any chances. Consider visiting with family and friends via Zoom, or Face Time, or a phone call. Send a card or email to let folks know you are thinking of them. And if you need to go out, be sure to wear a mask, stay 6 feet away from others, and wash your hands often. Avoid touching your eyes, ears, and mouth and if you cannot wash your hands, use hand sanitizer.

There is hopeful news about the Covid Vaccine. The first tier of recipients are already getting their vaccinations – health workers and those in long term care settings. Next up are other essential workers and people over the age of 75. It is expected that these groups will start being vaccinated in February or March. The plan in California is to have everyone vaccinated by Summer (let us keep our fingers crossed).

So, in the meantime, please stay safe and healthy. We are thinking of you and wishing you a wonderful holiday season and we are looking forward to connecting with you in 2021.

The CARA CATs ARE THE PURRFECT WAY TO MAKE 2021 COUNT

There are many ways to get involved with the work of CARA. But the most powerful and collaborative way is to join one of the 17 CARA Action Teams (CATs) that meet monthly across the State. In 2021 the CATs will begin the year meeting via Zoom and Teleconference, until it is safe for us to return to our in-person meetings. The January 2021 meetings will all be discussing the CARA organizing plan, some will have special guest speakers, and ALL of the CATs will be bringing us together after a holiday break to start the new year with hope, commitment and renewed advocacy. Please plan to attend the CAT meeting in your area. If you do not know when your local CAT meets, please go to the CARA website at www.californiaalliance.org/cara-action-teams/ to get more information, then call the CAT Chair to get the zoom/teleconference information.

Governor to Release Master Plan on Aging and Budget in early January 2021

Originally scheduled for December 2020, the Governor has pushed back his release of the Master Plan on Aging until early January, due to the current Covid crisis. We are anxiously awaiting this release and hoping that it will include many if not most of the recommendations provided by the Stakeholder Advisory Committee.

We also expect the Governor to release his proposed Budget for 2021-22 in early January – maybe around the 8th. CARA will be looking at this proposal very closely to make sure that the programs seniors, people with disabilities, and our families depend upon are supported in his budget plans. Stay tuned for more information in early January.

CARA Offices Closed from December 24-January 4, 2021

Although CARA's offices will be officially closed from Dec. 24 – Jan. 4, 2021, you can always reach us by calling us at 415-515-2156 and someone will be available to talk with you.

Have a safe and healthy holiday season, and may 2021 bring us health and hope and a chance to come together again to share a smile, a hug, a meal, a rally, and more.

Contact CARA:

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