



CARA Alert – July 23, 2021

A publication of the California Alliance for Retired Americans

LAST CHANCE TO REGISTER!

Happy Birthday Social Security, Medicare/Medicaid/ USPS
Support the American Recovery Plan/\$400 BILLION for HCBS

**JOIN CARA FOR A VIRTUAL CELEBRATION AND
CONGRESSIONAL LOBBY DAY TRAINING
FRIDAY, JULY 30TH AT 12 NOON/ REGISTER HERE: [Meeting Registration - Zoom](#)**

During the month of August, Congress will be on recess for a district work period. We have an incredible opportunity to move some important national legislation forward to protect, improve and expand Medicare, Medicaid, and Social Security, to win historic infrastructure investments, including home and community-based services, and to protect and restore postal services. We need to talk with our Congressmembers about these issues and urge their support. Especially since 2022 is an election year, we need to know where our Congressmembers are on these issues.

Our July 30th Forum at Noon will be a celebration of the anniversaries of these programs AND a training for our August lobby days. **Please register for the July 30th FORUM [here: Meeting Registration - Zoom](#)**

If you would like to be part of the team that meets with your Congressman, please email caralobby@gmail.com and give us your name, contact information and which Congressman you would like to visit. There will be a Coordinator for each Congressional visit, and that Coordinator will inform you of the date and time of your meeting, which will be virtual. You can also call the CARA office with this information at 877-223-6107.

Happy Birthday Social Security, Medicare/Medicaid/ USPS

Support the American Recovery LAN/\$400 BILLION for HCBS

JOIN CARA FOR A VIRTUAL CELEBRATION AND
CONGRESSIONAL LOBBY DAY TRAINING

Friday, July 30TH at NOON – 2pm

Keynote speakers include:

Eva Dominguez, Alliance for Retired Americans

Anthony Wright, Health Access

Caring Across Generations

Omar Gonzalez, American Postal Workers Union

YOU MUST RSVP TO PARTICIPATE: [Meeting Registration - Zoom](#)



CARE CAN'T WAIT

UPCOMING EVENTS

Friday, July 30th at Noon – Celebrate Medicare, Medicaid, Social Security and more! **Register**

here: [Meeting Registration - Zoom](#)

Saturday, July 31st – Medicare Birthday Celebrations around the state. Go to

www.healthyca.org to find one in your area.

Friday, August 13th at Noon: Seniors and the RECALL. **Register here: [Meeting](#)**

[Registration - Zoom](#)

Tuesday Oct. 26th (10am-2pm) and Wednesday, Oct. 27th (10am – 12:30pm) – CARA

Statewide Convention (Virtual) – more details to come!!!! **FREE. REGISTER**

HERE: bit.ly/CARA18thConvention



**Donate to CARA today! Click on the icon above to go to our donate page.
Thank you for your contributions!**

Contact CARA:

MAIN OFFICE:

**600 Grand Ave. #410, Oakland, CA 94610/ 510-663-4086
TOLLFREE 1-877-223-6107 / FAX: 510-663-4099/ www.californiaalliance.org**

NORTH:

415-515-2156 / jreid.cara@gmail.com

CENTRAL VALLEY:

415-515-2156/ jreid.cara@gmail.com (Modesto – Fresno)

714-460-3542/ smeyer.cara@gmail.com (Bakersfield)

SOUTH:

917-434-3220/ jennichang.cara@gmail.com (LA County)

714-460-3542/smeyer.cara@gmail.com (Orange/San Diego/Inland Empire)

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](https://twitter.com/CARASeniors)