Senior Vote Forums
19th Annual Conventions 2022

Seniors Vote
California Alliance for Retired Americans
The National Union of Healthcare Workers (NUHW) is a 16,000-strong member-led movement for quality patient care and a stronger voice in the workplace.

Experienced organizers welcome. Visit NUHW.org/careers.
Welcome

CARA’s 19th Annual Regional Conventions and Seniors Vote Forums

September 21st: Orange/San Diego
September 23rd/ LA County
September 27th/ Fresno/Kern
September 29th/ San Joaquin/Stanislaus
September 30th/ Statewide Constitutional Offices

Held virtually via Zoom/Teleconference

P.O. Box 23754, Oakland, CA 94623
877-223-6107 (toll free)
www.californiaalliance.org
Dear CARA Members and Friends,

This is the first year I will have the honor of welcoming you to our 19th Annual Regional Conventions and Seniors Vote Program as your State President. I cannot tell you how honored I am to be CARA’s President and help our wonderful Board lead this organization through another year of successes and growth – even as the pandemic continues. We are not out of the woods yet as far as the pandemic goes – as I can attest having recently recovered with my own bout of Covid – not the birthday present I had hoped for as I turned 84 this July. We made the difficult decision – again – to hold our 5 regional conventions virtually this year as we are in the midst of another surge. We are determined that next year, our 20th Anniversary, we will be able to celebrate together in person, at our statewide convention. For now, we have a lot of accomplishments to celebrate as we turn 19 years old, as well as our wonderful Seniors Vote Program that will help lead us to victory this November.

This has been another incredibly difficult year for all of us. We grieve for those we continue to lose to Covid and other illnesses, while we try to grapple with the horrendous decisions that have taken away our rights to reproductive health, efforts to suppress our votes, and the inability of our courts and government to grapple with the devastating gun violence our communities are facing, while failing to address the climate challenges that are burning our communities and causing health problems and death due to high heat, bad air, lack of water, and more. Many of us have fought these battles before – and won – only to have to fight them again. But we know how to unite, how to organize, and how to win. And win we must. Our future and our children’s, grandchildren’s and great grandchildren’s future depend on it.

The one thing that has kept me going, and hopeful, is the work that CARA has been doing during these difficult times. We have continued to connect with our members through our CARA Alerts, our CARA Action Team meetings that have been happening using ZOOM and teleconferences (and some CATs even met in person this summer – outside and safely), our Fabulous Friday Forums, and our great legislative work. We had another incredible virtual lobby day in May, met with almost 100 of our state legislators, and have seen our priority bills move forward thanks to these meetings and the great work of our legislative committee. We supported the federal bill, HR 5723 to strengthen Social Security and have fought the latest efforts to further privatize Medicare. And we continue to work with the Governor and State Legislature to move a Guaranteed Health Care Plan in California one step closer to reality. Our Senior Vote Program hopes to engage over 25,000 senior voters in 5 Congressional Districts to encourage them to vote for candidates that will support our issues and priorities – which is culminating in our 5 Regional Conventions this year. We have been busy in 2022!!!

With help from our fabulous staff, our dedicated Board of Directors with whom I serve, our 300 incredible affiliated organizations, and you – our members, activists, and friends, we have had another incredible year. I look forward to working with you in the year ahead as we continue to build the senior movement in California and celebrate CARA’s 20th Anniversary.

¡Si Se Puede!

Pauline Brooks
CARA President
Dear CARA Members,

On behalf of the national Alliance, I’d like to offer a warm welcome to the participants in the California Alliance’s 19th Annual Convention. I know the meetings will provide enormous educational value while still keeping seniors safe.

This year, the California Alliance for Retired Americans continued to demonstrate the power of effective organizing despite the coronavirus and other health threats. Together we have protected our earned Social Security and Medicare benefits — even working to expand them — and defended our pensions from attack.

CARA members have achieved important victories for older Californians at all levels of government and are developing new and innovative ways to make their voices heard. Your Senior Vote Ambassador program will enable older voters statewide to contact seniors in other parts of the state with postcards and phone calls. The translation of your “Fabulous Friday” issue forums into Spanish delivers important information to more Californians, and the virtual in-district lobby day allowed a focus on issues specific to your state.

I am confident your work will continue to serve as a great model for Alliance members across the country.

Congratulations and thank you for once again making a difference in the lives of seniors and improving the retirement security of current and future retirees.

Sincerely,

Robert Roach, Jr.
President, Alliance for Retired Americans
The committee members, volunteers and staff who participated in the planning, contributed their time and resources, and carried out the multitude of tasks involved in bringing you this event deserve our sincere thanks and appreciation.

We also give special recognition to the following unions, organizations, foundations, businesses, and individuals for their financial support and for helping make this event possible.

MAJOR CONVENTION SPONSORS
AFSCME COUNCIL 57 and 142
Bianca Rubio for Assembly 2022
California Nurses Association
California Labor Federation
California School Employees Association
California School Employees Association Retiree Unit
Cecilia Aguiar-Curry for Assembly 2022
Contra Costa Building and Construction Trades Council
CTA/NEA-Retired
IAMAW Western Territory
IBEW Local 6
IBEW Local Union 11
IBEW Local Union 47
IBEW Local Union 617
IBEW Local Union 1245
IUOE Local Union 12
IATSE Local 728
Kazan, McClain, Satterly & Greenwood
Mike Thompson for Congress
National Union of Healthcare Workers
Sonoma County Association of Retired Employees
SEIU 521
SEIU 721 Retirees
SEIU UHW
UDW, AFSCME Local 3930

PROGRAM BOOK SPONSORS
AFT 2121 Retiree Chapter
Alameda CARA Action Team
Alliance for Retired Americans
Alma Accupuncture
American Postal Workers Union #4635
BAC Local 3
Butte County Health Care Coalition/North State Medical 4 All
Bakersfield CARA Action Team
California In-Home Supportive Services Consumer Alliance
California Living Campaign
California State Retirees
CARA Legislative Committee
Central Valley CARA Action Team
Contra Costa/Solano CARA Action Team
CWA 9510 Retirees
Five Counties Central Labor Council
Fresno CARA Action Team
Healthcare for All/Physicians for a National Health Program
Huffman for Congress
Humboldt and Del Norte Counties Central Labor Council
IBEW Local 595 Retirees Club
Inland Empire CARA Action Team
Long Beach Gray Panthers
Los Angeles CARA Action Team
Los Angeles Forum
Marin CARA Action Team
Northbay Labor Council
North State CARA Action Team
Newman & Jones, Inc.
Orange CARA Action Team
OWL San Francisco
Peace and Freedom Party of California
Placer CARA Action Team
Protect our Benefits
San Diego CAT
San Francisco CARA Action Team
San Francisco Gray Panthers
Santa Clara CARA Action Team
Santa Rosa Democratic Club
Scott Weiner Relect for Senate 2024
SEIU 2015
Senator Steven Bradford, SD 35
Senator Mike McGuire
Sonoma CARA Action Team
UTLA-Retired
William L Curtis Retirees Club of San Diego

INDIVIDUAL SPONSORS
Carol Garvey
Dan Prince
Dawn Bronsena
In Memory of Molly Lopez
In Memory of Shirley Harlan
Joan Hernandez
Hene Kelly
Jodi Reid
Keith Umemoto
Margaret Shelleda
Michael Nye

Mike Fursman
Nan Brasmer
Pauline Brooks
Pat Stanyo
Richard Benson
Tish Ochoa
Tom Rankin
Wayne Ihrig

FOUNDATION SUPPORTERS
Metta Fund
May and Stanley Charitable Foundation
The California Endowment

IN-KIND SUPPORTERS
Teamsters 2010
California Labor Federation
City of Richmond
Community Living Campaign
National Union of Healthcare Workers
Social Security Works, Washington DC
UDW, Placer
UDW Sacramento
Unitarian Church of Santa Rosa - Glaser Center
Villa Serena Stanford Club House, Rocklin

IN LOVING MEMORY OF THESE CARA MEMBERS

Janice Gonzalez
Bob Sigala
Bob Planthold
Laureen McPherson
Gerald McEntee
Juanita Barbarin

Richard Trumpka
Donna Ruth
Johnnie Moose Robinson
Shirley Harlan
Molly Lopez
Thank You

TO OUR INCREDIBLE SENIOR VOTE 2022 AMBASSADORS (PARTIAL LIST)

Faye Lane
Jo Carson
Nan Brasmer
Margaret Shelleda
Ellen Yoshitsugu
Bill Klinke
Addie Brinkley
James Marcell Hall
Barry Shapiro
Sandy Reynolds
Pamela Rood
Leslie Zondervan-Droz
Barbara Banforad
Maureen McManus
Judy Jackson
Susan Chacin
Ronald Martin
Mattie Thomas
Damita Dunbar
Laura P Basua
Gayle Chenoweth
Malinda Markowitz
Ernest Harris
Carol Garvey
Robert D. Magarian
Angelica Lopez Moyes
Patricia Day
Bonnie Coleman
Larry Marotta
Kathy Bregder
Myron Wollin
Brian Lawler
Linda Perez
Sharon O’Brien
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Windsor Young
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Cecilia Flores
Michelle Krug
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Tish Ochoa
Nadine Franklin
Suzanne Doty
Janice Rothstein
Isabelle Gail Schreiber
Kathryn Donahue
Hugh Menton
Claudia Shope
Cecilia Cunningham
Jonathan Karpf
Bonnie Petty
Cynthia Kinavey
Marinell Daniel
Tina Martin
Cindy Young
Susan Hammer
Robert L Hunt
Nick Pasquariello
Elizabeth Pataki
Carol Draizen
CT Weber
Patty Harvey
Ruth Carter
Kris Organ
Kathi Fontinos
Myrtle Braxton
Ivy Butler
Sara Cleveland
Karen Lang
Phyllis Posey
Dolores Gholar
Barbara Banford
Gordon Miller
Greg Miller
Diane Ichiyasu
Judy Rickard
Art Persyko
Hene Kelly
Susan Pfeifer
Sid Corrales
Suzy Lee
Nel Benninghof
Silvia Brandon-Pérez
Peter De Gregorio
Joan Hernandez
Patty Harvey
Bruce McClean
Ron Lute
Cheryl McKinley
Peter Shapiro
Fay Wong
Tammy L Shafer-Noriega
Carole Prescott
Verneal Brumfield
Fayette Hauser
Jonathan Karpf
Deborah Thomas
Martha Steele Spellman
Yolanda Chacón-Serna
Helen Collins
Pat Stanyo
Tish Leon
Betty Webster
Margaret Araguelo
Connie Chew
Peter De Gregorio
Keith Umemoto
Joan Leslie Hernandez
Sharon O'Hara
Eva Lu Goodwin-Noriega
Cecilia Sarmiento Flores
Molly A. Muro
Ronnie Kinney
Susan Meyer
Ernest Harris
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Diana Madoshi
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Deborah Lee Fitzpatrick
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Celeste Garcia
Charles Barnes
Paula Woods
Karen Duncanwood
Mark Lance
Gail Mandaville
James Aram
Stan Wong
Anthony J. Avila
Janet Heinritz-Canterbury
Bennie Poole
Windsor Young
Lena Steen
Linda J Cortez
Rachel Laforest
Judith Newkirk
Elizabeth Cooper
Betty Webster
Gwendolyn Jones
Karen Reside
Mary Helen Barro
Helen W Collins
Gail Lancaster
Butte County Health Care Coalition
Becky White
Tom Reed
Hali Hammer
Pauline Brooks
Kristen Loomis
Mary Clark
Leana Babineaux
Rd Plasschaert
Margaret Siegel
LINDA SNIDER
Sandy Neumann
Mike Hack
Debbie Spanier
Suzanne Lawrence
Scott Lawrence
Ruby Rodriguez
Barbara Banford
Susan Meyer
Linda Graves
Ginger Kelly
Liz Larew
WHO WE ARE: The California Alliance for Retired Americans (CARA) is a statewide nonprofit organization that unites retired workers and community groups to win social and economic justice, full civil rights, and a better, more secure future for ourselves, our families, and future generations. CARA is the official state affiliate of the Alliance for Retired Americans.

WHAT WE DO: CARA is building a statewide network of hundreds of organizations for the purpose of educating and informing its membership, the public, and elected officials about issues that affect the well being of California’s older adults and mobilizing its members to take actions on these issues. CARA is a charitable organization exempt from federal taxation under section 501(c)(4) of the IRS code. CARA’s sister organization, the CARA Education Fund has been developed as the training and education arm of CARA and is a 501(c)(3).

WHO WE SERVE: As an umbrella organization for hundreds of affiliated groups, CARA serves a combined membership of over 1 million Californians. Its broad-based coalition includes senior centers, tenant associations, retired public employee organizations, trade union retirees, and a variety of other agencies and associations.

CARA Staff
Dwane Camp, Jr., Legislative/Political Director
Yesenia Cuevas, Central Valley Organizer
Cynthia Lopez, Administrative Coordinator
Susan Meyer, So. CA Organizer
Jodi Reid, E.D., and Northern CA Organizer
Karla Salazar, LA County Organizer

2022 CARA Board of Directors
Pauline Brooks, President
Service Employees International Union
Nan Brasmer, President Emerita
California School Employees Association
Tish Ochoa, Treasurer
APWU Retirees
Richard Holober, Secretary
Consumer Federation of California

Vice Presidents
Editha Adams
United Domestic Workers
Jacqueta Alexander
Easter Hill Methodist Church
Richard Benson
United Food and Commercial Workers
Joan Braconi
Service Employees International Union Retired
Myrtle Braxton
Richmond Commission on Aging
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Communications Workers of America
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California Teachers Association-Retirees
Ramon Castellblanch
California Labor Federation
Gayle Chenoeth
Fresno CARA Action Team
Camille Christian
Service Employees International Union 2015
Kathryn Donahue
California Nurses Association
Louie Duran
Claremont Democratic Club
Mike Fursman
United Food and Commercial Workers 8 Golden State
Nephi Hancock
International Brotherhood of Electrical Workers
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SEIU 521 Retirees
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International Association of Machinists and Aerospace Workers
Judy Jackson
St. Mary’s Center
Sandra Johnson
Golden Age Senior Center
Hene Kelly
California Federation of Teachers
Ronnie Kinney
Democratic Club of Orange
Michelle Krug
San Diego Labor Democratic Club

Tish Leon
San Diego Democrats for Equality
Michael Lyon
San Francisco Gray Panthers
Diana Madoshi
Villa Senior Network
Larry Marotta
Foothills Community Democratic Club
Sophia Mendoza
National Union of Healthcare Workers
Donna Meredith
Disaster Relief Fund
Michael Nye
West County Democratic Club
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CA Civil Rights Law Group
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Santa Rosa Democratic Club
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CA State Retirees Inc
Janie Whiteford
CA In-Home Supportive Services Consumer Alliance
David Williams
San Francisco Living Wage Coalition
Cindy Young
UNITE HERE
Windsor Young
Old Lesbians Organizing for Change
## California Alliance for Retired Americans/ CARA Education Fund*

### ORGANIZATIONAL BUDGET
For Calendar Year January 1 – December 31, 2022

<table>
<thead>
<tr>
<th>PROJECTED INCOME</th>
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<td>Foundations</td>
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<td>Travel/mileage</td>
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<tr>
<td><strong>Total Projected Expenses</strong></td>
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*This is the combined Budget of CARA and the CARA Education Fund*
CARA has become the leading progressive grassroots movement for seniors in California, representing over 1 million seniors through our 300+ affiliated organizations. In the midst of the COVID-19 pandemic, CARA has been able to stay connected and engaged with our members, the legislature, and the public.

CARA’S 2022 ACCOMPLISHMENTS INCLUDE:

1. Recruited 150+ volunteers to become a Senior Vote Ambassador, communicating with senior voters in 5 CA Congressional Districts with postcards, phone calls, and candidate forums to educate and engage them in the November 2022 elections.

2. Will sponsor 5 Regional Conventions/Senior Vote Forums in each of the 5 target Congressional districts, with over 1000 people participating.

3. Held twice monthly Fabulous Friday Forums on key CARA issues and campaigns, with thousands participating. For the first time, we were able to provide Spanish translation at all of our forums.


5. Sponsored a Celebration and Rally at the SF Federal Building to celebrate Medicare’s 57th Anniversary and to demand the end to the ACO/REACH privatization program. Met with representatives from Speaker Pelosi’s office and delivered letters to Secretary of HHS Becerra and CMS.

6. Joined with the Long-Term Services and Supports (LTSS) for All Coalition to promote universal LTSS at the State Level (the Dept. of Insurance LTSS Task Force) and won $5 million in the 2022-23 budget to further study the growing need for LTSS for all and how to pay for it.

7. Engaged over 250 CA activists to call Speaker Pelosi and demand that HR 5723 – the Social Security 2100 Act, be scheduled for a vote in the house. This bill would fix long standing problems with Social Security and shore up the Social Security trust fund for generations to come. Working with the Senate to also pass S 4365 (Sanders), a companion bill in the Senate.

8. CARA’s Legislative Committee wrote letters on over 100 bills and identified 6 bills/issues as priorities. Three of these bills passed the Legislature and are awaiting the governor’s signature. One of the bills was signed into law as part of the budget, and the other 2 bills did not move forward.

9. Sponsored our third virtual in-district lobby day with 92 of the 120 state legislators – all on May 20th. The CARA Action Teams coordinated these meetings, with over 100 CARA volunteers attending one or more of these legislative visits.
10. Continued to hold our 18 monthly CARA Action Team meetings virtually – using Zoom and Teleconferences to keep our folks involved and engaged. Our CAT callers continue to connect with all our members through phone trees to be sure that everyone is doing ok and to see if they need anything during this pandemic. Formed our 18th CAT in Sacramento/Yolo counties, which had their first meeting on August 1st.

11. Through our work with the Master Plan on Aging and other senior and disability networks, continue to advocate for implementation of the MPA recommendations through legislative, budget and policy advocacy.

12. Through our work with the Healthy CA NOW coalition, helped to advocate for a single payer solution, which became part of the recommendations from the Governor’s Health for All Californians Commission. Now we are working with the Governor’s office and legislature to follow up on the federal waivers and next steps to bring single payer forward through either a legislative or electoral vehicle in the upcoming years – or both.

13. Continued to receive foundation support from the Mary and Stanley Smith Foundation and the Metta Fun. Increased our online fundraising efforts by 10%. Continue to expand our membership and affiliation outreach and revenue.

14. Continued to produce the CARA E-Alert newsletter e-mailing it at least twice a month and sometimes weekly, to more than 10,000 CARA members and activists to keep them informed and engaged. The CARA Alert is also being translated into Spanish.

15. Expanded the work CARA’s staff to include a dedicated Legislative/Political Director, a communications organizer, and dedicated regional organizers. We have been able to engage more Spanish speaking seniors with 3 staff that are bi-lingual, increase our social media presence, and our organizing efforts, with an organizer now dedicated to the Central Valley, LA County, Southern CA, and Northern CA.

16. All CARA staff continue to work and adjust to our virtual world – and help our members do the same. We conducted a Communications Survey with over 215 members responding to better understand how our members prefer to receive communication from CARA, and what type of training needs they have to be better able to engage electronically.

17. Developed a Diversity Workshop for our leadership (and members) to better understand our own biases and how we can build an organization that is diverse, inclusive and welcoming.

18. Revised our Empowered Elder Workshop training and materials to be offered virtually, and sponsored a statewide training in August to kick off this new format.

19. CARA has become the ONLY grassroots, senior advocacy organization in California, working to build a strong senior movement that works to improve the quality of life for seniors and our families, and promotes policies to help us age with dignity, independence, and love.
CARA’s 2022 Member Organizations

**SUSTAINING MEMBERS**
- AFSCME State Council
- California Federation of Teachers
- California Profesional Firefighters
- California Labor Federation
- California Nurses Association
- California School Employees Association
- California Teacher Association
- District Council of Iron Workers
- National Union of Healthcare Workers
- Northern CA District Council of Laborers
- SEIU Local 2015
- SEIU State Council
- UDW, AFSCME Local 3930
- UFCW 8 Golden State
- UFCW Western State Council
- UNITE HERE Local 2
- United Teachers Los Angeles-Retired

**CONTRIBUTING MEMBERS**
- ABC Federation of Teachers, AFT Local 2317
- AFSCME Council 57
- AFSCME Retirees Chapter
- AFSCME-CA Retiree’s Chapter 57 and 142
- CA Teamsters Public Affairs Council
- California Conference Board ATU
- CWA District 9
- Heritage Plaza Board of Directors
- IAM Automotive Trades DL 190
- IAMAW District 725
- IAMAW District 947
- IBEW Local 11
- IBEW Local 1245
- IBEW Local 332
- IBEW Local 47
- IBEW 569
- IBEW Local Union 617
- North Valley Labor Federation
- Northern California Sheet Metal Workers Local 104
- OPEIU Local 30
- San Francisco CLC
- SEIU 1000
- SEIU Local 1021 Retirees
- SEIU-UHW
- South County Labor
- State Building and Construction Trades Council
- Teamsters Join Council 42

**MEMBER ORGANIZATIONS**
- 1760 Bush
- 1880 Pine
- 2698 California
- 345 Arguello
- 491 31st Ave
- 55 Laguna
- 721 Seniors Association
- 95 Laguna
- ABC Federation of Teachers Retirees Local 2317-R
- AFGE District Council 12
- AFSCME 3299
- AFSCME Retirees Chapter 36
- AFT 2121 Retiree Chapter
- AFT Guild Local 1931 Retirees
- Aging Action Initiative
- Alameda County Federation of Retired Union Members (FORUM)
- Alameda Labor Council
- Alhambra Democratic Club
- All Hallows Community
- All Hallows Community
- Amalgamated Transit Union 1277
- American Postal Workers Union of CA Retirees Division
- APWU CAL #4635 Retiree Chapter
- Area Agency on Aging of Lake and Mendocino Co
- Ashville Village Eider Action
- BAC Local 3 California
- Belmont Village Albany Resident Association
- Bennett House
- Berkeley-East Bay Gray Panthers
- Beth Eden Baptist Church Senior Ministry
- Butte County Health Care Coalition
- CA HHSS Consumer Alliance (CICA)
- California Association of Public Authorities
- California Civil Rights Law Group
- California Faculty Association, Fresno
- California School Employees Association Retirement Unit
- California State Retirees
- Canterba Senior Homes
- Carter Terrace
- Casa De La Mission
- Casa Merced
- Center for California Homeowner Center on Policy Initiatives
- Central Coast CLC
- Chino Valley Democratic Club
- Claremont Democratic Club
- Clovis Democratic Club
- Coalition of Labor Union Women, SF Chapter
- Coalition of Organized Labor
- Community Living Campaign
- Construction Laborers Union Local 1130
- Consumer Federation of California
- Contra Costa Building and Construction Trades Council
- Contra Costa CLC
- Creekview Manor
- CTA/NEA - Retired
- CTA/NEA-Retired North Bay
- CWA District 9 Retirees
- CWA Local 9417
- CWA Local 9423
- CWA Local 9509 Retired Members Club (CWA-RMC)
- CWA Retired Members Chapter 9421
- CWA Retirees 9510
- CWA RMC 9408
- Democratic Club of Central Orange
- Democratic Women’s Study Club
- Dignity Health
- Disability Action Center
- Disaster Emergency Relief
- Dorothy Day
- East Bay Parks AFSCME Local 2428
- East Bay Regional Parks Retirees Association
- Edith Witt
- El Centro
- Engineers and Scientists of CA Local 20
- Five Counties CLC
- FORUM Santa Clara County
- Francis of Assisi
- Fresno, Madera, Tulare, Kings CLC, AFL-CIO
- Gault Street Senior
- Golden Age Senior Center
- Golden State Manufactured-Home Owners League, Inc
- Gray Panthers of Long Beach
- Gray Panthers of San Francisco
- Health Care for All - California
- Health Care For All - Marin
- Health Care for All Sacramento Valley
- Hubert H. Humphrey Democratic Club
- Human Agenda
- Humboldt and Del Norte Counties CLC
- IAM & AW Local 1546 Retiree’s Club
- IAM & AW Local 1584 Retiree’s Club
- IAM 946 New Horizons Retirees
- IAM 947 Retirees Silver Foxes
- IAMAW AIL 727-N
- IAMAW Local 389
- IAMAW Local Lodge 1484 Retirees
- IAMAW Local Lodge 1528
- IAMAW Local Lodge 2182
- IAMAW Local Lodge 653
- IAMAW Lodge 93
- IAMAW Peninsula Lodge 1414
- IAMAW Sonnyvale Lodge 2228
- IAM CA Conference of Machinists
- IAM Huntington Beach Retiree Club
- IAM Local Lodge 1781 Retiree’s Association
- IAM Local Lodge 946
- IAM William L. Curtis Retirement Club
- IATSE Local 16 Theatrical Stage Employees
- IBEW Local 180 Retiree’s Club
- IBEW Local 234
- IBEW Local 332 Retirees
- IBEW Local 340
- IBEW Local 413 Retiree Club
- IBEW Local 428
- IBEW Local 441
- IBEW Local 477
- IBEW Local 569
- IBEW Local 595
- IBEW Local 595 Retired Members’ Club
- IBEW Local 639
- IBEW Local 684
- IBEW Local Union 18 Retirees Club
- IBEW Local Union 40
- IBEW Local Union 440
- IBEW Local Union 6
IBEW Retired Members #617
ILWU Department of Organization
ILWU Local 17 Pensioners
International Alliance of Theatrical Stage Employees Local 728
International Association Firefighters Local 1775
Iron Workers Local 377
Ironworkers Local 433
Iron Workers Retirees 378
IUOE Local 501
JFK Tower
John King
John King Senior Community
Kennedy Club of the San Joaquin Valley
Kent Garden Senior Housing
Kern, Inyo and Mono Counties CLC
Kimball Tower
Kings County Jimmy Carter Democratic Club
Labor Council for Latin American Advancement
Laborers’ Intl Union of N America Local 270(1130)
LA County Federation of Labor
Laguna Woods Democratic Club
Laurel Park Neighborhood Council
Lavender Seniors of the East Bay
Lez Resist!
Linbrook Court
Los Angeles College Faculty Guild AFT 1521 Emeritus Chapter
Los Angeles College Staff Guild, Local 1521
Los Angeles College Staff Guild Retiree Chapter 1521A
Los Angeles County Federation of Labor FORUM
Madonna
Madonna Residence
Maria B Freitas
Maria B Freitas Senior Community
Marin Association of Public Employees
Maritime Trades Dept S. CA Ports Council
Mark Twain Democratic Club
Marlton Manor
Martinelli
Martinelli House
Marysville CLC
McAuley Meadows
Mercy Housing
Mercy Oaks Village
Mercy Riverside
Mercy Terrace
Mercy Terrace
Mill Valley Senior Club
Mission Creek Senior
Mission Creek Senior Community
Monsignor Lyne
Monterey Bay CLC
Morgan Tower
Napa-Solano CLC
NMFT-Retired, AFT, Local 1794
North Bay Labor Council NBLC
Notre Dame
Notre Dame Senior Plaza
Oakport Progressive
Ocean Terrace
Ocean Terrace Senior Housing #142
Older Women’s League Sacramento Capitol
Old Lesbians Organizing for Change
OPEIU Local 29
Orange County Employees Association
Orange County Labor Federation AFL-CIO
Orange County Teamster Retirees Association
OWL San Francisco
Peace and Freedom Party of California
Pico Robertson
Placer Action Network
Placer County Democratic Central Committee
 Plumbers, Steamfitters & Refrigeration Fitters UA Local 393
 Plumbers UA Local Union 159
 Plumbers and Pipefitters UA Local 246 Retirees
 Plumbers UA Local Union 78
 Polk Street Senior Community
Presentation Senior Community
Professional and Technical Engineers Local 21
Progressive 40
Progressive Democratic Club
Protect Our Benefits
Retired Employees of the City/Cty of San Francisco
Retired Firemen & Widows of SF Fire Dept
Retired Public Employees Association of CA
Retired Teamsters of El Monte
Richmond Commission on Aging
Rincon Valley Mobile Park Home Owners’ Association
Russell Manor
Russell Manor Residents Council
Sacramento-Sierra Bldg, & Const. Trades Council
Sacramento CLC
Sailor Union of the Pacific
San Bernardino/Riverside CO CLC/AFL-CIO
San Diego-Imperial Counties Labor Council
San Diego Democrats for Equality
San Diego Labor Democratic Club
San Francisco Bay Area and Vicinity Port Maritime Council
San Francisco Bay Area ILWU Pensioners
San Francisco CA Retiree Chapter APWU
San Francisco Church Women United
San Francisco Living Wage Coalition
San Joaquin-Calaveras CLC
San Mateo CLC
San Pablo Commission on Aging
San Pedro Democratic Club
Santa Rosa Democratic Club
SEIU Local 521 Retiree’s Committee
SEIU Local 721
Senior Action Coalition c/o A1AA
Senior Advocates of the West LA Democratic Club
Senior and Disability Action
Shasta County Democratic Women’s Club
Sheet Metal Local 105
Sheet Metal Workers 206 Retiree Club
Sierra Club Tehipite Chapter
Sign Display Local 510
Single Payer Now
Single Payer San Joaquin
SOAR Chapter 12-9
Social Security Fairness
Society Committee
Sonoma County Association of Retired Employees
Sonoma County Mobilehoume Owners Association
South Bay AFL-CIO Labor Council
South Bay Progressive Alliance
Southern California Teamster Retirees Association
St. Andrew Senior Community
St. Mary’s Center
St. Mary’s Tower
Stanislaus & Tuolumne Co’s CLC
State Council of UNITE-HERE
Strawberry Creek Lodge Tenants Association
Teamster Retirees Long Beach Chapter
Teamster Retirees Montebello Chapter and Board
Teamsters Joint Council 7
Teamsters Local 70
Teamsters Local 853
Teamsters Local 952 and Board
Teamsters Retirees San Bernardino and Board
The Arbor
The Democratic Club at the Villages
The Workmen’s Circle/Arbeter Ring
Tierra Del Sol
Tradeswomen Inc
UA Plumbers Local Union 78
UESF United Educators of SF-Retirees
UFCW Local 1428
UFCW Local 1442
UFCW Local 324
UFCW Local 324 Retirees Club
UFCW Local 5
UFCW Local 5 Retirees Club
UFCW Local 5 San Jose Retirees Club
United Child Care Educators of SF AFT Local 6361
United Seniors of Oakland & Alameda County
UNITE HERE Local 19
UNITE HERE Local 2 Retirees Association
USW Local 675-SOAR
Vera Haile Senior Housing
Villa Columba
Villa Senior Network
Vintage Park Tenants Association
Vivalon
Wellstone Democratic Renewal Club
West County Democratic Club
West County Senior Coalition
West Oakland Senior Center
Yolo Healthy Aging Alliance

Representing 1 Million Older Californians
CARA 2022 Legislative Priorities & Accomplishments

CARA is proud to work with our partners to produce a legislative platform that is representative of the collective vision of our diverse membership. Listed below are our top priorities for the end of the 2022 Legislative session:

**SJR 11 - SENATOR SKINNER (AUTHOR)**
“*The Social Security 2100 Act*”
CARA SPONSOR: Affirms the state legislature’s support for and expansion of Social Security Benefits. Also calls on State Leaders to urge CA Congressional Representatives to call for a vote, and vote in favor of HR 5723: The Social Security 2100 Act.

**SB951 - SENATOR DURAZO (AUTHOR)**
**Disability Insurance & Paid Family Leave**
CARA SUPPORT: Will increase wage replacement rates for low wage workers, defined as those making 70% or less of the State Average Weekly Wage, so that by January 1, 2025, low wage workers would receive 90% wage replacement. All other workers would receive 70% wage replacement up to the maximum weekly benefit amount.

**SB 260 - SENATOR WIENER (AUTHOR)**
“*Climate Corporate Accountability Act*”
CARA SUPPORT: Requires major corporations who conduct business in California and generate over $1 billion in revenues annually to publicly disclose their full carbon footprint in a way that is understandable and accessible to the public.

We are excited to announce that AB 1130 (Wood), a former priority bill converted to a budget item, which establishes the Office of Health Care Affordability, was signed into law through the 2022 Budget Act. Additionally, our top budget priority, requiring a $5 million dollar investment to study the feasibility of a universal LTSS benefit, was also adopted into the final budget. Our work is ongoing but we will continue to pursue nursing home reforms, affordable housing initiatives, guaranteed health care for all, LTSS - including policies advancing a long term care benefit - and additional state investments for Adult learning in the 2023-2024 session.

At the Federal level CARA is working on two efforts, HR 5723, the “Social Security 2100 Act,” and stopping the Medicare Privatization effort called ACO-REACH. With the continued support of our members and affiliates, CARA will continue to build sustainable communities for all Californians in 2023 and beyond.
California Alliance for Retired Americans
2022 Statewide Proposition Endorsements

CARA is a grassroots senior advocacy organization representing over 1 million Californians. We believe these state initiatives will have a significant impact on seniors, our families, and future generations.

Please use this guide when Voting by Mail or Take with you to the Polls!

<table>
<thead>
<tr>
<th>Prop</th>
<th>Name</th>
<th>Endorsement</th>
<th>Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Right to Reproductive Freedom Act</td>
<td>YES</td>
<td>Protects the fundamental right to abortion and the fundamental right to reproductive health by adding those rights directly into the California State Constitution.</td>
</tr>
<tr>
<td>28</td>
<td>Art &amp; Music K-12 Education Funding Initiative</td>
<td>YES</td>
<td>Provides additional funding for arts and music education in public schools – bolstering funding for our grandchildren and future generations.</td>
</tr>
<tr>
<td>29</td>
<td>Dialysis Clinic Requirements</td>
<td>YES</td>
<td>Dialysis patients deserve protection under the law. Prop 29 will help ensure they receive safe treatment in dialysis clinics under the care of a doctor or another highly trained clinician in case of emergencies, without risk of infection, and without discrimination.</td>
</tr>
<tr>
<td>31</td>
<td>Flavored Tobacco Products Ban Referendum (2022)</td>
<td>YES</td>
<td>Protects Kids, our grandchildren and Californians of all ages from Big Tobacco by ending the sale of candy-flavored tobacco products including e-cigarettes and minty-menthol cigarettes, saving countless lives and hundreds of millions of taxpayer dollars annually.</td>
</tr>
</tbody>
</table>

The California Alliance for Retired Americans is building a statewide network of hundreds of organizations for the purpose of educating and informing its membership, the public, and elected officials about issues that affect the well being of California’s older adults. To learn more, please visit our website at: californiaalliance.org
Become a CARA Member Today!

The California Alliance for Retired Americans (CARA) is a statewide nonprofit organization that unites retired workers and community groups to win social and economic justice, full civil rights, and a better, more secure future for ourselves, our families, and future generations.

GET INVOLVED!
TAKE ACTION!
JOIN THE ALLIANCE!

As a CARA Member you will have access to additional information available on the CARA website, plus the option to join the CARA Action Team (CAT) in your area, receive CARA Action Alerts and invitations to participate to CARA activities in your community, information about the annual CARA Convention, and the opportunity to participate in surveys and discussion forums.

Affiliate Group:
If you have a group that is already active in your community and you endorse the principles and goals of the California Alliance for Retired Americans, we invite you to make our voice stronger and make a real difference on the issues you are concerned about most.

Become an Individual Member:
If you share CARA’s vision to protect the health and economic security of older Americans please join. For an annual membership fee of $15, you can add your voice to CARA and the Alliance for Retired Americans.

CARA Action Teams (CATs):
The grassroots action side of CARA, CATs, exist in communities across California. They hold regular meetings to plan activities designed to advance CARA’s issue priorities. Actions include rallies, legislative advocacy, writing letters to the editor and press conferences, town hall forum, etc.

JOIN CARA TODAY!

☐ ORGANIZATION AFFILIATION
I belong to a club, group or organization that would like to affiliate with CARA. Please send us organizational affiliation material. Organization members of CARA have voting rights on important decisions and setting our issue priorities.
- 15-50 members $50
- 51-100 members $100
- 101-250 members $250
- 251-500 members $500
- 501-over members $800
- Contributing members $1000-$4999
- Sustaining members $5000+

☐ CARA ACTION TEAM (CAT)
I want to become involved with my local CAT. I want to help advocate for lower prescription drug costs, long term care, affordable housing for seniors, protecting Social Security and Medicare/Medicaid, and our retirement pensions and universal health care. I live in _____________________ County.

☐ INDIVIDUAL MEMBERSHIP
I want to join CARA as an individual member by paying:
- $15 per year
- $40 three years
- $200 lifetime

This membership entitles me to participate in both CARA and ARA activities and receive regular Action Alerts and the bi-annual newsletter.

Name ______________________________________________
Address ______________________________________________
City/State/Zip __________________________________________
Phone/Fax ____________________________________________
E-Mail _______________________________________________
Organization ___________________________________________

California Alliance for Retired Americans
P.O.Box 23754 • Oakland, CA 94623
Phone: (510) 663-4086 • (877) 223-6107
www.californiaalliance.org
Join the CARA ACTION TEAM (CAT) in your Area or Start a New CAT in 2023

The CARA CATs are the local action centers for CARA. We share important information on key CARA issues and plan local strategies on these issues. Most of the CARA Action Teams (CATS) have regular monthly meeting dates and locations. If there is not a CAT organized in your area, and you would like to get one started, call the CARA office to find out how to schedule a CAT. Northern CA call 415-515-2156 or 877-223-6107 (toll free). For LA County call 213-648-9000, for Orange, San Diego, Inland Empire call 714-460-3542. For Central Valley, Fresno and Bakersfield call 209-354-7489. CURRENTLY, ALL CATS ARE MEETING VIRTUALLY via ZOOM/TELECONFERENCE. We hope hold in person meetings in 2023, when it is safe to do so.

**NORTHERN CALIFORNIA**

ALAMEDA COUNTY: 2nd Tuesday of each month @ 10:00am, South Berkeley Senior Center, 2939 Ellis St., Berkeley. For more info: Bill Klinke @ 510-848-9402 or Dee Rosario @ 510-835-3922.

CENTRAL VALLEY: 4th Monday of each month @ 10:00am; at the Manteca Library, 320 Center St, Manteca. Call Nan Brasmer @ 209-823-3890 or Jo Carson @ 209-227-5188.

CONTRA COSTA/SOLANO COUNTIES: 2nd Monday of each month, 10:00am, Richmond Auditorium Hawaiian Room (enter at 2533 Nevin Ave. Richmond). Call Eli Williams @ 510-232-4690 or Windsor Young @ 510-666-4852.

FRESNO AREA: 4th Tuesday of the month @ 10:00am at UFCW 8 Golden State, 3485 W. Shaw Street, Suite 101, Fresno, 93711.Call Gayle Chenoweth @ 559-360-5955 or Jennifer Jensen @ 559-704-8384.

MARIN COUNTY: Meets 1st Tuesday of each month at 1:00pm at Northgate Mall, Community room (enter elevator next to food court), 5800 Northgate Mall, San Rafael. Call Ruth Carter @ 415-492-8160 or Kris Organ @ 415-342-7135.

NORTH STATE: Meets monthly on the 3rd Friday of the month from 10:00am-12 noon at the IBEW 340, 900 Locust St., Redding. Call Ron Stone @ 530-945-8021 or Kathryn Donahue @ 707-834-2194 (covers all counties north of Sacramento).

PLACER COUNTY: Meets 2nd Wed. of every month @ 10:00am-12 noon. Stanford Club House, 3220 Santa Fe Way, Rocklin. Diana Madoshi @ 916-435-9760 or William Reed @ 916-396-6601. Potluck.

SACRAMENTO/YOLO: Meets 1st Wednesday. Call Cindy Young @ 530-902-0483 or Carol Moss @ 916-546-0156.

SAN FRANCISCO: 2nd Thursday of the month @ 1:00pm, ILWU, 1188 Franklin St. 4th floor, SF. Call Michael Lyon @ 415-215-7575 or David Williams @ 415-939-5149.

SANTA CLARA COUNTY: 4th Thursday of the month @ 12 noon, SEIU 521, 2302 Zanker Rd., San Jose. Call Carol Garvey @ 408-472-6218 or Greg Miller @ 408-254-3311. Light lunch is served.

SONOMA COUNTY: 3rd Wednesday of the month @ 10:00am, Unitarian Universalist Church of Santa Rosa, Glaser Center, 547 Mendocino Ave. Santa Rosa. Call Dave Walker @ 707-681-9009 or Linda Graves @ 707-545-2811 or Bonnie Petty @ 707-579-5228.

**SOUTHERN CALIFORNIA**

BAKERSFIELD: First Tuesday of every month from 1:30pm-3:30pm @ Independent Living Center of Kern County, 5251 Office Park Dr., Bakersfield, 93309. Call Ernest Harris @ 661-706-2566.

INLAND EMPIRE: First Monday of every month from 10:00am – 12:00pm Grace Vargas Senior Center, 1411 S. Riverside Ave, Rialto. Call Tish Ochoa @ 909-855-1891 or Marion Arguello @ 909-591-1864.

LOS ANGELES: 4th Tuesday of every month at 1:30pm @ SEIU 721, 1545 Wilshire Blvd, Los Angeles, CA 90017. Call Bonnie Coleman @ 323-666-4224 and Editha Adams @ 619-263-7254 and Tish Leon @ 714-401-8312.

ORANGE COUNTY: 3rd Wednesday of the month @ 10:00am; Teamster Local. #952, 140 S. Marks Way, Orange. Call Cecilia Flores at 714-458-2208.

SAN DIEGO: 3rd Tuesday of the month @11:00am-1:00pm, Sheetmetal Workers Local, 4594 Mission Gorge Place, San Diego, 92120. Call Editha Adams @ 619-263-7254 and Tish Leon @ 714-401-8312.

SAN GABRIEL VALLEY: Meets on the 3rd Monday of each month 10:00am-12 noon at Denny’s Restaurant, 546 West Baseline Rd. Glendora 91740. Call Larry Marotta @ 626-698-4108 (all LA County CATs meeting on 3rd Monday at 10am via Zoom).

SOUTHEAST LOS ANGELES COUNTY: 3rd Monday of every month at Carrows, 19011 Bloomfield Ave. Cerritos, CA 90703. Lunch available for purchase at 12:30pm, meeting starts at 1:00pm. Call Myron Wollin @ 562-596-5239 (all LA County CATs meeting on 3rd Monday at 10am via Zoom).
The CARA Education Fund is the sister organization to CARA. The purpose of CARA Education Fund is to create a statewide organization in order to educate, develop policy, research, and provide technical assistance to inform and train seniors, senior organizations, the public, the media, and policy makers about issues that affect the well being of senior citizens. The CARA Education Fund’s work is consistent with the educational and social welfare purposes of a charitable organization exempt from federal taxation under section 501(c)(3) of the Internal Revenue Code.

The first project of the CARA Education Fund was the formation of the CARA Leadership Academy – a training and skills building program for CARA’s current and emerging leaders. The first Academy was held in June 2006 in Burlingame. Since then, CARA Education Fund has sponsored twenty other Academies in Southern, Northern, and Central California. Nearly 1100 students have completed the course.

The CARA Education Fund is proud to introduce its’ Board of Directors:
Sharon Nakamoto, President  |  Louie Duran, Vice President  |  Dawn Bronsema, Secretary  |  Nan Brasmer, Treasurer  
Carol Garvey  |  Sandra Mack  |  Dee Rosario  |  Michelle Krug  |  Nadine Peyrucain  |  Bill Klinke

The CARA Education Fund is planning to hold our first in-person, 2 day Academy in 2023, most likely in Sacramento. We have sponsored some trainings as part of CARA’s Fabulous Friday Forums on Zoom during the pandemic, but we are anxious to get back to our 2 day in person training.
The CARA Leadership Academy is CARA’s premiere training program. Sponsored by the CARA Education Fund (CARA’s C3 sister organization), the Leadership Academy is designed to provide hands on, fun, training modules to enhance leadership skills to help CARA members become more effective advocates on the issues we care about.

The Leadership Academy is designed to be an in-person, 2-day session, starting at 9am and ending by 4pm. These sessions are held throughout the State, usually twice a year, rotating locations. This allows CARA members and partners to participate in a session close to their home, while arranging for lodging for those folks who do not want to travel back and forth to the training location each day. In 2023 we hope to be able to offer at least one in-person training, possibly two, depending on the status of the Covid-19 and safety considerations.

In addition to our 2-day in person training, we are developing a few leadership modules that we hope to offer virtually. These modules will be no more than half day in length, and offered via Zoom. The two modules under development are “How to Communicate with Elected Officials”, and “Embracing Diversity- Building the Senior Movement”.

Anyone can attend our Leadership Academy trainings, although space is limited in order to be able to work with participants more closely and provide a meaningful, participatory environment. The cost for attending the 2-day training is FREE to CARA members (and members of CARA affiliated organizations). The cost is $50 for non-CARA members. Continental breakfast, lunch, snacks and materials are provided by CARA for in person trainings. Lodging and travel costs are the responsibility of the participants. The virtual trainings will be FREE but registration will be required.

If you are interested in attending a CARA Leadership Academy, either in person or virtually, please contact the CARA office at 877-223-6107 or email us at info@californiaalliance.org. Please let us know your name, phone and email address, and where you live so that we can let you know when a Leadership Academy is scheduled in your area.

Never doubt that a small group of thoughtful, committed citizens can change the world. In fact, it’s the only thing that ever does.

-Margaret Mead

☐ Yes, I want to sign up for a CARA Leadership Academy in 2022. I am interested in attending in the following location (please check all locations that you could attend):

☐ Bay Area ☐ Central Valley ☐ Inland Empire ☐ Southern CA ☐ Sacramento/North State

Name:__________________________________________
Organization:________________________________________
Address:__________________________________________ Zip:______________
Phone:__________________________________________ Email:________________________

I am a member of CARA so my registration is free. I will ask my organization to underwrite my travel and lodging if necessary.

☐ I will be paying my own way. Find $50 enclosed for my registration.

☐ I would like a scholarship to attend. Please contact me regarding the availability of a scholarship.

MAKE CHECK PAYABLE TO: CARA Education Fund  MAIL TO: CARA, 600 Grand Avenue, Suite 410, Oakland, CA 94610. Space is limited, so please respond soon to assure a space in the training. For more information, call Jodi Reid, (415) 550-0828 or the CARA office at (510) 663-4086.
Empowered Elder Workshops

Coming to you now with more choices and formats in 2022/23

Staying healthy and engaged is no easy matter these days. But with a little help from our friends, neighbors, and families, we can be informed and empowered to do just that!

We are offering our popular and informative Empowered Elder Workshops to CARA Action Teams, CARA Affiliated Organizations, and Partner Organizations. These workshops can be offered in person (when safe) and virtually.

These presentations and discussions are between 1 or 2 hours long, and can be held alone or combined for a longer, full day program.

Here are our Empowered Elder Workshop Options:

- The Lifesaving “Vial of Life”
- Protecting Your Rights in a Hospital Stay
- Strategies to Finish Your Advanced Directive
- Emergency Preparedness in Natural Disasters and Pandemics
- Embracing Diversity – How can we be more inclusive and welcoming

Consider inviting us to your existing group or meetings for a taste of how we facilitate a peer-based model of learning/teaching. We can also schedule a special session based on your needs and interests in person or virtually.

Issue Trainings Also Available

- Protecting, Improving and Expanding Medicare, Medicaid and Social Security
- Why a Medicare for All System is Good for Seniors and People with Disabilities
- Strategies for Building a Strong Labor Retiree Unit in your Union

For more information, contact CARA at 877-223-6107 (toll free)

Aging and disability-friendly communities start with you!
Each of CARA’s 5 Regional Conventions/Senior Vote Forums included a keynote presentation about the importance of the Senior Vote in the November elections. We want to thank each of them for joining CARA at one of our Regional Forums – they are helping to make these events special and exciting.

Lorena Gonzalez (Sept. 21)
Lorena Sofia Gonzalez Fletcher is a union leader and former Assemblywoman. She served in the CA Assembly from 2013 to 2022, representing the 80th Assembly district, which encompasses southern San Diego. She successfully sponsored and passed multiple pieces of legislation in California aimed at increasing healthcare access and putting more protections in place for workers. In 2016, she helped raise the minimum wage in California, which increased by $1 each year until full implementation at $15 per hour in 2022. She introduced AB 5 which required many workers to be classified as employees rather than independent contractors, providing them more protections under labor and minimum wage laws. She has been a champion for extending paid family leave. Prior to her election to the Assembly, Lorena led the San Diego-Imperial Valley Central Labor Council. On July 26th, she was the first woman elected to lead the California Labor Federation as the Executive Secretary-Treasurer.

Supervisor Sheila Kuehl (Sept. 23)
Sheila James Kuehl is currently serving as an LA County Supervisor representing the 3rd District (she is termed out this year). She served eight years in the State Senate and six years in the State Assembly, and, in 2008, left the legislature under California’s term limits statute. She was the first woman in California history to be named Speaker pro Tempore of the Assembly. She is also the first openly gay or lesbian person to be elected to the California Legislature. She was a leader on women’s health and reproductive rights issues, domestic violence and most notably, the author and advocate for Single Payer Health Care in California. She was named Retiree of the Year by CARA when she left the legislature, and continues to be a champion on the issues that CARA holds dear. Many remember her as Zelda Gilroy in the tv series, “The Many Loves of Dobie Gillis.”

Dolores Huerta (Sept. 27)
Dolores Clara Fernández Huerta is a labor leader and civil rights activist, and with Cesar Chavez is a co-founder of the National Farmworkers Association, which later merged with the Agricultural Workers Organizing Committee to become the United Farm Workers (UFW). She helped organize the Delano grape strike in 1965 in California and was the lead negotiator in the workers’ contract that was created after the strike. Ms. Huerta has received numerous awards for her community service and advocacy for workers’, immigrants’, and women’s rights, including the Eugene Debs Foundation Outstanding American Award, and the Presidential Medal of Freedom. She was the first Latina inducted into National Womens’ Hall of Fame in 1993 Huerta is the originator of the phrase, “Si Se Puede.”

Susan DeMarois (Sept. 29)
Susan DeMarois was appointed by Governor Gavin Newsom to serve as Director of the California Department of Aging effective November 1, 2021. Prior to joining CDA, Director DeMarois led public policy and advocacy for the national Alzheimer’s Association in California, serving as the nonprofit organization’s registered lobbyist in Sacramento where she advocated for legislative, budget, and regulatory changes at the state capitol. The organization led the effort to enact the first dementia early detection initiative in the nation focused on the Medicaid population: SB 48 (Limón) signed into law by Governor Newsom. Ms. DeMarois served as an appointee to Governor Newsom’s Alzheimer’s Prevention and Preparedness Task Force, in addition to the Master Plan for Aging Stakeholder Advisory Committee, a workgroup established by Executive Order. Early in her career, she worked for LeadingAge California, the professional trade association representing not-for-profit housing, residential care and skilled nursing providers along with home and community-based services.

Controller Betty Yee (Sept. 30)
State Controller Betty T. Yee was elected in November 2014, following two terms of service on the California Board of Equalization. As Controller, she continues to serve the Board as its fifth voting member. Re-elected for a second term as Controller in 2018, Ms. Yee is only the tenth woman in California history to be elected to statewide office. As chief fiscal officer of the world’s fifth-largest economy, Ms. Yee chairs the Franchise Tax Board and serves as a member of the California Public Employees’ Retirement System (CalPERS) and the California State Teachers’ Retirement System (CalSTRS) Boards.

Ms. Yee serves on dozens of boards, commissions, and financing authorities affecting policies ranging from land management, affordable housing, and alternative transportation to crime victim compensation and health and educational facilities. A native of San Francisco, Ms. Yee has more than 35 years of experience in public service, specializing in state and local finance and tax policy. Controller Yee’s term ends in 2022.
The Alliance for Retired Americans applauds
The California Alliance for Retired Americans (CARA)
as it hosts its 19th Annual Convention.
CARA is a leading progressive, grassroots organization providing California retirees
a strong platform and voice on issues facing older Americans.

President                Secretary-Treasurer         Executive Director

Also follow us at:
Facebook.com/retiredamericans  @ActiveRetirees
Committed to our Community

- Elected to the State Assembly in 2016; Family farmer; former Mayor and Councilmember, City of Winters
- Helped found Winters Senior Commission on Aging

Introduced legislation to:

- Provide the strongest access to Telehealth services in the nation
- Increase state attention on Alzheimer’s by establishing the Office of the Healthy Brain Initiative in the CA Dept. of Public Health
- Strengthen protections for seniors through the “Safe At Home” program
- Stem the uncontrolled use of psychotropic drugs on nursing home patients without their consent
My office can assist you with state-related matters, such as:

- Department of Motor Vehicles
- Foreclosure Prevention Programs
- Consumer Complaints
- Veterans’ Benefits
- Unemployment/Disability Insurance
- State Taxes
- Professional Conduct or Licensing Complaints
- Medi-Cal/Covered California

My office can help direct you to community resources, such as:

- Housing/Utilities Assistance
- Family/Community Support
- Food/Meals
- Legal/Consumer/Public Safety
- Health Care
- Income Support
- Clothing/Personal/Household
- Mental Health/Addictions
- Employment

My office can assist you with legislative-related services, such as:

- Propose a New Law
- Copies, Summaries, and Information on Bills
- Get Involved in the Legislative Process
- Find Information on How a Bill Becomes a Law
- Be Notified of Legislative Hearings
- Report Agency Misconduct

Capitol Office:
1021 O Street,
Suite 5140
Sacramento, CA 95814
Tel: (916) 319-2048
Fax: (916) 319-2148
Monday-Friday 9 a.m.-5 p.m.

District Office:
100 North Barranca Street,
Suite 895
West Covina, CA 91791
Tel: (626) 960-4457
Fax: (626) 960-1310
Monday-Friday 9 a.m.-5 p.m.
Proud to be a CARA affiliate

Supports CARA
For fighting against the privatization of Medicare

Salutes the Governor’s Healthy Calif. Commission
• For identifying saving $500 BILLION from additional healthcare expenses over the next decade in California by implementing SINGLE PAYER

Commends Governor Newsom
• For budgeting for new staff to pursue a federal waiver for California to utilize federal healthcare dollars (Medicare, ACA, etc.) for Single Payer

Congratulates Healthy California Now Coalition
• For making available a Single Payer Savings Calculator to determine how much a family would personally save when Single Payer is implemented.
CALIFORNIA
STATE RETIРЕES
CSR is the largest, most experienced organization exclusively representing state retirees!

OUR MISSION To protect the pension and health benefits of all retired state employees

Take the next step! Join today at calretirees.org/joinus

ADVOCACY: For more than 92 years, California State Retirees have organized to protect their pensions and health benefits. At CSR, our top priority is protecting your benefits.

42,000 MEMBERS STRONG AND GROWING: CSR’s opinion matters Legislators, the Governor, CalPERS and other agencies that can impact the pensions and health benefits of state retirees. There is strength in numbers!

MINIMAL MONTHLY DUES: CSR dues are minimal and the benefits are significant. Dues range from $6 to $12 per month, depending on your CalPERS monthly pension amount.

MEMBER BENEFITS: Keep your California State Employees Association Member Benefits into retirement - don’t lose them!

CALPERS COVERAGE: Not everyone can attend CalPERS Board and committee meetings. CSR staff and leadership attend the meetings and speak on behalf of all state retirees.

MONTHLY NEWSPAPER: The California State Retiree newspaper provides valuable information about our action on issues affecting your pension and benefits, with monthly columns about the Governor, Legislature and CalPERS.

COMMUNITY: CSR has 26 chapters throughout the state. Attend your chapter’s meetings for social events and to hear educational speakers. Stay informed!

Join CSR and become part of our strong retiree community!
THANK YOU CARA
WE HAVE YOUR BACK!!!
Because of you, and our grandparents, Hene and Dennis Kelly, we will fight for Medicare for All, Social Security, Affordable Housing, the Environment, and the Ability for Seniors and People with Disabilities to Age in their Communities!

Daniel, Max, and Caroline Salvatore
Freedom doesn't come like a bird on the wing,
Doesn't come down like the summer rain,
Freedom, freedom is a hard won thing.
You've got to work for it, fight for it, day and night for it.
And every generation’s got to win it again!
Pass it on to your children mothers!
Pass it on to your children brothers!
You’ve got to work for it, fight for it, day and night for it, and EVERY GENERATION HAS TO WIN IT AGAIN!
(“Pass It On,” From the Union Documentary, “The Inheritance”)

WE ARE THE NEXT GENERATION
The International Association of Machinists and Aerospace Workers

Is a Proud Sponsor of CARA’S 19th Annual Regional Convention and Supports the “Senior Vote in 2022”

IAM Western Territory
General Vice President
Gary R. Allen and Staff
IBEW Local #47 is a proud supporter of
THE CA ALLIANCE FOR RETIRED AMERICANS

Patrick Lavin
Business Manager / Financial Secretary
7th District International Executive Council

Tyrone Chamois
President

Ron Baker
Vice President

Greg Vetter
Treasurer

Shane Sullivan
Recording Secretary

Executive Board
Dave Aguon • Chris Avila
Terrance Bynum • Larry Lopez, Jr.
Richard Paul • Willie Rios
Michael Slye • Hipolito Tavarez

Examining Board
Tim Billman
Scott Knudtson
Casey Lavin

IBEW Local #47 proudly supports our heroes.

600 N Diamond Bar Blvd, Diamond Bar, CA  91765
(909) 860-4239 • www.ibew47.org
Congratulations CARA

IBEW LOCAL 595

Keep up the good work
Thank you CARA for the important work you do.

—Your Friends at IBEW 11

Joël Barton
Business Manager / Financial Secretary

Rusty Roten
President

Eric Brown
Vice President

Jaime Sanchez
Treasurer

Christine Austria-Lozoya
Recording Secretary
IBEW Local 1245 is proud to sponsor the 2022 Convention of the California Alliance of Retired Americans
IUOE LOCAL 12
IS PROUD TO SPONSOR THE
19TH ANNUAL CARA CONVENTION

Ronald J. Sikorski
Business Manager & General Vice President,
Officers, Staff and Members of the
International Union of Operating Engineers,
Local No. 12

CARA 19TH ANNUAL REGIONAL CONVENTION
salutes
California Alliance for Retired Americans

19TH ANNUAL CONVENTION

We stand together with Seniors and thank CARA for its powerful advocacy on behalf of the senior community.

KAZAN, McClain Satterley & Greenwood
A Professional Law Corporation
Helping Asbestos Victims Since 1974
KAZANLAW.COM

Helping Asbestos Victims and Seniors since 1974
Jack London Market • 55 Harrison Street • Suite #400 • Oakland, CA 94607
(510) 302-1000 or (877) 995-6372 (toll free) | www.kazanlaw.com

CARA 19TH ANNUAL REGIONAL CONVENTION | 33
On behalf of all retired union members, thank you for all of CARA’s efforts in keeping us informed and engaged.

The Los Angeles Federation of Retired Union Members extends our best wishes for a successful 19th Annual Convention!
The North Bay Labor Council is proud to support the 2022 Convention of the California Alliance of Retired Americans.

For all you do to empower and support retirees and workers everywhere—Thank You!
Thank you to all our friends and colleagues at CARA for your support for our Restore Retired City Workers Earned Benefits Charter Amendment!

We couldn’t have gotten it on the ballot without you!

www.FairnessforSFRetirees.com
Congratulations!

On behalf of the 100,000 members of SEIU-UHW, we salute the California Alliance for Retired Americans on 19 years of dedication!

We are honored to stand with CARA in protecting workers and patients.

SEIU-UHW healthcare members work with elected officials and healthcare providers to increase access to care, protect both the state’s and working families’ budgets, and improve the health of all Californians.
SEIU 521 RETIREE CHAPTER

UNION POWER!
The SEIU 721 Retiree Committee salutes California Alliance for Retired Americans on their 19th Annual Convention, and thanks CARA for keeping retirees energized and educated.

The SEIU 721 Retiree Committee thanks all retired and current employees in the cities, counties, and jurisdictions we represent.

DEDICATED TO RELIABLE QUALITY PUBLIC SERVICES
The California Labor Federation
and its 2 million members salute

THE
CALIFORNIA ALLIANCE
FOR
RETIRED AMERICANS

Lorena Gonzalez Fletcher, Executive Secretary-Treasurer
KATHRYN LYBARGER, President

UNIONIZE CALIFORNIA.

California LABOR Federation
www.CaliforniaLabor.org
California School Employees Association

salutes the

California Alliance for Retired Americans

for uniting California’s retired workers and community groups to ensure a secure future through social and economic justice for all.

Congratulations

on your

19th Annual Regional Convention

where you continue to build your grassroots organization to educate and inform members, the public, and elected officials about vital issues affecting the well-being of California’s older adults.

Matthew “Shane” Dishman
Association President

Martha Penry
Chair, Retiree Unit Executive Board

Keith Pace
Executive Director

CTA/NEA-Retired is proud to support

CALIFORNIA ALLIANCE FOR RETIRED AMERICANS at their

19TH ANNUAL CONVENTION

CTA/NEA represents more than 310,000 educators in California public schools, colleges and universities.
HUMBOLDT & DEL NORTE COUNTIES
CENTRAL LABOR COUNCIL

RETIREES AND WORKING PEOPLE
STANDING TOGETHER FOR
THE COMMON GOOD!

UNION CONTRACTS GUARANTEE
✓ PAY ✓ PERKS ✓ PROTECTION

WWW.FACEBOOK.COM/HUMDNCLC

CARA’S

LEGISLATIVE COMMITTEE

MEETS EVERY 3RD THURSDAY OF
THE MONTH @ 10AM
TO GET MORE INFO. CONTACT US AT
(877)223-6107
DCAMP.CARA@GMAIL.COM
Thank you, CARA, for your continued advocacy, including fighting to end student debt (now that Ruben and Nelson have graduated). Let’s work for a healthier planet, and guaranteed health care for all.

*Happy 19th Anniversary!*
The Reid – Livingston Family
(Nelson, Ruben, Bruce and Jodi)

The  
Sonoma County Association of Retired Employees  
(SCARE)  
Congratulates and thanks CARA for its many years of advocacy, education and representation of senior/retiree issues and concerns. Keep up the great work!!

http://sonomacountyretirees.com

http://sonomacountyretirees.com  
P.O. Box 5513  
Santa Rosa, CA  95402
SEIU Local 2015 is the largest union in California, representing more than 400,000 long-term care workers (home care, skilled nursing facility, and assisted living center workers) throughout the state. Its members are as diverse as the state’s population, but united in their commitment to caring for California’s most vulnerable: seniors and those with disabilities.

Join us as we demand investment in long-term care: www.putcarefirstcalifornia.com

IT’S TIME TO PUT CARE FIRST.

LONG TERM CARE WORKERS STRUGGLE WITH LITTLE PROTECTION, LOW PAY, AND SHORT STAFFING.

Commends CARA on their continued work on Senior Issues and its hard work to protect Union Rights, Medicare/Medicaid and Social Security.

UTLA – Retired Officers

John Perez – President

Cecilia Boskins – Vice President

Mike Dreebin – Treasurer

Susie Chow – Secretary

Mary Rose Ortega – UTLA-R CARA Board Representative
THANK YOU!

A heartfelt thank you to the California Alliance for Retired Americans for empowering California seniors during your 19th Annual Regional Conventions and Senior Vote Forums. I commend you for your work to educate and engage senior voters, especially during this critical election year. Across California, CARA has continued to improve the quality of life for seniors, advocate for their rights and fight for social and economic justice. I continue to be a proud supporter of CARA and I wish you continued success.

Solidarity and Best Wishes
to the CARA Convention
from the Retiree Chapter of AFT 2121.
EMPOWERING SENIORS
AMPLIFYING 2 MILLION VOICES
IN LOS ANGELES COUNTY

Greetings from
Los Angeles County
CARA Action Teams

MEET ON 3RD MONDAYS AT 10:00 AM
Register for meetings here:
(currently meeting virtually via zoom)
CARA Action Teams: Central LA, SouthEast, LBC, and San Gabriel Valley
FIVE COUNTIES
CENTRAL LABOR COUNCIL
Shasta, Siskiyou, Modoc, Trinity and Tehama Counties

900 Locust Street, Room 7
Redding, California 96001
Office Phone: 530.949.7795
FiveCountiesCLC@ymail.com

We celebrate with you CARA’s 19th year advocating and educating California Seniors. We are a proud supporter and affiliate of our growing North State CAT.

Affiliated with the California Labor Federation and American Federation of Labor and Congress of Industrial Organizations

CONGRATULATIONS ON YOUR 19th CONVENTION
Thank you, CARA, for all of your continued work to fight for seniors and for all of our futures.
We are grateful for your staff and all of your volunteers.

From your friends at
Newman & Jones, Inc.
Tax Preparation~Bookkeeping~Payroll
Manteca, CA  209-823-7143
Alameda County CAT
We are proud to be part of CARA representing the cities in Alameda County.

2nd Tuesdays at 10am
South Berkeley Senior Center
Ellis @ Ashby, Berkeley
(CURRENTLY MEETING VIRTUALLY VIA ZOOM)

Contra Costa/Solano County CAT
We are proud to be part of CARA representing the cities in Contra Costa and Solano Counties.

2nd Mondays at 10am
Richmond Auditorium, Hawaiian Room
403 Civic Center Dr., Richmond
(CURRENTLY MEETING VIRTUALLY VIA ZOOM)
Central Valley CAT

We are proud to be part of CARA representing the cities from Stockton to Modesto.

4th Mondays at 10am
Manteca Library
320 W. Center St., Manteca
(CURRENTLY MEETING VIRTUALLY VIA ZOOM)

THE CENTRAL VALLEY C.A.T. APPRECIATES OUR HARDWORKING STAFF:

Dwane Camp, Yesenia Cuevas, Karla Salazar, Susan Myer, Cynthia Lopez, and Jodi Reid

And extends a warm welcome to our new Sacramento/Yolo County C.A.T

WORKING TOGETHER WE ACCOMPLISH GREAT THINGS!
Santa Clara County CAT

We are proud to be part of CARA representing the cities in Santa Clara County.

4th Thursday at 12:30pm (lunch provided)

SEIU 521,
2302 Zanker Road, San Jose
(CURRENTLY MEETING VIRTUALLY VIA ZOOM)

San Francisco CAT

We are proud to be part of CARA representing the San Francisco.

2nd Thursdays at 1pm
ILWU Offices
1188 Franklin, 4th floor, San Francisco
(CURRENTLY MEETING VIRTUALLY VIA ZOOM)

Inland Empire CAT

We are proud to be part of CARA representing the cities in the Inland Empire

1st Mondays at 10 am
Grace Vargas Senior Center
1411 S. Riverside Ave., Rialto
(CURRENTLY MEETING VIRTUALLY VIA ZOOM)
<table>
<thead>
<tr>
<th>County</th>
<th>CAT Name</th>
<th>Meetings Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Placer County</td>
<td>CAT</td>
<td>We are proud to be part of CARA representing the cities in Placer County.</td>
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<tr>
<td></td>
<td></td>
<td>2nd Wednesday of every month 10am</td>
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<td></td>
<td></td>
<td>Stanford Court Apts. Club House</td>
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<td></td>
<td></td>
<td>3320 Santa Fe Way, Rocklin</td>
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<td>(CURRENTLY MEETING VIRTUALLY VIA ZOOM)</td>
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<td>Marin County</td>
<td>CAT</td>
<td>We are proud to be part of CARA representing Marin County.</td>
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<td></td>
<td></td>
<td>1st Wednesday of every month 1:30pm</td>
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<td></td>
<td></td>
<td>Northgate Mall Community Room</td>
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<td></td>
<td></td>
<td>Food Court, 2nd floor, San Rafael</td>
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<td>(CURRENTLY MEETING VIRTUALLY VIA ZOOM)</td>
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<tr>
<td>Bakersfield</td>
<td>CAT</td>
<td>We are proud to be part of CARA representing the City of Bakersfield and</td>
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<td></td>
<td>surrounding cities.</td>
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<td></td>
<td></td>
<td>1st Tuesdays of every month 1:30pm</td>
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<td></td>
<td>Independent Living Center of Kern County,</td>
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<td></td>
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<td>5251 Office Park Dr., Bakersfield</td>
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<td>Sonoma County</td>
<td>CAT</td>
<td>We are proud to be part of CARA representing Sonoma County.</td>
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<td>3rd Wednesdays at 10am</td>
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<td></td>
<td></td>
<td>Unitarian Universalist Church</td>
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<td></td>
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<td>547 Mendocino Ave, Santa Rosa</td>
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<td>(CURRENTLY MEETING VIRTUALLY VIA ZOOM)</td>
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<td>Orange County</td>
<td>CAT</td>
<td>We are proud to be part of CARA representing the cities in Orange County.</td>
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<td>3rd Wednesdays at 10 am</td>
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<td></td>
<td>Teamster Local #952</td>
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<td></td>
<td></td>
<td>140 S. Marks Way, Orange</td>
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<td>(CURRENTLY MEETING VIRTUALLY VIA ZOOM)</td>
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<td>North State</td>
<td>CAT</td>
<td>We are proud to be part of CARA representing the cities in the North State.</td>
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<td>3rd Fridays at 10am</td>
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<td></td>
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<td>IBEW Hall, 900 Locust St, Redding</td>
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<td>(CURRENTLY MEETING VIRTUALLY VIA ZOOM)</td>
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<td>San Diego County</td>
<td>CAT</td>
<td>We are proud to be part of CARA representing the cities of San Diego County and</td>
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<td>the Imperial Valley.</td>
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<td>3rd Tuesdays at 11am</td>
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<td>Sheetmetal Workers Union</td>
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<td></td>
<td></td>
<td>4594 Mission Gorge Place, San Diego</td>
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<td>(CURRENTLY MEETING VIRTUALLY VIA ZOOM)</td>
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<tr>
<td>Fresno Area</td>
<td>CAT</td>
<td>We are proud to be part of CARA representing the cities in the Fresno Area.</td>
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<td>4th Tuesdays at 10 am</td>
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<td>UFCW Golden State</td>
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<td>3485 W. Shaw St., Fresno</td>
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<td>(CURRENTLY MEETING VIRTUALLY VIA ZOOM)</td>
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</table>
Sacramento/Yolo CAT

We are proud to be part of CARA representing the cities in Sacramento/Yolo Counties.

1st Wednesday at 1pm
(Currently meeting virtually via Zoom)

CALL TO ACTION!

Proud to be a part of CARA,
and to work in support of its efforts for:
social & economic justice and civil rights;
including Guaranteed Health Care For All &
Universal Long Term Services & Supports!

Thank you for being a CICA partner!

William L. Curtis
Retirees Club of San Diego

Wishes CARA a
Productive Convention

Proud to be Part of CARA
★ Universal Single Payer Health Care
★ Expand Medicare & Medicaid
★ Protect Social Security
★ Protect Pensions
★ A Good Life for Everyone

peaceandfreedom.org

Sara Rankin, L.Ac
510-593-7514
1437-A Leimert Blvd. Oakland, Ca 94602

Older Women’s League SF
415-712-1695 owlsf.org
Margaret Shelleda  
Vice President  
46 Ramona Ave.  
Oakland, CA 94611  
510.655.2626  
mshelleda@aol.com

Working to improve the quality of life for older adults and their families

Pauline Brooks  
President  
1078 24th St.  
Oakland, CA 94607  
HOME 510.836.0761  
CELL 510.290.4849  
pdbflorab@yahoo.com

Working to improve the quality of life for older adults and their families

Nancy "Nan" Brasmer  
Board President-Emeritus  
211 South Sherman Avenue  
Manteca, CA 95336  
OFFICE 209.823.5890  
TOLL FREE 877.223.6107  
nbrasmer@comcast.net

Working to improve the quality of life for older adults and their families

Wayne D. Ihrig  
Vice President  
1141 Persimmon Ave. #22  
El Cajon, CA 92021  
HOME 619.441.0281  
CELL 619.609.3757

Working to improve the quality of life for older adults and their families

Tom Rankin  
Vice President  
1661 Capistrano Ave.  
Berkeley, CA 94707  
CELL 510.499.8284  
trankin.cara@gmail.com

Working to improve the quality of life for older adults and their families

Tish Ochoa  
CARA Treasurer  
PO Box 10413  
San Bernadino, CA 92423  
PHONE 909.855.1891  
yourfriendtish@gmail.com

Working to improve the quality of life for older adults and their families

Paid for by Re-Elect Scott Wiener for State Senate 2024. FPPC # 1434666

Website: democlub.org  * Facebook: SRDemClub  *Twitter: @SantaRosaDemClub
Kennedy Club meets 1st Saturday of each month.
9:00am to 11:00am. Please Join Us!

More Information: fresnocountydemocrats.org

The Kennedy Club
of the San Joaquin Valley
Meeting and Discussing Democratic Ideas Since 1997

Kennedy Club meets 1st Saturday of each month.
9:00am to 11:00am. Please Join Us!
More Information: fresnocountydemocrats.org
Congratulations CARA On Your 19th Annual Convention from The Retiree Council and Members of SEIU Local 1021

Looking ahead to 2023 “Building the SENIOR MOVEMENT Building the SENIOR VOTE”

Greg Marro, Retiree Council Chair
Joseph Bryant, President, SEIU Local 1021
UDW IS PROUD TO SPONSOR THE

CALIFORNIA ALLIANCE FOR RETIRED AMERICANS

19TH ANNUAL

CARA CONVENTION

We are care workers.
We are dedicated to fighting for the rights of workers, seniors, and people with disabilities.

Doug Moore
Executive Director
With heartfelt thanks to our host committee, sponsors, members and supporters for making this possible.

IAW Western Territory
SEIU UHW
AFSCME Council 57
IBEW Local 11
IBEW Local 47
IUOE Local 12
Kazan Law Firm
Blanca Rubio for Assembly 2022
California Nurses Association
Cecilia Aguiar-Curry for Assembly 2022

Contra Costa Building & Construction Trades Council
CSEA Retirees
CTA/NEA - Retired
IBEW Local 6
IBEW Local 1245
SEIU 521
Sonoma County Association of Retired Employees
IBEW Local Union 617
IATSE Local 728
Mike Thompson for Congress

P.O. BOX 23754
OAKLAND, CA 92623
1-877-223-6107
www.californiaalliance.org

@CaliforniaARA @CARASeniors