



We Need Your Help now more than ever!

I was on a panel with CARA members and guests in Manteca today. They had well over 50 people, and of course food and singing (the Ragin' Grannies and Grumpies with audience participation.) I spoke to the issue of being a senior on Social Security and Medicare; Paul Kleyman from New America Media talked about "Seniors, Workers, and People with Disabilities are Under Attack: The Super Committee and the Threat it Poses to Social Insurance Programs;" Tim Cabral spoke on the Disability Perspective; Carmen Fernandez gave a Latino Perspective, and Rose Roach, CSEA, gave the Worker's Perspective.

So what are we asking of you?

The Super Committee has had all their hearings and now they are deliberating; their report is due Nov. 23. However, there are both House and Senate recesses so they actually have less time.

Now it's our turn!

We need to call, call and call again! Get your breakfast ready every morning, read the paper, talk to your kids and then MAKE YOUR CALLS! Make them every day through Nov. 23rd!

YOU WILL NEVER REGRET CALLING EVERY DAY! IF THEY VOTE TO CUT BENEFITS, IT WILL BE TOO LATE!

President Obama: White House website form: <http://www.whitehouse.gov/CONTACT/> or call 202-456-1111

Super Committee (formally known as the Joint Select Committee on Deficit Reduction) <http://www.deficitreduction.gov/public/index.cfm/contact>. Or go to <http://www.deficitreduction.gov/public/> and click "Write to us today." Phone: 877-762-8762.

Congressman Dan Lungren: e-mail: <https://lungren.house.gov/?sectionid=91>
Phone: (202) 225-5716 District Office Phone: (916) 859-9906

Congresswoman Doris Matsui: D.C. Office Phone: (202) 225-7163; Sac Office Phone: (916) 498-5600
e-mail: http://www.matsui.house.gov/index.php?option=com_content&task=view&id=421&Itemid=92

Congressman Tom McClintock: D.C.: (202) 225-2511; dist. Office, (916) 786-5560
e-mail: <http://mcclintock.house.gov/contact/>

Senator Barbara Boxer: Email: <http://boxer.senate.gov/en/contact/>
Dist. Ofc., (916) 448-2787; D.C. (202) 228-3865

Senator Dianne Feinstein: e-mail: <http://feinstein.senate.gov/public/index.cfm?FuseAction=ContactUs.EmailMe>
Dist. Ofc. SF: (415) 393-0707; Dist. Ofc. LA, 310-914-7300; D.C. Phone: (202) 224-3841

OR... to call any representative (Matsui, McClintock, Lungren) or Senator (Feinstein, Boxer)

Call your Members of Congress:

(877) 762-8762 (toll free – ask for your Representative and Senators)

Talking Points could include:

- Social Security does not contribute a penny to the deficit!
- No cuts to Social Security, Medicare, and Medicaid!
- These programs should not be cut to reduce the deficit!
- Strengthen Social Security, Scrap the Wage Cap!
- End tax breaks to the rich and huge corporations!
- I oppose any cuts to Social Security benefits!
- Don't raise the retirement age for Social Security and Medicare!
- I oppose lowering the cost of living adjustment!
- Keep your hands off Social Security, Medicare and Medicaid!