



SENIOR & DISABILITY *ACTION* News and Views

Volume 5 Issue 6

December 2017/January 2018

The Fight to Save Health Care and Social Security

As this newsletter goes to print, the U.S. Senate is on the verge of voting on the so-called “Tax Cuts and Jobs Act,” which would dramatically cut taxes for corporations and the 1%, while raising taxes on many poor, middle-income and working-class Americans. The proposed tax plan will have a huge impact on seniors and people with disabilities. By causing a \$1.5 trillion deficit in the federal budget, Congress will claim that they must then cut safety net programs. Even without the tax plan, members of Congress have already pushed for \$1 trillion in Medicaid cuts and \$500 billion in Medicare cuts over the next decade. The House bill also eliminates tax deductions for student loan interest and a tax credit that spurs investment in poor communities.

SDA Office Closures

Closed for renovation:
Week of Dec. 18-22
Closed for the holidays:
December 25 -Jan. 1
Closed for MLK Day
Monday, Jan. 15

When you read this...

- If the Republican tax bill has not yet gone up for a vote in the Senate, we need everyone’s help in calling key Senators to urge them to vote no. Call SDA at (415) 546-1333 about phone banking.
- If the Republican tax plan has passed, then Congress will next go after social service programs. We need everyone’s help in sharing stories about how we need health care and Social Security, holding actions, calling elected representatives, and more.
- If the Republican tax plan has been defeated, hurrah! Thank you to all those who fought back. But Congress still intends to make huge cuts in programs that we all depend on for survival. Let’s get ready to take action.

The Republican tax plan has been called a Tax on Disability, because it:

- 1) Eliminates the Affordable Care Act’s individual mandate, making health care unaffordable and causing millions to lose health insurance.
- 2) Ends the medical expense deduction, which has provided relief to those with high medical bills, including homecare, hospitalization, wheelchair repair, and medications.
- 3) Makes research on drugs for rare conditions more expensive, by weakening or eliminating an orphan drug tax credit for pharmaceuticals.
- 4) Eliminates a tax credit for small businesses to make workplaces and public spaces accessible for people with disabilities.
- 5) Leads to automatic cuts to Medicaid and Medicare, and other critical programs for people with disabilities and seniors.

Thank you to the Center for American Progress and Justice in Aging for information included here.

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Supporting SDA

As the year ends, we take some time to reflect on the things that matter to us. Being in community with all of you is something that means a lot to all of us at SDA. We are grateful for everything our members, allies and donors do to make the senior and disability movement stronger. This has been a tough year, with attacks nationally on immigrants, people of color, seniors, and people with disabilities, along with a continued housing crisis and pedestrian traffic fatalities here in San Francisco. We have fought back powerfully. Over the past year, SDA members and partners have:

- Held three powerful actions, a speak-out, and phone banking on health care, which helped stop repeal of the Affordable Care Act and destruction of Medicaid.
- Launched a campaign for more time to cross busy streets to prevent crashes.
- Helped secure \$2 million in rental subsidies for seniors and people with disabilities.
- Stopped the imminent closure of St. Luke's Hospital Sub-Acute unit.
- Contributed to creating the Bay Resistance Network, and marched with thousands of others on Inauguration Day and May Day.

There are many ways you can help make sure that 2018 sees us grow stronger:

1. Become a Sustainer, with an automatic monthly donation. Go to www.sdaction.org and click on Donate Now to sign up at whatever level works for you!
2. Donate to our year-end appeal. You may receive a letter. Please give if you can.
3. **Renew your membership, or become a member.** Becoming a member or continuing your membership allows you to receive this newsletter! Please renew today!

Other ways to support SDA:

- If you are a federal employee or federal retiree, give to SDA through the **Combined Federal Campaign (CFC)**, from October 2 to January 12. **SDA is #40835.**
- Take old clothes/books/etc. to the **Community Thrift Store** and tell them it's for Senior and Disability Action. They'll tag your items, and when they sell, SDA gets a portion!
- Shop at **Cole Hardware** and tell them you'd like a percentage of their profit to go to Senior and Disability Action. They'll look up SDA and credit us.
- If you shop at **Amazon** (which SDA doesn't endorse, but if you do...) use the website smile.amazon.com and mark Senior and Disability Action as

Mark your calendar!

SDA HOLIDAY PARTY—after the holidays!!

Friday January 19th, 2018

4-6 PM

SDA 1360 Mission St. #400



This time we'll be hosting our annual holiday party in January, so that you all can warm the office with us after we spiff it up!

Repeal Costa Hawkins!

The rent is too damn high! The time for real rent control is now! Tenants across California are fighting back against out of control rents. Senior and Disability Action, the SF Anti-Displacement Coalition, Tenants Together, the California Alliance for Retired Americans (CARA), and many more tenants groups and advocates are calling on renters to support the repeal of the statewide Costa Hawkins Rental Housing Act. Costa-Hawkins, which went into effect in 1995, prevents rent control on units built after 1979. It prohibits vacancy control—that is, when a tenant moves out, the landlord can hike up the rent, often far beyond what many can afford. Costa Hawkins restricts the measures that individual cities can take to strengthen rent control. When a master tenant moves out, no protections are extended to subtenants. Costa Hawkins is a major cause of the out of control rents, evictions and harassment of tenants across the state.

Senior and Disability Action recently sponsored a tenants convention in San Francisco to educate tenants about the law. Assembly Bill 1506, which would repeal Costa Hawkins, has been introduced by Assemblymember Richard Bloom, D-Santa Monica. It is currently stuck in the housing committee, chaired by Assemblyman David Chiu, who is not pushing for a vote. *The next 30 days are critical.* We do not want this bill to die in committee. **Call Assemblyman Chiu's office at (916) 319-2017** and demand he schedule a vote now. The health of our seniors, people with disabilities, and families depend on it.

TENANTS ACROSS SAN FRANCISCO ARE FIGHTING TO STOP SPECULATION



JOIN THEM BY CALLING ASSEMBLYMEMBER DAVID CHIU:
916-319-2017
DEMAND HE SCHEDULE A VOTE TO #REPEALCOSTAHAWKINS
WE NEED #REALRENTCONTROL NOW!

December 2017 General Meeting Are you Prepared for any Emergency?

Thursday, December 14th
10-12 noon—Potluck to follow*

Join us for an interactive presentation with Ana Marie Jones—an emergency preparedness expert!

After the presentation we'll have holiday singing, prizes and a holiday potluck.

Please bring a dish to share!

***Potluck is instead of regular \$2 lunch**



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Support at Home

Support at Home has officially launched! Support at Home is a voucher program to help seniors and people with disabilities pay for home care so they can live safely in their homes. This is the program that SDA members and coalition partners fought hard to create and secure funding for — and it is now a reality!



SDA member and 1st Support at Home enrollee Kathy Galvez (left) and Supervisor Norman Yee (right) speak at a press conference about Support at Home on November 16th at City Hall.

If your income or savings are just barely too high for Medi-Cal and IHSS, but you can't afford the out-of-pocket costs, this program is for you. To be eligible, you must be 18 or older, need assistance with 2 or more Activities of Daily Living, have less than \$40,000 in assets (excluding a home and car) and less than \$80,000 in income (for a single person).

Please help spread the word! To sign up, call Institute on Aging / IOA Connect at (415) 750-4111. Flyers available in multiple languages on SDA's website at sdaction.org

Community Living Campaign is moving! They are growing and need to stretch out. They found a great space over at 1663 Mission Street, so even though we are sad to see them go, they will be close by!

This means we have some office space to rent starting January 1st. We are looking for an organization that would need 1-3 offices. You must be committed to being scent free. Please contact Sarah for more info: (415) 546-1333 ext. 307.

Remembering Lenny Reiter

Longtime SDA member Lenny Reiter passed away on September 29th. He was kind, clever, helpful and feisty. We will miss him at the newsletter mailings, the General Meeting, the HAT meeting and all the classes. He was a talented artist and architect, and a wiz on the computer. Besides SDA (and previously SAN and PECC), Lenny volunteered with the Community Living Campaign, Kaiser, and CMPC, to name a few. He took classes at Aquatic Park Senior Center. When he wasn't volunteering or learning, Lenny loved to watch movies and create art. We cherish the time we had with Lenny.



Pedestrian Safety

Transit Justice Update, A Three Part Harmony

First the Altos with Celebrations in G minor

In late October, SDA's Transit Justice Group (TJG) was awarded the Department of Public Health's (DPH) Safe Streets for Seniors (and People with Disabilities) Grant. This grant will fund our activities for the 2017-2018 fiscal year.

Now the Sopranos performing The Highlights in B flat minor

Since April 2017, the TJG has held four press conferences to emphasize to the City officials that we, as seniors and people with disabilities, don't have enough time to cross the streets of San Francisco safely. One hundred and sixty plus seniors, people with disabilities, and youth, 12 newspaper/radio/tv reporters, and a handful of city officials attended the four events. At each event's featured intersection, the majority of seniors and people with disabilities did not cross the street before the light turned red. Following every press conference the media affirmed our pedestrian safety concerns and the SF MTA countered by stating that the pedestrian crosswalk timing was perfectly safe for everyone.

Followed by the Tenors and Bass we have The Work in B flat major

For the next three to four months, TJG will counter the MTA policy and perception on crosswalk timing with data. Starting in January, with the help of the DPH's Program on Health, Equity & Sustainability, TJG will conduct observation studies and opinion surveys. We will observe the walking speeds and crossing capabilities of seniors and people with disabilities at 10-12 high injury intersections. Simultaneously we will conduct a city wide senior and disability community survey asking which intersections that they routinely walk are difficult to cross safely. This data will be analyzed and presented to the City by early Spring.

We are currently recruiting people who want to be trained to collect this vital data.

Transit Justice Group

The Transit Justice Group advocates for seniors and people with disabilities, especially those from low-income communities and communities of color – so we have safe, affordable and equitable transit. We raise the senior and disability perspective on a variety of transportation related issues. New members are welcome!

For more information, contact Pi Ra at (415) 546-2096 or srira@sdaction.org

Our next performance meeting will be in January to continue work on our Crosswalk Timing Campaign and other issues. All pedestrians are welcome to attend.

REACH OUT TO BEAT THE “HOLIDAY BLUES”

Holidays are coming, whether we want them to or not. While this season is a festive time for many, it can be depressing for some of us who live alone, have lost loved ones, are isolated, or who have health or financial difficulties. Recognizing the signs of depression, or the “holiday blues,” is very important. Signs include: sudden sadness that won’t lift; loss of interest or pleasure; changes in appetite and weight; sleeping more than usual; crying often; feeling restless or tired all the time; feeling worthless, helpless or guilty; slowed thinking; thoughts of death and/or suicide.

If you experience some of these signs, please reach out to others! Please also reach out to those who you think may be experiencing the holiday blues. Many of us are willing to support each other and community resources can help. Pick up the phone and call someone, make a simple meal to share with a neighbor, make a trip to the library or a park, or simply treat yourself to a relaxing meditation at home. You are old, you are young, you are disabled, you are beautiful.

If you would like extra support over the phone, here are some local resources:

The Warm Line of Mental Health Association of San Francisco: 1-855-845-7415

Friendship Line of Institute on Aging: 1-800-971-0016

San Francisco Suicide Prevention Hotline: 415-984-1900

Food for the Holidays 2017

Everyone who wants a warm holiday meal should have one! You can call the city Help Line, 211, any time night or day to ask for information in your language, specific to your neighborhood. A live person can help you find food pantries, senior meal programs, Meals on Wheels, and holiday meals.

Here are some places to go for free hot meals for the coming holidays:

North Beach: Saints Peter and Paul Church @ 666 Filbert St.

Christmas Day: 2pm-until food runs out—Arrive early

Tenderloin Tessie: First Unitarian Church @ Franklin/Geary

Christmas Day: 1pm-4pm

The Tenderloin: Glide Memorial (330 Ellis Street)

Christmas Eve: 11am-1pm & Christmas Day: 11am-1pm

Kwanzaa 12/28 4pm-5pm

*Glide Memorial will have their “Grocery Bag Giveaway” on December 13th from 7:30am until they run out

Community Calendar: Dec'17/Jan 2018

DATE	ACTIVITY	TIME & PLACE	MORE INFO?
Mon-Fri	Computer Open Lab and Beginning Computer Classes	Mon-Fri 9:00 AM-4:00 PM 1360 Mission Street Suite 400 Call for Class schedule	Pi Ra 415-546-2096
1st Thursday December 7th January 4th	IHSS Task Force Meeting	11 AM 1360 Mission St. #400	Jessica Lehman 415-546-1333 x301
1st Thursday No December January 4th	SDA Board Meeting	4:00-6:00 PM 1360 Mission St. #400	Jessica Lehman 415-546-1333 x301
2nd Thursday December 14th January 11th	SDA General Meeting	10 AM-12 Noon Unitarian Universalist Church 1187 Franklin Street	SDA 415-546-1333
2nd Thursday December 14th January 11th	CARA meeting	1-2:30 PM ILWU Building 1188 Franklin St. #4 @Geary	Jodi Reid 415-550-0828
2nd Tuesday December 12th January 9th	HealthCare Action Team (HAT)	11 AM ILRC 825 Howard	Ligia Montano 415-546-1333 x302
3rd Wednesday No December January 17th	SDA Housing Collaborative	1-3 PM 1360 Mission Street, #400	Tony Robles 415-546-1333 x305
3rd Friday December 15th January 19th	Mayor's Disability Council	1-4 PM City Hall Room 400	Mayor's Office on Disability 415-554-6789
Friday January 19th	SDA Holiday Party	4-6 PM SDA office 1360 Mission Street, #400	SDA 415-546-1333
December 18th- January 1st	SDA Office closed for renovations and holidays	See you in the new year!	

Volunteers needed! Please help make our office beautiful!

SDA will be painting our office December 18-20. Do you have painting skills and some free time? If so, please contact Pi at (415) 546-1333 ext 303.

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Senior and Disability Action News and Views Membership Renewal Due!

Senior and Disability Action News is produced by SDA Staff and volunteers.
Newsletter Volunteers: Mike, Nanette, Sandra, and more!

We would like to hear from you!
Send information and commentary to info@sdaction.org or call (415) 546-1333.
Thanks to the Department of Aging and Adult Services (DAAS) and all our funders

Become a Member of Senior and Disability Action!!

Dues are \$20/year *OR* according to your means. Pay more or less as you are able.

Name: _____ Renewal
Address: _____ City: _____ Zip: _____
Phone: _____ Cell Home Work
Phone: _____ Cell Home Work
Email: _____

Interests: Housing Healthcare Long-term care & supports
Community education Computer training Pedestrian safety & transit Other:

How would you like to receive newsletters & postcards? Email Postal mail

Please send dues to: SDA, 1360 Mission St. #400, San Francisco CA 94103