



**FABULOUS FRIDAY FORUMS at NOON**

*Santa Rosa Democratic Club is a member of CARA, and as such, SRDC members are part of CARA. You may join these forums as a CARA member.*

**February 5th • February 19th • March 5th**

CARA is planning a series of FORUMS on Fridays, beginning on Feb. 5th at NOON PST to engage our members and friends on the key issues we will be working on over the next year. Some of these FORUMS will be policy focused, some more performance oriented, and some skills-building. All of these forums will be held at NOON PST and will be held via ZOOM and Teleconference. All events will have an organizing focus and share opportunities to TAKE ACTION. And each one will have some element of fun and surprise.

You must register in advance for these events. You can register for one, two, or all of them. You will be sent a link for the Forum upon registration. We are proud to announce the first 3 Fabulous Forums.

Register for any and all forums below:

**FRIDAY, FEBRUARY 5TH at 12 NOON PST  
SENIORS AND THE FIGHT FOR IMPROVED MEDICARE FOR ALL**

**[Register here](#)**

Please note, there is a pause when you click on the above link before the registration page opens. Be patient.

Learn how California is uniquely positioned to move Improved Medicare for All forward in California—and how seniors and people with disabilities will greatly benefit. Speakers include, Michael Lighty of NUHW, Dr. Paul Song of PNHP, Cokie Giles of CNA, etc.... Take action together to urge the Governor to take the next steps to make Medicare for All a reality in California.

FRIDAY, FEBRUARY 19TH at 12 NOON PST  
SENIORS AND THE FIGHT FOR CLIMATE JUSTICE

[Register here](#)

Please note, there is a pause when you click on the above link before the registration page opens. Be patient.

Older adults and people with disabilities are greatly impacted by climate change and global warming. Of course, we want to leave the planet safer and cleaner for our families and future generations—that is reason enough to get involved in this issue. But California is at the epicenter of the climate crisis—with wildfires, bad air, high heat incidences, fracking, power outages, sea-level rise, and more. It is time that the senior and disability movement join the climate justice movement to learn how we can take action at the local, state and national levels. Speakers include: Christina Mills of CA Foundation of Independent Living Centers, Marty Lynch of Lifelong Medical, Assemblymember Rob Bonta, etc....

FRIDAY, MARCH 5TH at 12 NOON PST  
JOSH KORNBLUTH'S PERFORMANCE OF "CITIZEN BRAIN"

[Register here](#)

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Many CARA members met Josh Kornbluth at our 2019 Convention in Sacramento, where he shared some of the videos that he developed while interning with the UCSF Global Brain Institute. Josh performs autobiographical monologues around the world, and has recently completed his latest monologue, called Citizen Brain, based on his work at UCSF. Josh Kornbluth began his fellowship at the Global Brain Institute just as Donald Trump was being inaugurated in 2016. While there, he drew a connection between dementia and the collective breakdown in communication across the political divide.

At the same time, UCSF discovered a circuit in the brain, an empathy circuit. You can learn about this circuit through a funny, smart performance of Citizen Brain by Josh Kornbluth. For more information about Josh and his show go to: <https://www.citizenbrain.org>

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