

## **Save Social Security and Medicare! Contact your representatives!**

This is a call to action for members to put pressure on our representatives to avoid a debt ceiling crisis and to NOT make cuts to Social Security, MediCAL, Medicare and Medicaid. This is something all of us can do to help.

You can call both home office numbers AND Washington switchboards, and/or email, write or fax your message. Let's flood our representatives in boxes and let them know how we feel! They represent US, after all.

### **WHAT TO SAY (Sample Script):**

"My name is \_\_\_\_\_ and I am a constituent. I depend on Medicare and/or MediCAL and Social Security for my health insurance and income. The current proposals to cut and privatize these programs and tie these threats to the debt ceiling negotiations are ill conceived and dangerous. I urge you to vote against any efforts to cut these programs. Millions of families across our nation, like me, depend on them.

### **KEVIN MCCARTHY CONTACT INFO**

*Washington, DC Office*

2468 Rayburn House Office Building

Washington, DC 20515

Phone: (202) 225-2915

Fax: (202) 225-2908

Hours: M-F 9:00am-6:00pm

*Bakersfield District Office*

4100 Empire Drive

Suite 150

Bakersfield, CA 93309

Phone: (661) 327-3611

Fax: (661) 637-0867

Hours: M-F 8:30am - 5:00pm

Constituents can email Rep. Kevin McCarthy through this secure site:

<https://kevinmccarthy.house.gov/contact/email-me>

## **CALIFORNIA SENATORS CONTACT INFO**

*ALEX PADILLA*

EMAIL: <https://www.padilla.senate.gov/contact/contact-form/>

Washington DC

112 Hart Senate

Office Building

Washington, DC 20510

(202) 224-3553

Sacramento

501 I Street

Suite 7-800

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*DIANE FEINSTEIN*

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Senator Dianne Feinstein

United States Senate

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