



## 2023 Winter Legislative Toolkit How to Use This Toolkit

Welcome to the 118th Congress. This is your Alliance for Retired Americans 2023 Winter Legislative Toolkit. Please take advantage of the information and materials found throughout this toolkit to help ready you and your fellow activists for the Presidents Day Legislative recess, the week of **Monday, February 20th**.

This kit has three sections: The first section contains everything you will need to request, hold and report on virtual district lobby meetings with representatives. The second section contains information to support your work and in the third section you will find materials to take your mobilization beyond your meetings.

### Lobby Visits

#### Scheduling Your Visit

The toolkit contains a 2023 legislative calendar, lobby visit guide, and talking points. Once you've read through all the materials, contact your local congressional offices and request virtual or in-person meetings for your group with members of the House, Senate and/or their staff. The Alliance Zoom account is available to host your meetings if it is helpful. [Use this tracker for this and any other requests](#). Hold a pre-visit meeting with your group to organize speaking order and asks. Bring the lobby day talking points and fact sheets and report back form to your meeting.

#### Reporting Back

Be sure to take a picture of your visit. Debrief with your group immediately following your visit to ensure you have all the responses for the report back form. [Complete the online report back form](#) and send pictures to [Mobilization@RetiredAmericans.org](mailto:Mobilization@RetiredAmericans.org).

### Fact Sheets and Position Papers

Familiarize yourself with the new and updated 2023 fact sheets and position papers in advance of your visits. While we are at the start of the legislative calendar, the index of fact sheets for this year will continue to expand. This section will be updated as new legislation is introduced.

- [2023 Social Security and Medicare Facts and Figures](#) - All you need to know about Social Security and Medicare in 2023. This is the most updated information about average benefits, eligibility, cost of living adjustments and more.
- [Expanding Social Security](#) - 65 million Americans – one out of every five households – relies on Social Security's lifetime, guaranteed benefits. To continue to provide retirement security for current and future generations, it is time to strengthen and expand Social Security and increase benefits. Many members of Congress recognize the need for action and are proposing legislation that will ensure the Social Security system remains strong and Americans receive the benefits they have earned.
- [Inflation Reduction Act](#) - To help reverse the pharmaceutical industry's stranglehold on our health care system, on August 16, 2022 President Biden



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signed the Inflation Reduction Act into law. It means lower prescription drug prices for millions of Medicare beneficiaries.

- **[Increasing the Debt Ceiling](#)** - The debt ceiling is a legal restriction on how much money the federal government can borrow to pay its bills. The Alliance supports increasing the debt ceiling with no strings attached. Moreover, we are strongly opposed to the harmful cuts to Social Security, Medicare and the federal budget as a whole proposed by the Republican Party.
- **[Social Security Fairness Act](#)** - In January 2023, Representatives Garret Graves (LA) and Abigail Spanberger (VA) introduced the Social Security Fairness Act (H.R. 82). The bill would repeal the WEP and GPO provisions and allow those affected to keep the full Social Security benefits they or their spouses earned.

## Mobilization

### Keep Your Promise! Events

Republicans are threatening to hold the United States economy hostage by refusing to raise the debt limit until their demands for cuts to our hard-earned benefits are met. Retirees must speak out and demand that Congress keeps its hands off of Medicare and Social Security. We **strongly encourage you to begin planning now for a rally or protest** in March to increase visibility and attention on this critical issue.

Included in this toolkit is a guide to help you get started. Alliance staff are available and eager to help work out the details and plan your event! Please reach out to [Mobilization@RetiredAmericans.org](mailto:Mobilization@RetiredAmericans.org) to get started.

### Sharing Your Story

Because every issue has a story, we have included our personal storytelling guide. Before your legislative lobby visit, take time in a group to go through this guide and ask your group members to outline their stories.

Personal storytelling is one of the most powerful tools for change. As you and your group collect and hone your personal stories, share them with [Mobilization@RetiredAmericans.org](mailto:Mobilization@RetiredAmericans.org) or [retiredamericans.org/stories](https://retiredamericans.org/stories) for inclusion in future advocacy actions.

### Letters to the Editor

Letters to the Editor are a great way to communicate with the media and your community about the issues that are important to retirees. Included in this toolkit are example LTEs calling on our Members of Congress to protect and expand Medicare and Social Security, and to pass a clean debt ceiling limit raise with no strings attached. If you'd like help customizing your letter, reach out to [Mobilization@RetiredAmericans.org](mailto:Mobilization@RetiredAmericans.org).