

If You Spot Your Senator Ask them to Support Life and Liberty for Disabled People and Seniors!

This week as our nation celebrates its Independence Day, you may see your Senator at a parade or picnic or ice cream social.

YOU CAN MAKE A DIFFERENCE!

1. Tweet or Facebook **where you are and who you saw**. Use #ADAPTandRESIST and #SpotYourSenator so others can support you.
2. Hand your Senator a copy of this flyer: <http://adapt.org/adapt-and-resist-flyers/> (you should probably carry around a few copies of this flyer anyway!)
3. Tell your Senator how Medicaid community based services support **your life and your liberty** or the lives and liberty of disabled people you care about!
4. Ask them to **vote against any bill which cuts Medicaid!**
5. **Tell us about it!** Email adaptandresist@cdrnys.org or use those hashtags, #ADAPTandRESIST and #SpotYourSenator on Facebook and Twitter.

This Independence Day, FIGHT FOR YOUR FREEDOM.

#ADAPTandRESIST #SummerOfADAPT #SaveMedicaid #DIAToday
Connect with us to learn more, on both Facebook and Twitter as National ADAPT,
and at www.adapt.org and www.disabilityintegrationact.org