**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](http://www.adapt.org) and [www.disabilityintegrationact.org](http://www.disabilityintegrationact.org)