

The Antidote to Despair is Action

Federal and State Political Actions:

Join or follow a local activist group: e.g.

Progress Kentucky: linked to national Indivisible

Bluegrass Activist Alliance: linked to national Indivisible

Peaceful Bluegrass Resistance

50501ky

NAACP Lexington

Walking for Democracy

Kentucky Writers for Democratic Action

Peacefully protest, organize your friends, practice non-cooperation, and more: See above and Indivisible; No Kings; Mobilize.us; KY Action Coalition

Pressure federal and state legislators:

Visit, call, and write often, no matter how far they are from you politically. It is their job to listen to you.

See a running list of issues, talking points and actions:

5calls.org; Jess Craven's Chop Wood Carry Water daily email; Indivisible Take Action Now

Find federal legislators and contact info. here

Find state legislators and contact info. here or call 502-564-8100. Even when not in session you can meet to discuss concerns. During sessions, leave messages at 800-372-7181.

Elections matter:

Voting is our key right and tool for change. **Register now** or **check registration status**. **Vote in every election!** Engage with League of Women's Voters and voting rights advocacy.

Support elections in other states: send postcards and letters to voters via: Blue Wave Postcard Movement, Postcards to Voters, Vote Forward

Stay informed: Follow independent as well as mainstream media. Go here for multiple resources:



Community Actions:

Engage with local decision-making: e.g.

City council and commissions. Follow council newsletters; go to meetings; see Civic Lex for updates on city activities; follow Engage LexingtonKY to give input.

Public Service Commission: speak out for affordable utilities and clean energy (see Kentuckians for Energy Democracy to learn how).

School Boards: attend school board meetings.

Neighborhood Associations Find yours here.

Engage with community groups that protect people: e.g.

Support for migrants/undocumented people:

Community Response Coalition of KY

Kentucky Refugee Ministries

Neighbors Immigration Clinic

Support for LGBTQ+ people:

Lexington Pride Center (safe spaces, services, food pantry, resources)

Foodbanks and food resilience groups:

FoodChain; Seedleaf; Glean Kentucky; Moveable Feast; God's Pantry

Housing and homelessness support:

KY Tenants; **Vocal KY**; Lexington Rescue Mission; Catholic Action Center

Veterans and deployed troops: The Lexington VA; Military Missions

Victims of abuse:

The Nest
Greenhouse17

Mutual aid groups: Lexington Mutual Aid

Kentuckians for the Commonwealth: Advocates for many protections including voting rights..

Stay informed: In addition to the Herald Leader, follow independent media, e.g.: The Kentucky Lantern, The Lexington Times, Eastern Standard (on WEKU), Louisville Public Media.

Engage with community groups that fit your passions and sources of joy.

Build community: Cultivate common ground wherever you can find it!

Cultivate joy, community, agency!