

Americans of Conscience Action Checklist

Week of January 21, 2018

By [Jen Hofmann](#)



63 weeks down, [41 weeks](#) to mid-term elections.

This checklist features clear, hype-free actions for Americans who value democracy, equality, voting, and decency. Additionally, we practice gratitude, self-care, and celebration to stay engaged. Urgent actions are highlighted in yellow.

I believe I can make a difference in our democracy.

Action: Make an activism plan.

Complete the [Action Worksheet](#) (or Kelly Wooten's pocket-sized [version](#)).

Action: Make an activist self-care plan.

This is no longer optional, friends. Make a cuppa, grab a pen, and spend ten minutes with [this worksheet](#).

I value equality.

Stand with your rainbow of neighbors from every religion, race, ethnicity, culture, gender, sexual orientation, economic status, age, and ability. Out of many, we are one.

Action: Stand with Medicare recipients and oppose a \$25 billion cut to their care.

Visit: [AARP's petition page](#).

Note: If you don't want additional emails from AARP, unsubscribe immediately, or simply use their script to [write your senators and House rep](#) directly.

Action: Stand with Americans who are not male and/or white by opposing unfit judicial appointments.

Call: Your two senators ([look up](#)). Take the risk. These appointments are for life.

Script: I am calling to oppose the president's [nominees](#) for lifetime federal judgeships. Not only are they mostly-male and mostly-white, I oppose pushing through ideologically-biased nominees without proper hearings. I join the [70+ civil rights groups](#) who oppose Eric Dreiband. I also oppose Thomas Farr who Rev. Barber calls "[moral poison](#)," and, according to Sen. Cory Booker, "has spent much of his legal career undermining civil rights and voting protections for people of color." Americans deserve better. Please let [name] know that we deserve judges that will uphold the full freedoms of our Constitution, not a narrow-minded and racist agenda.

Action: Stand with women and LGBTQ Americans who want medical professionals to provide the care they need.

Write: Your two senators and one House rep—local office ([look up](#)).

Write: Acting Secretary, Eric Hargan, U.S. Department of Health & Human Services, Hubert H. Humphrey Building, 200 Independence Avenue, S.W. Washington, D.C. 20201

Script: I oppose the plan that [permits discrimination](#) against women and LGBTQ Americans. The new office designated by the president threatens lives and violates the rights of Americans. Please use your position to further equality, a uniquely American value, instead of permitting discrimination under the guise of religion. A doctor's job is to put [patients, not ideology, first](#).

Action: Stand with Americans who are poor, disabled, and/or unable to work.

Write: Your state Medicaid director ([look up here](#), scroll down for address).

Script: Dear [Name], I am deeply concerned about [the CMS letter on 1/12/18](#) allowing states to deny medical care to vulnerable citizens. With a [majority of Medicaid enrollees already working](#), in school, or medically unable to work, compliance enforcement is an unnecessary waste of taxpayer money. This policy penalizes people living in poverty and with disabilities, [risks their health](#), and cuts them off from [a powerful poverty-reducing program](#). We must take care of our neighbors in need. I entreat you to continue providing Medicaid to all [Staters] who need it. Thank you for your consideration. *Name, town.*

Action: Stand with America's kids of every background and ability.

Call: Your two senators ([look up](#)).

Script: Hi. I am from [ZIP], calling to ask [name] to reject the appointment of Kenneth Marcus to head the Office of Civil Rights in the US Department of Education. I join with [200 civil rights groups](#) in opposing a nominee whose ideologies [align with](#) those of Education Secretary Betsy DeVos. American kids deserve leaders who champion their civil rights. Please ask [name] not to confirm this appointment.

I value secure, convenient voting and fair elections.

Not sexy. Very important. Democracy thrives when all citizens can freely elect those who represent their values.

Action: Advocate for hack-proofing voting protections before November.

Call: Your two Senators ([look up](#)).

Script: Hi. I'm from [ZIP], calling about protecting the vote. Our democracy is vulnerable if we don't learn a lesson from 2016 and protect ourselves.

Russia-linked groups are [actively hacking](#) the Senate and [seeking to control our midterm elections](#). I would like [name] to make [election security](#) a priority, especially by co-sponsoring the bipartisan Secure Elections Act [[S.2261](#)] that allows states to both assess their risks and enact proven measures that protect the integrity of our vote. Thank you.

I value showing respect to all people, no matter where they were born.

As our neighbors and fellow human beings, immigrants deserve basic respect and compassion. [Immigrants](#) make our country stronger and build our economy.

Action: Stand with your Salvadoran neighbors and help them stay here.

Call: Your two senators ([look up](#)).

Script: I am calling from [ZIP] to ask [name] to support [Temporary Protected Status](#) holders. The dangerous situation in San Salvador is due in part to [US policy](#) propping up a violent government. Deporting our neighbors to [an unstable country](#) or to [Qatar as cheap, temporary labor](#) is [unconscionable](#). Keep TPS holders here where they bring skills, businesses, and jobs to our communities. I would like [name] to co-sponsor and support The SECURE Act [[S.2144](#)], giving TPS holders the dignity of legal and permanent residency in the US.

Bonus action: [Donate to CLINIC](#) to support the legal, legislative, and grassroots work of advocating for people with Temporary Protected Status (I'm sharing this action with their permission):

- [Visit the CLINIC donate page](#).
- Under "Campaign," select "State and Local Immigration Project."
- Under "How did you hear about us?", enter "Americans of Conscience Checklist."

Deep breath innnn and ouuuut... Okay. You did the hard stuff. Now for the heart stuff. :)

Acts of Gratitude

Get out your stamps, postcards, and sparkle markers for some gratitude mail.

Thank Senator Dick Durbin (D-IL), for his honesty and courage in opposing the president's [concerning comments](#) about Haiti, El Salvador, and African nations.

Address: 711 Hart Senate Bldg., Washington, DC 20510

Thank Rep. Al Green (D-TX) for his commitment to seeing the current president [held accountable for his intolerant words and actions](#). While it may be too soon for impeachment to succeed, you are among the few elected officials standing up for our country's integrity. I am grateful. *Name, State*

Address: 3003 South Loop West, Suite 460, Houston, TX 77054

Thank AG Xavier Becerra for using his position as CA Attorney General to defend the [rights of immigrants](#) and the civil liberties of Americans. Thank you for [holding businesses accountable](#) and working to create a safer, more civil society. *Name, State*.

Address: Office of the Attorney General, P.O. Box 944255, Sacramento, CA 94244-2550

Recommended reading

Thought-provoking, in-depth reading that's worth your time.

- A passionate call-to-arms for people fed-up with abuse of power ([The Guardian](#)).
- Nine ways the president has changed America in one year ([Marshall Project](#)).
- What happens if the government shuts down ([Indivisible](#)).

Good news

- Hundreds of thousands of people [came out to march](#)--around the US and around the world--and stand up for women's equality and against the president.
- Rep. Debbie Dingell (D-MI) [invited Cindy Garcia](#) (whose husband DHS deported to Mexico) to be her guest at the State of the Union address.
- Eight constitutional- and democracy-advocacy [groups advocate](#) for transparent and rule-compliant US Census.
- One of the president's own judicial appointees [rules in favor](#) of a deported Mexican woman's return.
- US District Court [ordered the State Department to respond](#) to FOIA requests regarding the creation of the third Muslim ban.
- CA Attorney General [tells businesses](#) not to violate the law by divulging employees' private information to ICE.
- "In the Torah, we are called 36 different ways to love the stranger, the orphan and the widow. [We insist that](#) Dreamers be recognized as the Americans that they are."
- A solution for indebted millennials and communities without doctors, a CA school [will provide a free medical education](#) for those who agree to practice in the region.
- CVS Pharmacies [bans edited photos](#) that promote beauty products.
- Jeff Bezos [donates \\$33 million](#) to fund DACA student scholarships.
- Small consolation: Some companies are [doing good things for employees](#) with their tax break.
- Tax March held an event [amplifying the voices](#) of working, older, poor, and disabled Americans advocating for a tax bill repeal.
- Union membership [is up across the US](#)—even in some “right to work” states.
- Visionary leaders [describe a world](#) without prisons.
- The first active-duty gay couple [marries at West Point](#). #LoveWins
- “Mama Warrior” [aids children](#) of detained and deported parents.
- US figure skater [uses his platform](#) to oppose VP Pence's discriminatory views.

- A Sikh man [receives kindness](#) from a TSA agent while going through airport security.
- Namibian performer [responds to the president's comments](#) with humorous travel video (includes swearing).
- See more good news at [Small Victories](#), [Marla's Good News](#), and [What Went Right](#).
- I asked for [good news from my twitter followers](#), and Roberta replied with this!



Roberta Greenwood

@RobertaG52

Replying to @inspiredjen

For my 66th birthday I asked for donations to Foundation for Puerto Rico. Had to raise my "goal" 3 times! [#LoveWins](#)

9:44 AM - 19 Jan 2018

Final action

If you found this checklist useful, please spread the word!

Tweet: While congress works out their issues, your voice still matters. This week's @AoCChecklist has a healthy dose of good news to keep you moving. Check it out here: <https://goo.gl/3T4hru>

Email and Facebook: While congress works out their issues, your voice still matters. This week's @AoCChecklist has a healthy dose of good news to keep you moving. Check it out here: <https://goo.gl/3T4hru>

Housekeeping

- Sign up to receive this message weekly [here](#).
- Click if you have [a question](#), [correction](#), or [action suggestion](#). With thanks!
- To see archives of past Action Checklists, [click here](#) and scroll down.

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