



from the Seniors Caucus Chair.....

The Seniors Caucus Newsletter has been on a hiatus – but we’re back – and it couldn’t come at a more important time. September 19 is Ballot Drop day – that’s when states send out ballots to overseas Americans. But they only send them to people who have ASKED for their 2026 ballot. So if you haven’t already, please go to www.votefromabroad.org and send in your ballot request form ASAP! Importantly, check the box that asks for your ballot to be sent **by email**. Who knows what the U.S. Postal Service will be getting up to this year, so it is critical to get your ballot by EMAIL!

These mid-terms will determine the future direction of our country and whether we can successfully prevent further damage to our country and the world. And for Seniors, it may make the difference between continuing to get our full Social Security payments or not. Really! Do your part and request your ballot today. It’s simple; it’s quick; it’s vital. Go to votefromabroad.org and follow the instructions for getting your ballot. Today!

All 435 Congressional seats will be on the ballot this November, as well as 35 Senate seats. And yes, it looks like we may even be able to take back the Senate! Other elections for Governor and various down-ballot races are also critical. We need a **BLUE WAVE**! There is so much at stake for Seniors in these elections, whether it’s reversing cuts to Medicare and Medicaid (even for those of us living abroad) or making sure that the Social Security Trust Fund is fully funded.

Please reach out to seniorscaucus@democratsabroad.org with any comments, suggestions, or questions. We’re here to help!

Art Schankler
Chair, Global Seniors Caucus

For something a little different - and maybe helpful - check out our Project UnLonely Webinar on August 26.

Please join a conversation between Democrats Abroad and Jeremy Nobel, MD, MPH about the problems of loneliness and what we can do about them. While the incidence of loneliness is actually highest in the 18-28 age group, we know that it also affects many of us in the older adult and disabled communities. And it's on the rise in all age groups, creating a global public health crisis. Loneliness has been shown to increase the risk of heart disease, stroke and dementia – as damaging as smoking 15 cigarettes a day. And it can be particularly acute for those of us who are away from our native country, either cut off from friends and family or isolated by language and culture.

The webinar will be on August 26 at 11am Eastern (Washington, DC) time. RSVP [HERE](#).

[Note to IT: should be wrapped around photo]



Dr. Nobel is the founder of [The Foundation for Art and Healing](#), a long-time faculty member at the Harvard School of Public Health, and a recognized expert on loneliness. He will share some keen insights on what we can do about loneliness, with a particular focus on the arts as a means of alleviating the impact.

After his presentation, Dr. Nobel will join in a conversation with us, taking our input and answering questions about his research and suggested approaches.

Social Security turned 91 on August 14

On August 14, 1935, Franklin Delano Roosevelt signed the Social Security Act into law, laying the foundation for the benefits we receive today. His grandson Jim Roosevelt spoke to the Democratic National Committee's Seniors Council on the occasion of the Anniversary. [Here's a piece](#) he wrote to commemorate the anniversary.



Watch the DA WEBINAR with Governor Martin O'Malley



For those of you who missed Democrats Abroad's webinar with former Maryland **Governor Martin O'Malley**, here's a [LINK](#) to the recording on YouTube. Governor O'Malley laid out what has been going with Social Security under the Trump administration's Project 2025 onslaught – and how it compares with his work in the Biden years. In the webinar, he also lays out the reasons for the anticipated Social Security shortfalls in the 2030s – and what can be done about them. Governor O'Malley served as Joe Biden's Commissioner of the Social Security Administration, where he significantly reduced the time needed to process claims.

Other Democrats Abroad Events

- **Help us win in November by joining the Phone-banking Team: [Training on August 25](#) or go to www.democratsabroad.org/volunteer.**

For more info about events as well as videos of past events, check out:

- www.democratsabroad.org/events
- [DA Website](#)
- [DA YouTube Channel](#)

A Message TO the Social Security Administration

Many of you may have recently received an email from the Social Security Administration touting the benefits for Seniors. Apart from being an outrageous use of the Social Security system for partisan purposes, many of their claims were just wrong. See below for a message in response from the people at [Social Security Works](#):

Trump's Latest Corruption: Hijacking Social Security

Alex Lawson

The Trump administration is illegally using the Social Security email list to spew political propaganda. That email list likely includes everyone with an online Social Security account — over 100 million people, both current and future Social Security beneficiaries. The purpose of the list is for the government to share important information about Social Security benefits. On July 2nd, the Trump administration sent an email from Commissioner Frank Bisignano, ostensibly to mark America's 250th birthday. The email, like a [similar one](#) sent a year ago, is a fully political document.

Bisignano begins by bragging about Trump's tax bill without mentioning:

1. Trump's bill cuts over \$1 trillion from Medicaid and the Affordable Care Act, which is causing hospitals around the country to close — a disaster for seniors, especially those living in rural areas.
2. Trump's bill gives massive tax cuts to the ultra-wealthy, including trillionaire Elon Musk.
3. Trump's bill does not end taxes on Social Security benefits, but does weaken Social Security's long-term finances.

Bisignano then goes on to tout allegedly improved customer service. Widespread [media reports](#) show that customer service has massively deteriorated since Musk's DOGE

pushed out [more than 8,000](#) of Social Security's most experienced, knowledgeable workers. These reports include [first-person stories](#) where even highly educated people with Social Security expertise have faced months-long nightmares to resolve simple errors that cut themselves or their family members off from benefits.

Shortly after Bisignano was confirmed last year, Social Security removed longstanding customer service metrics from its website. Since then, Bisignano has cherry-picked his own metrics and used them to mislead.

Bisignano moved many of the remaining Social Security office workers to [answering phones](#), while other essential work piles up. Then, he brags about shorter waits on the phone. What he doesn't mention is that if you hang up in frustration, or talk to someone who can't help you because they aren't adequately trained, it still counts towards a short wait on the phone. The only metric that really matters is if people are getting the help they need. On that count, Bisignano is failing miserably.

The situation is particularly dire for people who need help in person. The country is dotted with Social Security "[ghost offices](#)" that aren't officially closed (because that's bad publicity for Trump and Bisignano) but have only a skeleton crew of workers remaining. These offices can't meaningfully serve the community, and people are losing their hard-earned benefits as a result. The same week that Bisignano sent out his political propaganda email, the Social Security Administration announced that the Freedom 250 logo will appear on the Social Security Cards of all babies born for the rest of 2026.

Freedom 250 is a semi-private, partisan entity. Trump and his allies are using it to turn the celebration of our nation's 250th anniversary into profit for themselves. Freedom 250 has a [history of harvesting data](#), and employs former DOGE operatives. Bisignano claims that the Social Security Administration isn't paying Freedom 250 a licensing fee, or sharing data with it. But we already know that Bisignano lies as easily as he breathes.

Trump's hijacking of Social Security is just the latest example of his corruption. Like the reflecting pool, the Kennedy Center, and the White House, Social Security is a sacred American institution that Trump is abusing for his own financial and political gain. Social Security is a nonpartisan program, with overwhelming support from Democrats, Republicans, and independents. By using it for political purposes, Trump and Bisignano are betraying the American people.

Why Vote This Year

[Click here for a report](#) on the effects Trump and the Republicans' manufactured affordability crisis is having on Seniors.

Take ACTION

Join with other Democrats Abroad in pushing back against the Trump/Republican destruction of democracy. See what you can do by subscribing to alerts from the Democrats Abroad [Take Action page](#).



VOLUNTEERS

We need you!! Volunteers are the backbone of our organization. You can find our updated list of available volunteer opportunities on [our Volunteer page](#). Please email [us](mailto:seniorscaucus@democratsabroad.org) at seniorscaucus@democratsabroad.org to let us know which position you're interested in:

- Vice Chair
 - Secretary
 - Get Out The Vote (GOTV) Coordinator
 - Member/Volunteer Recruitment
-

Tech Tips

Political Fundraising Scammers Targeting Seniors with Fake PACs

There are many political spam operations that use over-the-top emotional manipulation to find donors who will respond to increasingly aggressive tactics. Seniors should

especially be on the alert - and investigate before they donate. The DNC's Budget and Finance Committee announced at its recent meeting that it is cutting ties with so-called ScamPacs and publicly calling them out. [Here's](#) some more background on this - targeted at Dems - but we're working on it.

Final Thoughts

*As the midterm elections approach: VOTE. Nothing is more important. Go to votefromabroad.org and ask for your ballot TODAY. And make sure your friends and family VOTE. **NOTHING IS MORE IMPORTANT.***

If you like our work, please consider making a [donation](#) to Democrats Abroad.

It all goes to helping us Get Out The Vote!

If you know a fellow Senior living outside the U.S., make sure they are part of [Democrats Abroad](#) and invite them to [join our Seniors Caucus](#).

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https://www.democratsabroad.org/gsc_newsletters

Global Seniors Caucus

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