📬 **Sample Letter to Policymakers**

**Subject:** Please Protect Programs for Older Adults

Dear [Representative/Senator] [Last Name],

My name is [Your Name], and I am a resident of [Your City, State] and a participant in Oasis programs for older adults. I’m writing to ask you to **oppose any federal budget cuts that would reduce funding for the Older Americans Act (OAA), Medicaid, or other essential services for older adults.**

These programs are lifelines for people like me. Through Oasis, I have access to health and wellness classes, lifelong learning, and support that help me stay active, connected, and independent. Many of us also rely on home-based care, transportation, meals, and caregiver support funded through OAA or Medicaid. Without this support, our health and quality of life would suffer.

Proposed federal cuts—including a $1.5 trillion reduction in spending—would devastate these programs, just when our aging population needs them the most. Once services are gone, they are extremely difficult to restore.

Please protect the health, dignity, and well-being of older adults in our community by:

* Preserving and fully funding the **Older Americans Act**
* Protecting **Medicaid** and **Social Security** benefits
* Supporting policies that allow older adults to age with independence and security

Thank you for your leadership and for listening to the voices of your older constituents.

Sincerely,

[Your Name]

[Your Email or Phone – optional]