



Welcome to

Spring Into Action
Annual Celebration

Wednesday, May 20, 2026

5:30 to 8pm



Program



5:30pm Mingling and food, piano music by Kuanie Julin

6:30pm Variety Show begins!

Phacelia and Arenaria

Canon Kip Senior Dance Troupe

Jean Davis

7:40pm Raffle Drawing

8:00pm Close

We are so excited to welcome you to Spring Into Action: SDA's Annual Celebration!

As a former English professor, I love a good homonym. We are of course gathering this year in the Spring —
—
a time of rebirth and renewal. And we appreciate all of you renewing your commitment to SDA and our communities!

We are also preparing to spring into action at a moment's notice — whether it's to fight to save IHSS, advocate for a neglected elder, or get out the vote for an important June 2 Primary Election and an even more important midterm election in November.

I also feel as though I'm coiled like a spring. As Mayor Lurie starts to show his true colors, acting more like Trump with every passing day and each new cruel cut, the tension builds as we prepare for a budget showdown. Thank you for joining us tonight to remind us that we aren't in this fight alone. Together, we can fully restore the City cuts to nonprofits, we can overturn the Governor's attacks on IHSS, and we can win all the ballot measures to fund the vital services our communities deserve.

Thank you for springing into action with us, and allowing me to be of service to such a resilient organization.



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Proud to be your partner in the fight for dignity and respect for all.

JUSTICE IN AGING
FIGHTING SENIOR POVERTY THROUGH LAW



SFIHSS PUBLIC AUTHORITY

Thank You Senior & Disability Action!

Thank you for all your years of advocacy from your friends and colleagues at the San Francisco IHSS Public Authority.

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Photo taken at The Sequoias
Partola Valley

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[SEQUOIALIVING.ORG/GROW](https://sequoialiving.org/grow)

Sequoia Living, in partnership with Senior Services for Northern California (SSNC), is a proud supporter of Seniors and Disability Action.



NUHW

IS PROUD TO STAND WITH

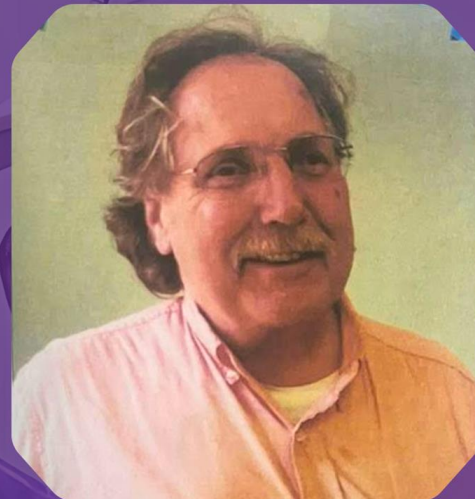
Senior & Disability Action

The National Union of Healthcare Workers is 19,000 healthcare workers strong. We're member-led, fighting for quality patient care and a real voice on the job.

**When we stand together,
we win together**

nuhw.org

SEIU LOCAL 1021 STANDS PROUDLY WITH SENIOR AND DISABILITY ACTION



Service Employees International Union Local 1021 (SEIU 1021) sends greetings and appreciation to **Senior and Disability Action** (SDA) for your many years of organizing and advocating for not only seniors and people with disabilities but for the needs of all the members of our community.

We seek to find ways to deepen our collaboration in these challenging times.

In solidarity,
SEIU 1021.

Honoring the memory of **David Williams**, the long-time SEIU 1021, CARA, and SDA member activist. 1944–2025.

His legacy is one of service, leadership, and deep commitment to others. He will be remembered and missed.

LOCAL 1021



SEIU Local 1021 represents 60,000+ employees across Northern California in local governments, non-profits, healthcare, and schools. Our diverse, member-driven organization ensures safe and healthy communities through essential services like healthcare, education, sanitation, and elder care.

Worry

Worry does not empty tomorrow of
Its sorrow; it empties Today of its
Strength.

Corrie Ten Bloom

Touching Peace

In each one of us there are flowers
and garbage. The garbage is the anger,
fear, discrimination, and jealousy
within us. If you water the garbage
you will strengthen the negative
seeds. If you water the flowers of
compassion, understanding, and love,
you will strengthen the positive seeds.

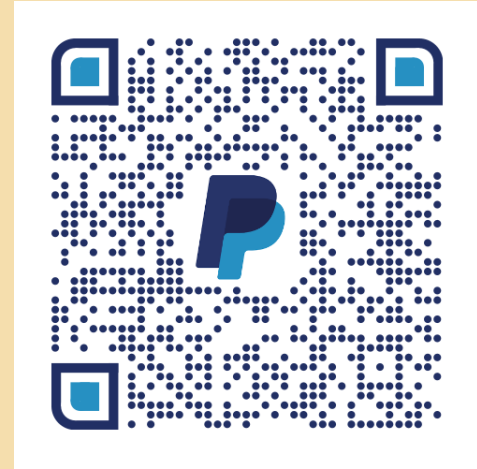
Thich Nhat Hanh

Donate to SDA!

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or at sdaction.org/donate

SDA Mission & Values

Mission

San Francisco Senior and Disability Action mobilizes and educates seniors and people with disabilities to fight for individual rights and social justice. Through individual support and collective action, we work together to create a city and world in which seniors and people with disabilities can live well and safely.

Values

- Strive for social justice.
- Work with excluded and marginalized communities.
- Build a safe, inclusive, and loving community.
- Respect and learn from the varied history of individuals and communities.
- Challenge inequality, stigma, and all forms of oppression, within our organization and in society.
- Be creative and have fun!

Ongoing Program Meetings

- **General Meeting:** 2nd Thursday of the month, 10am to 12pm (sometimes varies). Contact any staff person or email info@sdaction.org to participate.
- **Healthcare Action Team (HAT):** 2nd Tuesday of each month, 11:30am to 1pm. For more info, email Itzel at itzel@sdaction.org.
- **Housing Collaborative:** 3rd Wednesday of each month, 1pm to 3pm. For more info, email Itzel at itzel@sdaction.org.
- **Masks for Equity:** Every other Tuesday, 11:30am to 1pm. For more info, email Itzel at itzel@sdaction.org.
- **SRO Workgroup:** Last Thursday of each month, 11am to 12pm. For more info, email Itzel at itzel@sdaction.org.
- **Transit Justice:** Fourth Friday of each month, 2pm to 4pm. For more info, contact Mia at mia@sdaction.org.



At our October General Meeting, we held a Noncooperation Training and discussed the ways our community can fight against rising fascism in the United States.

Photo Credits:
Hasain Rasheed

October 2026



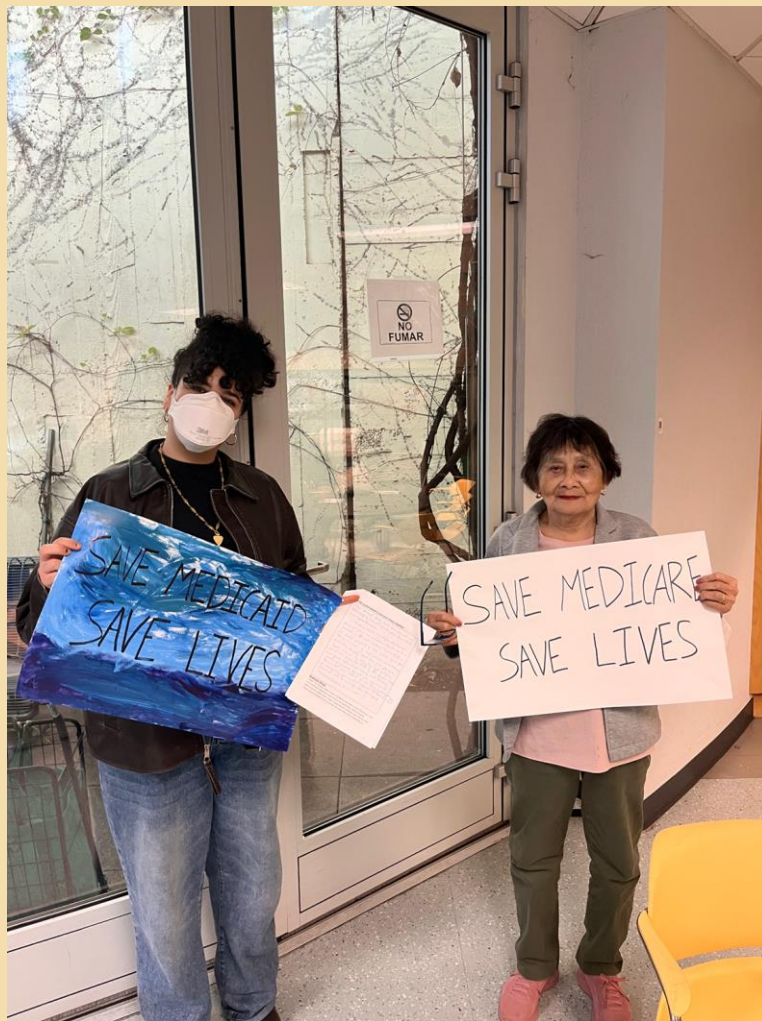
We held a rally at City Hall with our partners in the Muni Forever campaign, where over 100 people showed up to push for a progressive Muni funding measure on the ballot. Just a few months later, Mayor Lurie's administration launched the Stronger Muni for All ballot measure to fund Muni.

December 2025



We went to Sacramento with the LTSS4All coalition to meet with legislators, urging them to fund Medicaid and sharing our stories.

January 2026



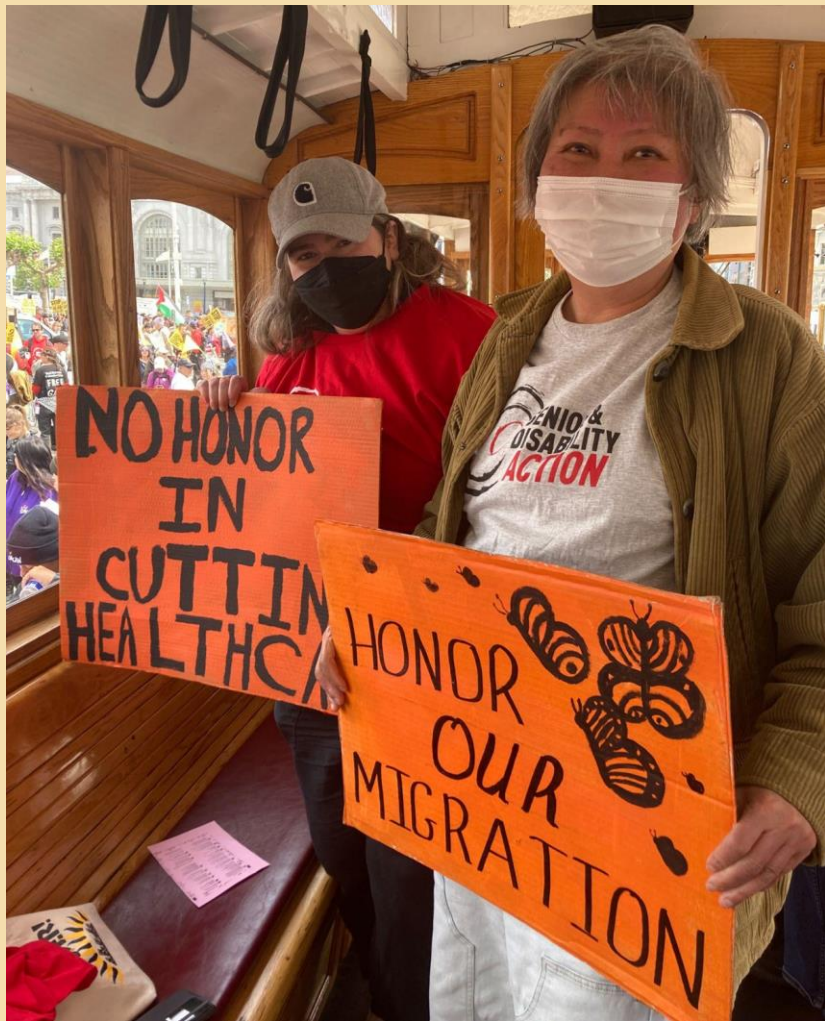
Members of Canon Kip Senior Center shared their Medicaid stories as part of our healthcare organizing campaign to fight for Medicaid funding.

March 2026



SDA showed up at City Hall to testify against funding cuts to programs for seniors and disabled people.

April 2026



SDA members and coalition partners designed these signs opposing healthcare cuts to seniors, disabled people, and immigrants. We brought them to the May Day march with Bay Resistance.

May 2026

SDA Programs: Masks for Equity

Masks for Equity is a group of SDA members advocating for COVID protections including mask requirements in healthcare and other essential places, clean air standards, and free testing and treatment. Since COVID disproportionately harms seniors, disabled, poor, and BIPOC people, we fight for masking as an issue of access and equity.

Join us every other Tuesday, 11:30am to 1pm. Email itzel@sdaction.org for more information.



SDA Programs: Housing Collaborative

SDA's Housing Collaborative is a group of tenants, homeowners, SRO residents, and community advocates, working to preserve and create quality, affordable, accessible housing in San Francisco, by organizing to win change.

Join us every third Wednesday of the month, 1 to 3pm. Email itzel@sdaction.org for more information.



SDA Programs: Transit Justice

SDA's Transit Justice group organizes for pedestrian safety and good public transit for seniors, disabled people, and all San Francisco residents. Right now, we are actively working on the Muni Now, Muni Forever campaign to fight for a fully funded Muni system.

Join us every fourth Friday of each month, 2 to 4pm. Email mia@sdaction.org for more information.



SDA Programs: Healthcare Action Team (HAT)

HAT is a group of seniors, people with disabilities, caregivers, and community agencies working together to advocate for expansion of homecare services and quality health care. We use songs, storytelling and other popular education and participatory research models to raise awareness of the growing need for quality services and housing and the important role they play in our community.

Join us on the second Tuesday of every month, 11:30am to 1pm. Email itzel@sdaction.org for more information.



SDA Programs: Senior and Disability Survival School

Through presentations, discussions, and popular education, we train seniors and people with disabilities to access vital community resources and to exercise their rights. Senior and Disability Survival School (SDSS) shares resources and accessible information to people with disabilities and seniors throughout San Francisco.

Attend SDSS to earn about healthcare, transportation, benefits, housing, and know your rights. Each session of SDSS includes presentations from a variety of service providers, city workers, and advocates. Classes are free of cost and are offered in neighborhoods throughout San Francisco, in many different languages. If you would like to attend or host an upcoming SDSS, contact liza@sdaction.org.



SDA Programs: Senior and Disability University

Senior and Disability University (SDU) is a leadership training program by and for seniors and people with disabilities. Classes cover community organizing skills, leadership and empowerment. Classes are offered throughout San Francisco in several languages, such as Chinese, English, Russian and Spanish.

To register or for more information, or if your organization is interested in hosting one or more SDU sessions, email ligia@sdaction.org.



SDA Programs: Community Resource Program

The Community Resource program is led by Damara Lopez and staffed by our team of Peer Advocates. The Peer Advocates field calls and concerns on a variety of issues and work to help people find the right support or redress for their problem.

Contact us at 415-546-1333 or on our website at sdaction.org/community-resource-program if you need help:

- Getting your benefits, such as SSI, SSDI, CalFresh
- Finding home care
- Understanding a confusing letter or document you received
- Getting services in the language you prefer
- Navigating your housing situation

A red rectangular graphic with white and yellow text. At the top, it says 'SENIOR & DISABILITY ACTION' in white. Below that, 'COMMUNITY RESOURCE PROGRAM' is written in large yellow letters. To the right of this text is an illustration of a hand holding a smartphone. Below a thin yellow horizontal line, it says 'INFORMATION AND REFERRAL SERVICES FOR SENIORS AND PEOPLE WITH DISABILITIES' in white. At the bottom, it lists contact information: 'CALL OR DROP IN' in white, '(415) 546-1333' in yellow, '222 8TH STREET, SF' in white, and 'WWW.SDACTION.ORG' in white. On the right side, it says 'RUN BY PEER ADVOCATES' in white.

SENIOR & DISABILITY ACTION

**COMMUNITY
RESOURCE
PROGRAM**

**INFORMATION AND REFERRAL
SERVICES FOR SENIORS AND
PEOPLE WITH DISABILITIES**

CALL OR DROP IN *RUN BY PEER ADVOCATES*

(415) 546-1333
222 8TH STREET, SF
WWW.SDACTION.ORG

Meet Our Variety Show Performers! Phacelia and Arenaria

Phacelia and Arenaria are a sibling duo who grew up raising goats, romping in the woods, singing loud, and organizing 24 hour care teams in Eugene OR alongside their sister Melica who has Prader Willi Syndrome. They love bringing together care providers and recipients through the joy of singing — they believe cross-disability folk music is a magic sauce to base build our movement strong enough to win funding healthcare instead of warfare.



Meet Our Variety Show Performers! Canon Kip Senior Dance Troupe

This dance troupe started more than ten years ago. Many talented seniors, including some of the staff of Canon Kip Center like Lolita Kintanar, Josephine Umali, and Juny Bulacaw, began learning some dances. They talked together and agreed upon what costumes to wear. They performed at different centers and became famous. “Hiyas” is the former name of this dance troupe. Now called “Canon Kip Senior Dance Troupe,” they were invited to perform at many special events and occasions here in San Francisco. The dance troupe’s goal is to make all people happy, reduce stressfulness, homesickness, and loneliness for everybody.



Meet Our Variety Show Performers!

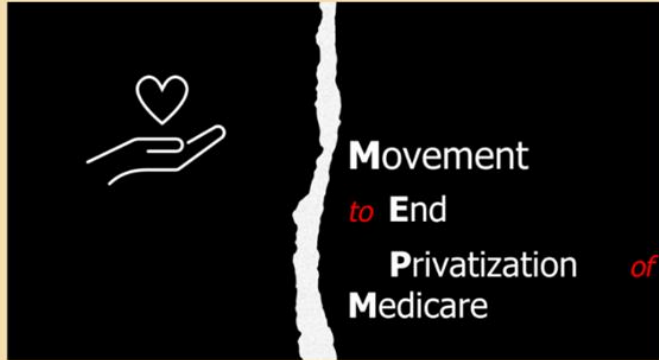
Jean Davis

Jean Davis is a retired union member of UAW Local 2103, formerly employed at the Sierra Club. She is a member of the San Francisco Labor Chorus and Vukani Mawethu, a South African justice choir which is celebrating its 40th anniversary this year.

Since moving to Concord, Jean has been recently involved with immigrant rights in the East Bay, including regular ICE watch, immigration courthouse demonstrations and performance with the Singing Resistance. Her husband Pi Ra is on the board of Senior and Disability Action, and accompanies Jean in immigration rights work.



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Senior Services for
Northern California



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Allen & Kris Cooper

Thank you to our Community Sponsors!



Kenneth Muller & Judith Siskind

Doug Engmann

Thank you to Myles Davis, who
created the beautiful art at your
tables and for the raffle this evening!

Thank you to our raffle donors!

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Brava Theater

Oakland Zoo

Puerto Alegre

San Francisco Ballet

SF Giants

SFJAZZ

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Winchester Mystery House

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