



2022 OCTOBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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SAVE THE DATES

**NURSES FOR AMERICA INVITES CANDIDATES FROM OREGON
AND CALIFORNIA TO OUR ZOOM**

Thursday October 20th, 8PM ET

Register [Here](#)

And don't miss our final zoom before midterms

Thursday October 27th, 8PM ET

Are you ready to multiply your impact in the next 28 days?

We must act now to #GOTV – any amount of time you can offer will increase voter turnout and elect Democrats up and down the ballot.

Head over to Vote

Forward: <https://votefwd.org/> Click on the “Campaigns” tab; Click on “Choose a State.” There are social and political campaigns to choose from.

Sign up on Mobilize for events near you or in swing states!

https://www.mobilize.us/?event_type=12 and enter the state where you want to help in the search window. Some events are virtual (e.g. phone banking, postcard writing), some involve short training on how to talk with friends, family and neighbors about voting, and some involve adopting voters to help them obtain their absentee ballots, vote early, and make sure ballots are returned in a timely fashion which assures the vote is counted.

Contact your local Democratic Party: Email or

call for ways to take action to gain votes for Democrats in your own neighborhood, town or region!

**Call your local county board of elections:
Offer to be a poll worker. Every state needs poll workers. Many states offer payment. For example, Ohio needs 50,000 poll workers and will pay \$150. Do it as a patriotic duty. Without adequate poll workers, some polls may be forced to close which may result in fewer voters.**

Review our spreadsheet of candidates <http://nursesforamerica.net>. Know your state candidates. Use this guide when you vote. Share it with others.

Know your deadlines for early and absentee voting:

<https://www.headcount.org/deadlines-dates/>. or vote.org.

**Lastly, talk with everyone!
Voting is better with friends! That's why Vote Rev, a non profit voter engagement design**

team, is asking people to remind three or more of their friends to vote in November. Talk to your nurse friends; talk to your patients! The “vote tripling” tactic is one of the best ways to supercharge voter turnout.

We must counteract the extreme rhetoric and lies of the far right. We are a trusted source of information. Let's use that trust for the good of our democracy and our rights.

Guest OH NFA member publishes on voting and health outcomes.

People Who Vote Have Healthier Outcomes

I've told myself that there are a number of topics to studiously avoid writing about. Politics is one. The other three are spanking, abortion, and circumcision. People tend to have strongly held opinions about all four.

With that disclaimer, I was intrigued by an article which my former colleague and pediatric nurse practitioner Eileen Gordon sent me at the beginning of the summer. The article was titled "Voting is significant determinant of health." The source of the article was the American Medical Association, a physician organization which has traditionally shied away from social issues. The subtitle of the article states that voting "correlates to better health outcomes." As an example, one referenced study mentions that adolescents who were followed for fourteen years and who voted as adults had "improved mental health."

I've mentioned this article to a few friends, and one insightful response was that those who vote are a "self-selected group." In other words, they might have been a healthier group of people regardless of their voting behavior. That might be true. Perhaps voters are more optimistic, and optimists in general do enjoy better health. Perhaps those who vote are more socially engaged, and social isolation is definitely a risk factor for less optimal health. Perhaps voters feel that they are involved in a cause bigger than themselves, and that attitude is also associated with better health.

I've heard numerous responses this summer and fall when the topic of voting has come up ranging from "They're all liars" to "I'm not interested" to "I'm seventy-one years old and I've never missed a vote."

I'd suggest that voting in and of itself is a healthful act.

Brad Gascoigne, M.D.
Smart Readers Health Column
bjaha@aol.com
October 2022

Voting is not enough. The Next Nurses for America meeting October 20th will feature the "toss up" West Coast races.

Access to Abortion is on the California Ballot as Prop 1 which will amend the state constitution. Considered a pro-choice state, California has 52 Congressional Districts and 11 key House Races are toss ups with 3 incumbents who are essential to re-elect and 8 races can turn red seats to blue! Join us to meet the candidates. Check out their websites in advance, sign up for their twitter feeds and get active.

All of the candidates below have been invited to our October 20 Nurses for America meeting. Come, meet them and learn more.

California candidates:



California candidates:			
CA-03 challenger	Kermit Jones	https://www.kermitjonesforcongress.com/	@DrKermitJones
CA-09	Josh Harder	harderforcongress.com	@joshharder
CA-13	Adam Gray	https://www.adamgrayforcongress.com/	@AdamGrayCA
CA-22 challenger	Rudy Salas	rudysalas.com	@rudysalasjr
CA-27 challenger	Christy Smith	https://www.christyforcongress.org/	@ChristySmithCA
CA-37 open	Sydney Kamlager	https://sydneykamlager.com/	@sydneykamlager
CA- 40 challenger	Asif Mahmood	drasifmahmood.com	@DrMahmood40
CA-41 challenger	Will Rollins	willrollinsforcongress.com	@willrollinsCA
CA-45 challenger	Jay Chen	chenforcongress.com	@Jfchen
CA-47	Katie Porter	Katieporter.com	@katieporteroc
CA-49	Mike Levin	mikelevin.org/	@mikelevin

CA 03 [Kermit Jones MD](#)



Dr. Jones is running for an open seat on the east side of California bordering Nevada including a swath of land the size of West Virginia which is the 3rd Congressional District. The district includes farmland, ranching, small and growing towns with small businesses, tribal communities, Lassen National Forest, rivers and mountains and the suburban foothills northeast of Sacramento where most of the district's voters live. He's running against a very conservative state Assembly member who's been endorsed by Trump and who was a leader in the failed and expensive campaign to recall Gov Newsom.

After the tragedy of 9/11, Dr. Kermit Jones wanted to do his part and serve his country, so after completing medical school, he joined the U.S. Navy to become a flight surgeon. He deployed to Iraq for 5 years with a Marine squadron that took injured service members and Iraqi civilians to safety.

After returning from Iraq, he served as a White House Fellow under President Obama, working with the Secretary of Health & Human Services to improve quality of care for veterans. He returned home

and is an internal medicine physician in a rural CA community. He was raised by his mother a home health nurse in their farm rural community whose caring for others inspired him to become a physician.

His district is at great risk for wildfires caused by climate change which is one of his top priorities along with Veteran's care, access to health care including women's reproductive health care.

Incumbent Rep Josh Harder



is running for re-election in CA -09. Rep Harder delivered the endorsement of the National Committee to Preserve Social Security & Medicare because of his commitment to both programs and our seniors. The district has added voters from Stockton a farming and ranching area. He supports the Affordable Care Act and comprehensive health benefits including women's reproductive health care. His issues include homelessness, safe communities, the environment-climate change and the drought greatly affecting

his district as well as curbing inflation. After Trump supporters [stormed the United States Capitol](#) on January 6, 2021, Harder received hate mail intended for [Josh Hawley](#), a United States senator with a similar name who objected to certifying [Joe Biden's electoral college](#) victory. As of September 2022, Harder had voted in line with President [Joe Biden's](#) stated position 100% of the time. Tom Patti is his conservative Republican opponent who cites lowering gas prices and returning rights to parents as his top priorities.

California [Assemblyman Adam Gray](#)



Adam Gray is the Democratic candidate for the 13th Congressional District. He is running in the community he grew up in and worked on his family's dairy farm. In the state legislature he secured more than \$100 million to fund new graduate medical residency positions throughout the rural Central Valley of the state and he authored legislation that doubled operating hours for health clinics, meaning working families have more access to doctors, nurses and care. He also secured coverage of continuous glucose monitors under Medi-Cal. Prior to this effort, Medi-Cal was the only health insurer in California that did not cover continuous glucose monitors despite

-serving the most vulnerable population in the state. His website does not mention reproductive rights, but when Core Member Catherine Dodd met him at a campaign event he told her he was a major contributor to CA Prop 1 the constitutional amendment to protect abortion rights.

State Assemblyman [Rudy Salas](#).



Rudy Salas is challenging an incumbent to represent California's 22nd District in California's Central Valley. He worked his way from working in the fields with his father to graduating from UCLA and becoming the first Latino Bakersfield City Council member in its 112-year history. He helped save Kern Medical Hospital from closing its doors and was instrumental in ensuring small business assistance and protective equipment got to residents and frontline workers during the COVID-19 pandemic. In the Assembly he worked to expand workforce development programs, veterans rights and overtime pay for farm workers. He received only a 67% positive score from environmental voters. In 2022 he was awarded the 2022 Health Center Champion Award by the California Health+ Advocates, who represent more than 1,300 community health centers that prove high-quality, comprehensive care to 7.2 million Californians each year. Assembly member Salas was recognized for his commitment to health centers and the patients they serve, as well as his

legislative efforts to expand telehealth and his work advocating for investments in health care workforce.

His Republican opponent David Valadao was one of 10 Republicans to vote to impeach Donald Trump and then voted against the Women's Health Protection Act, against the Build Back Better Act and the American Rescue Plan.

California's 22nd Congressional District has [Christy Smith](#).



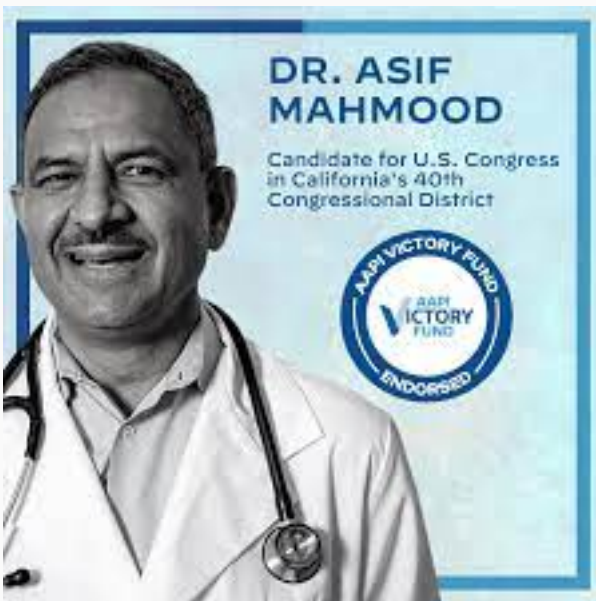
Christy Smith is challenging Republican Rep Mike Garcia who was first elected to represent the 25th Congressional District in May 2020, in a special election. Garcia voted against confirming the electoral college vote on Jan 6. He is a Trump supporter. He voted against the Build Back Better Act and the Infrastructure Act as well as the Women's Health Protection Act of 2021.

Smith served in the [California Assembly](#) from 2018 to 2020. She worked as an analyst at the [U.S. Department of Education](#) and founded the Valencia Valley Technological Education Foundation. Smith's campaign website highlights expanding access to healthcare, improving the quality of public education, and codifying *Roe v. Wade* as key campaign issues.

Senator Sydney Kamlager



is running for the 40th Congressional District in CA which is located in the middle of urban and suburban Los Angeles County. In the State Legislature she has and will continue to be a champion and successful advocate for Access to Health Care, Criminal Justice Reform including improving health care in the state's prisons, Reproductive Freedom, Job creation, the Environment and voting rights.



[Dr. Asif Mahmood](#) is challenging Rep Christine Kim a Republican who voted against the Women's Health Protection Act, no on the

American Rescue plan, no on the Build Back Better plan and no on the historic budget act which lowered Medicare RX costs to name only a few. Dr Mahmood is a pulmonologist who wants to represent the people of the 40th Congressional District. He is pro-choice, pro-gun safety, concerned about our veterans and homelessness and wants to reduce inflation.

While the pundits rate the district as leans Republican, the analysts say that if Biden's returns in the district's new lines would have been 49% and Trump's 48%. The new district stretches from Orange County and includes East LA down to Paramount.

[Will Rollins](#)



is challenging one of California's most conservative members of Congress in the 41st Congressional District: Ken Calvert who voted not to certify the presidential election. He voted against the American Rescue Plan, the Build Back Better Act, the Women's Health Protection Act, the Equity Act, and the historic budget which allocated funding for Climate change and reduced Medicare RX costs.

Will Rollins "came of age" at a time when being gay was illegal in many states. He and his partner have experienced discrimination firsthand. Will attended Dartmouth and Columbia Law School,

clerked for 2 federal judges in CA. As an Assistant U.S. Attorney, Rollins protected the public from white-collar criminals, including a Ponzi scheme organizer who defrauded dozens of seniors out of their retirement savings, as well as a corrupt physician who sold opiates for cash. Will later joined the Terrorism and Export Crimes Section of the National Security Division, where he prosecuted an electrical engineer for conspiring to send microchips with missile guidance applications to China, Iranian nationals for violating U.S. sanctions on Tehran, a reported QAnon follower for an attack at the Port of Los Angeles, and some of the insurrectionists who attacked the US Capitol on January 6th.

Will lists seniors as one of his top priorities along with expanding affordable health care, women's reproductive freedom, working to protect the environment and slow climate change, improve our immigration system, preserve marriage equality and defend voting rights (among a long list of other issues).

[Jay Chen](#)



is running as a challenger in California's 45th Congressional District. Republican Rep Michelle Steele (also an Asian candidate) currently holds the seat. She voted against the American Rescue Plan Act, the Equity Act, the Women's Health Protection Act, the Infrastructure

and Jobs Act, the Build Back Better Act and the historic bipartisan Budget bill. The redrawn district lines include the cities of Brea, Cerritos, Garden Grove and Fountain Valley.

A child of immigrants from Taiwan, Jay attended local public schools and earned a Navy ROTC scholarship to attend Harvard University. He is a Lt Commander in the U.S. Naval Reserves, a Trustee for Mt. San Antonio Community College, and a small business owner. He lists among his priorities Veterans services, Health Care, Women's rights, Infrastructure and education.

Incumbent [Representative Katie Porter](#)



has a new district: CA 47, with many new voters. It includes: Orange County, Irvine, Costa Mesa, Seal Beach, Newport Beach and Laguna Beach.

She has been both tireless and effective on the House “Oversight committee” holding big oil, big banks, big ag, and big Pharma accountable.

A law professor and graduate of Yale and Harvard law school, Rep Porter has managed to be a full-time member of Congress and full-time mom. Her priorities include seniors, childcare, health care, inflation reduction, reproductive rights, gun reform, civil rights and

marriage equality, veterans' issues, immigration reform and more. Her opponent is Republican Scott Baugh and the Republican Party and PACS are pouring money into his campaign. He describes himself as a "conservative" Republican with Orange County values.

California's 49th Congressional District candidate Rep [Mark Levine](#)



has a new district and number but is still committed to representing the cities of Laguna Niguel, Ladera Ranch, Rancho Mission Viejo, San Juan Capistrano, Dana Point, San Clemente, Oceanside, Carlsbad, Vista, Encinitas, Solana Beach, and Del Mar in Congress. His priorities remain the same: seniors, veterans, affordable health care, accountable government, protecting the environment, women's health care and economic opportunity, treating immigrants with dignity, violence prevention and public health. He is considered an effective member of congress who works on issues that affect his district such as addressing the Tijuana River pollution [flooding debacle](#) and advancing [veterans causes](#). Local leaders say he's become the leading, most thoughtful House member on the crucial issue of finding a way to safely remove nuclear waste from [San Onofre](#). His opponent Brian Maryott from MA, has run against him before and pledges to Abolish Abortion Rights and Oppose Gay Marriage.

Oregon candidates

Tina Kotek OR-D-Governor



Tina Kotek is in a hotly contested three-way race to become Oregon's next governor. Her ambitious plans are laid out at <https://www.tinafororegon.com/priorities/> She is the only candidate running who has gained the endorsement of Moms Demand Action because of her prior voting record of requiring secure storage of firearms; allowing colleges and school districts to prohibit concealed carry of firearms on campus; preventing stalkers and domestic abusers from possessing guns and ammunition and more. Kotek will stand up for woman's rights and reproductive freedom.

Contributions are helpful to counter the fair right donors. Please support Tina Kotek [here](#).

Val Hoyle OR CD 4



Currently serving as Oregon's Labor Commissioner, Val Hoyle is known among the workers of Oregon as a leader who stands up for hard-working Oregonians. She grew up in a fire fighter family and understands the importance of unions and their role in protecting pensions, healthcare benefits, and jobs with livable wages. She also fought for civil rights and for housing discrimination protections. She is pro-reproductive freedom and will also advance voting rights. Hoyle has been endorsed by the OR Nurses Association for every elected office she has

held. Americans and Oregonians will be well served with Hoyle's leadership.

Jamie McLeod Skinner OR CD 5



Nurses for America proudly supports Jamie McLeod Skinner to be the next Representative for Oregon's 5th CD. Jamie's steadfast commitment to preserving the health, safety and well-being for every member in her community is aligned with our values. She has worked tirelessly to improve our environment and address climate change. Once again, Oregonians in the 5th district have lived through a summer of relentless heat and extreme drought resulting in massive wildfires that have taken both a human health and financial toll. It's time we

elect a Congresswoman who has seen this devastation first hand and will take immediate steps to alleviate this crisis. For more information on McLeod Skinner go to <https://jamiefororegon.com>

Andrea Salinas OR CD 6



Running in the new 6th CD of Oregon is NFA endorsed candidate Andrea Salinas. Salinas currently serves in the Oregon State House of Representatives. Her record as a legislator is note-worthy. Salinas led the passage of the nation's most progressive reproductive health care policy; she also introduced and a bill that made Big Pharma accountable to consumers, leading to lower drug prices. Salinas fought to raise the minimum wage and helped pass paid

family leave. She is committed to leading the passage of gun legislation that will make our communities and schools safer and help to end the relentless violence we are witnessing across our country. To support Andrea Salinas's campaign visit <https://www.andreasalinasfororegon.com>

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