



## **\* Silver Resistance \***

is a powerful grassroots movement uniting seniors, elders, and their allies to stand together in defense of our shared values through peaceful activism and unwavering advocacy. We actively speak out against leadership that undermines humanity, decency, and equal rights. Together, our voices are impossible to ignore.

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**WEBSITE:** [www.silverresistance.org](http://www.silverresistance.org)

**FACEBOOK PAGE:** [www.facebook.com/silverresistance](http://www.facebook.com/silverresistance)

**FACEBOOK GROUP:** [www.facebook.com/groups/1303415914712588](http://www.facebook.com/groups/1303415914712588)

**BLUESKY:** [www.bsky.app/profile/silverresistance.bsky.social](http://www.bsky.app/profile/silverresistance.bsky.social)

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**EVERY ACT OF RESISTANCE MATTERS.** *Everyone can do something. Successful resistance comes from persistence.* Here are some ways seniors can act. Enlist allies to help.

### **USE SUPPORTIVE SYMBOLS - *Keep the movement visible and inspire others to join.***

1. Make visible a battery-operated candle in your window at night.
2. Display symbols of unity using an upside down American Flag (a symbol of distress), or "8647" (which means "get rid of president #47") or the Silver Resistance logo. Create/buy buttons to wear on clothing, display in your car windows, or show in other places.

### **VOTE WITH YOUR DOLLARS. - *Conscious spending creates systemic change.***

It works! Boycotts pressure businesses to change policies and practices.

- Avoid/discontinue: Walmart, Amazon/Whole Foods, Target, Hobby Lobby, Chick-Fil-A, Dollar General, Uber, AirBNB.
- Support businesses that align with values of equity and justice: Costco, Dollar Tree, Kroger (Smith's Grocery), Walgreens, Rite Aid, Albertsons, TJ Maxx, Delta airlines, Home Depot, Dick's Sporting Goods. Also frequent minority- women- diversity- owned, local, and small businesses when possible.
- Visit [www.grab-your-wallet.com/boycott-trump-list](http://www.grab-your-wallet.com/boycott-trump-list) for more.

### **PHONE CALLS - *Constituent phone calls are tallied right away.***

- Focus on issues like Social Security, Medicare, Medicaid, inflation, deportations, etc.
- Call the US Capitol Switchboard at 202-224-3121 (available 24/7) to get connected to your representatives. OR find specific local contact details at [www.usa.gov/elected-officials](http://www.usa.gov/elected-officials).
- Website at [www.5calls.org](http://www.5calls.org) provides suggested issues, talking points, and phone numbers to help resisters make 5 calls a day, a week, or any time.

*[See reverse side of page for more]*

### **LETTERS/POSTCARDS - *Massive volumes of mail demonstrates widespread concern.***

- Express your concerns via letters or postcards. OR write letters to the editor of local papers.
- White House, 1600 Pennsylvania Ave NW, Washington, DC 20500
- Supreme Court, 1 First Street NE, Washington, DC 20543
- DOGE, 1650 Pennsylvania Ave NW, Washington, DC 20504
- Dept. Of Homeland Security, 245 Murray Lane SW, Washington, DC 20528
- Congress members' addresses are at [www.usa.gov/elected-officials](http://www.usa.gov/elected-officials).

### **DONATE FOR LEGAL DEFENSE - *Support teams fighting for rights in court.***

- American Civil Liberties Union (ACLU): Defends constitutional rights. (888) 567-ACLU (2258). Even sending \$10 helps the cause.
- Citizens for Responsibility and Ethics in Washington (CREW): Investigates and litigates against unethical practices in government. (202) 408-5565.
- Leadership Conference on Civil and Human Rights: Leads coalitions to defend civil rights and counter attacks on nonprofits and advocacy groups. (202) 466-3311.
- Resistance organizations include [www.fiftyfifty.one](http://www.fiftyfifty.one), [Indivisible.org](http://Indivisible.org). There are many others.

### **ENGAGE OTHERS IN YOUR SENIOR RESIDENCE - *Build community for mutual aid.***

- Seek allies to help with technology/visiting websites, transportation, or other efforts.
- Form small groups to brainstorm and coordinate ongoing resistance efforts.
- Organize watch parties for documentaries or news segments on important issues.
- Invite speakers for a local town hall.
- Organize letter writing campaigns: gather others and provide materials and scripts.
- Coordinate group advocacy calls: provide scripts and phone numbers.
- Support causes by organizing drives for local food banks, libraries, community organizations.
- Defend the truth in conversations. Stay visible. Ask local media to cover resistance efforts.
- Participate in [BraverAngels.org](http://BraverAngels.org) discussions to help bridge the partisan divide.
- Help residents check their voter registration status and assist with mail-in ballots.

### **RALLY/PROTEST - *Visit [www.Mobilize.us](http://www.Mobilize.us) to find activities in your area.***

- Not all protests need marching. Just being present, and sitting peacefully with signs, shows solidarity. Note that other people are very inspired by seeing seniors out in the street, sitting in wheelchairs or walkers, holding signs.
- Attend large protests if possible, supported by allies if needed. Or act in other meaningful ways on large protest days by calling or writing letters, or making signs to be given away.
- Smaller, weekly, local protests may be easier to attend, for parking, etc.
- Organizing a small group of seniors to sit outside with signs on a busy intersection at any time can keep the movement visible and help it grow.

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*Pass it On! Don't discard this flyer—share it with other like-minded seniors or allies. Together, we build momentum for meaningful change.*