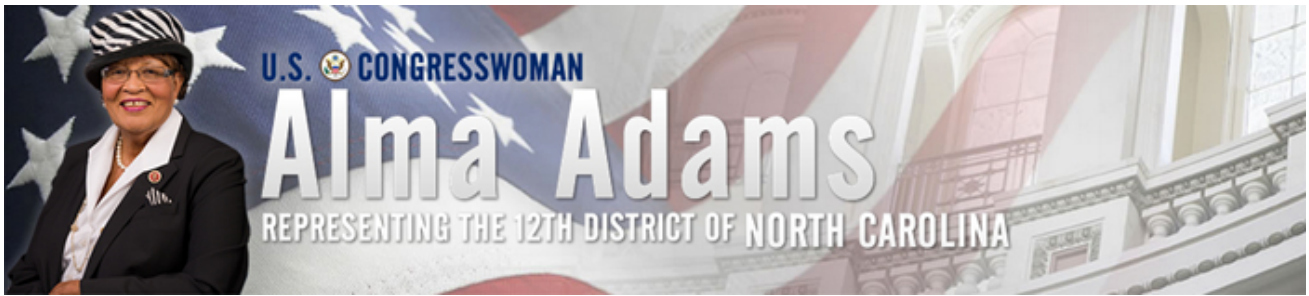


Adams Alerts 📧 - October 15, 2024



From Congresswoman Alma Adams <Alma.Adams@mail.house.gov>
To <sjohnston@tuesdayforumcharlotte.org>
Date 2024-10-15 15:32





District Sightings

The Congressional Award



Our District's Congressional Award Recipients - (left to right) Robert Lyda, Grace Maddox, and Ally Kryzalka

Dear Friends,

For the past two weeks, we've been inundated with images of the devastating impact of this active hurricane season, but I've also had the privilege of participating in a number of events around the district that highlight the good works being done in our community.

From recognizing the outstanding achievements of high school students who are becoming civic-minded global ambassadors, to the actualization of community project funding issued to the **Carolina Farm Trust** and **C.W. Williams Community Health Center**, there is much to be thankful for in the midst of unexpected tragedy.

On September 30th, I hosted a **Congressional Awards Ceremony** at my district office to celebrate three high school students for their excellence in voluntary public service, expedition and exploration, personal development, and physical fitness.

I was honored to present **Robert Lyda** and **Ally Kryzalka** with **Gold Awards**, and **Grace Maddox** with a **Silver and Bronze Award**.

Congratulations to Robert, Ally, and Grace, who demonstrate exceptional leadership and civic-mindedness and for reminding us that the future is bright. I look forward to what they accomplish for themselves, their families, their community, and our country.

Carolina Farm Trust



At the Carolina Farm Trust Market in West Charlotte

On October 2nd, I toured Phase 1 of the **Carolina Farm Trust (CFT) Community Food Market**. It is a vibrant ecosystem of entrepreneurs with access to kitchens, green space, meeting rooms, and business contracts that will support a market for farmers and producers and bring much-needed fresh food options to the West Charlotte community. The CFT Market will provide a reliable, year-round source of fresh, affordable, nutrition-dense, and perhaps most importantly, delicious food for people who need it, in ways that will improve community health and stave off hunger.

CW Williams Community Health Center

Ribbon cutting for the grand reopening of the C.W. Williams Community Health Center

On October 3rd, I participated in the reopening of the new **C.W. Williams Community Health Center**, named for Dr. Charles Warren "CW" Williams, in West Charlotte. I previously helped secure a federal grant of over \$1.2 million to support the renovations and modernization of this 80-year-old Federally Qualified Community Health Center.

Having grown up in a family that sometimes used the emergency room as primary care, I am proud to see the re-opening of this oasis in one of many medical deserts in Mecklenburg County that will allow residents to benefit from a state-of-the-art medical facility along Wilkinson Boulevard.



North Carolina healthcare advocates share their stories about the importance of having access to affordable health insurance.

On Tuesday, *Protect Our Care* came to Charlotte with their annual "Lower Costs, Better Care" Bus Tour. I was honored to join this event to share my thoughts on the importance of providing healthcare coverage for mothers, women, seniors, and for all Americans.

Here's a look at some of the progress we've made these past few years:

- **The Inflation Reduction Act**

- \$35/month cap on Insulin for seniors
- \$2000/year cap on Medicare costs for seniors, which goes into effect next year
- Medicare can negotiate down the price of the top ten prescription drugs, saving the average taxpayer thousands of dollars.

The Affordable Care Act

- Protection for pre-existing conditions
- Subsidized health coverage for tens of millions of people
- Coverage for your kids until they are 26



Helene Update

It's been slow on the policy front with Congress out of session. However, I do want to check in on the damage from Tropical Storm Helene. As you surely know, the past two weeks have been quite focused on recovery efforts after Helene devastated parts of our state and our district along the Catawba River. Residents in Buncombe County were hit hardest. Many lost homes, and in some areas entire towns were devastated. It's been heartbreaking. More than 200 lives have been lost across the Southeast, perhaps more. It will be weeks before we know the full toll of the devastation.

If you still have issues with power, insurance claims, or other Helene related concerns, please see the HELENE RESOURCES tab on [my House website](#).

For those who may desire to help rebuild Western North Carolina, the U.S. Department of Labor has just announced the approval of up to \$10 million in initial emergency grant funding to North Carolina to support disaster-relief jobs and training services in 25 counties to help respond to Hurricane Helene. [Read more about it here](#).

I must also ask that you keep the victims of Hurricane Milton in your prayers as they too rebuild and recover from this recent storm.

Community Spotlight

We are North Carolina Strong!

Many of you in our district have rallied to show support for the residents of Western North Carolina by launching donation drives, delivering supplies, and even providing mobile showers and laundry. To show appreciation for these local heroes, I'm shining the spotlight on a few organizations in this and upcoming Adams Alerts.

If you'd like to recommend an organization that is lending a helping hand, send an email to adams.press@mail.house.gov or send a note by [visiting our website](#).

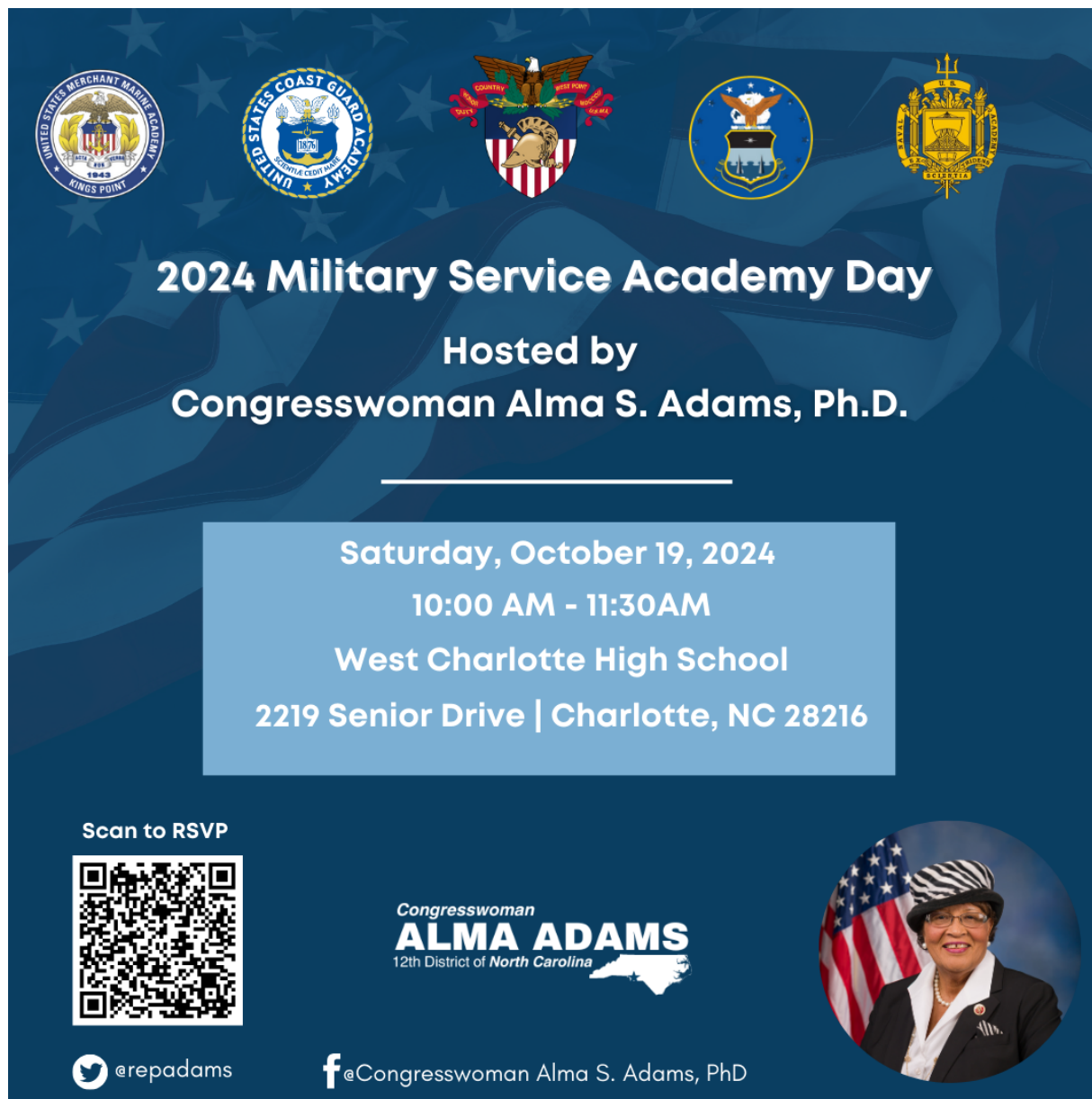
- [CharMeck Responds Coalition](#)
 - This coalition of political, business, and faith leaders in Charlotte is helping to gather physical and monetary donations for both those affected in Mecklenburg County and in WNC. They hope to be able to send volunteers to WNC when roads are clear enough and after instruction from government/professional disaster response orgs.
<https://charmeckresponds.org/hurricane-helene-response/>
- [Charlotte Motor Speedway](#)
 - The Charlotte Motor Speedway is collecting essential donations each Wednesday in October from 8am-8pm. So far, they have been able to send more than 400 pallets of supplies to WNC!
<https://www.charlottemotorspeedway.com/community/cms-in-the-community/hurricane-relief-drive-extended-each-wednesday-october-charlotte-motor-speedway.html>
- [Second Harvest Food Bank of Metrolina](#)
 - SHFB is collecting food and monetary donations to help both those in need in Mecklenburg County and support food banks in WNC. This is a [PDF List](#) of the most needed items to support hurricane victims.
<https://www.secondharvestmetrolina.org/hurricane-helene>
- [Hope Vibes, Inc.](#)
 - At Hope Vibes, we are stepping up to provide essential support to first responders, front-line workers, and residents of Buncombe County by offering our **Hope Tank – a mobile laundry and shower unit** – to help these heroes stay clean, refreshed, and ready to continue their life-saving work. In the past week we have washed over 250 loads of laundry and provided more than 150 showers to disaster relief crews from across the country and to residents in need.
<https://www.hopevibes.org/>

Thank you to these organizations for showing the best of who we are as North Carolinians.

Military Service Academy Day

COMMUNITY CORNER

I would like to invite you to the 12th Congressional District Military Service Academy Day open house this Saturday, October 19th. [Register to attend using this link](#) or scan the QR code below.



The poster features a dark blue background with a stylized American flag motif. At the top, five military academy seals are displayed: United States Merchant Marine Academy, United States Coast Guard Academy, United States Air Force Academy, United States Naval Academy, and United States Military Academy. The main text reads: "2024 Military Service Academy Day Hosted by Congresswoman Alma S. Adams, Ph.D." Below this, a light blue box contains the event details: "Saturday, October 19, 2024 10:00 AM - 11:30AM West Charlotte High School 2219 Senior Drive | Charlotte, NC 28216". At the bottom left is a QR code labeled "Scan to RSVP" and social media handles for @repadams and @Congresswoman Alma S. Adams, PhD. At the bottom right is a circular portrait of Congresswoman Alma S. Adams.

2024 Military Service Academy Day

Hosted by
Congresswoman Alma S. Adams, Ph.D.

Saturday, October 19, 2024
10:00 AM - 11:30AM
West Charlotte High School
2219 Senior Drive | Charlotte, NC 28216

Scan to RSVP

QR Code

Congresswoman
ALMA ADAMS
12th District of North Carolina

@repadams @Congresswoman Alma S. Adams, PhD

Mark your calendars for Service Academy Day, on Saturday, October 19, 2024 at West Charlotte High School located at 2219 Senior Drive, Charlotte, NC 28216.

Students and families can meet with representatives of the five military service academies about the opportunities that exist for graduating high school seniors. The event will begin at 10:00 a.m. and ends at 11:30 a.m. It is free to attend.

****Student applications to be nominated or the academies is November 12, 2024.***

Participating academies are:

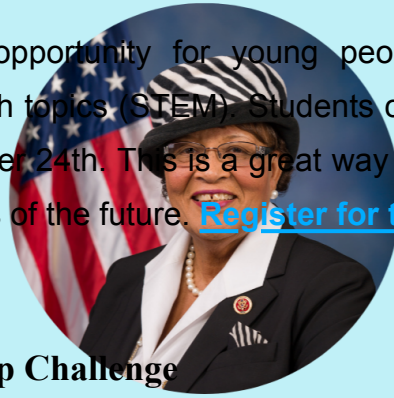
- [US Military Academy West Point](#)
- [US Air Force Academy](#)
- [US Merchant Marine Academy](#)
- [US Naval Academy](#)
- [US Coast Guard Academy](#)

Register for the Military Service Academy Day

Are you are you an innovative and tech savvy high school student? Then you might be interested in the 2024 Congressional App Challenge.

The Congressional App Challenge is an exciting opportunity for young people interested in science, technology, engineering and math topics (STEM). Students can compete by designing and submitting an app by October 24th. This is a great way for young people to learn coding and be ready for the skills of the future. [Register for the app challenge here.](#)

Congresswoman
ALMA ADAMS
12th District of **North Carolina**



Register for the Congressional App Challenge
presents

The 2024

**FINAL
THOUGHTS**



“7

nt

computer science.

Attention senior residents of the 12th Congressional District: Please beware of a scam asking about cost-of-living increases in your Social Security benefits for 2025.

Deadline to Apply

The annual Cost of Living Adjustments (COLA) is automatic. The Social Security Administration (SSA) announced its new COLA of 2.5 percent on October 10, 2024 and notices will arrive by mail beginning in December. Beneficiaries will see the increase in benefits payable in January 2025.

October 24th

For more information visit adams.house.gov/appchallenge

[Report fraud](#) to the Social Security Administration Office of the Inspector General. To view this scam alert, or prior scam alerts, online visit: <https://oig.ssa.gov/scam-awareness/prior-scam-alerts/>.

That's where I will lay my hat this week.

God Bless,

A handwritten signature in black ink, appearing to read "Alma Adams".

Congresswoman Alma S. Adams, Ph.D.

Congresswoman
ALMA ADAMS
12th District of **North Carolina**



Washington, D.C. Office
2436 Rayburn House Office Building
Washington, DC 20515
P: 202.225.1510
F: 202.225.1512

Charlotte District Office
10815 David Taylor Drive, Suite 100
Charlotte, NC 28262
P: 704.344.9950
F: 704.344.9971

[UPDATE SUBSCRIPTION OPTIONS](#) | [PRIVACY POLICY](#) | [CONTACT US](#)

[Click Here](#) to view this email in your browser
[Click Here](#) to be removed from this list