

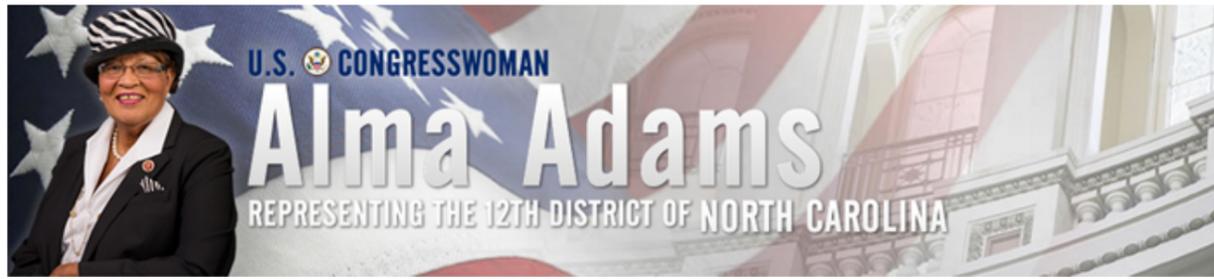
Adams Alerts -- December 12, 2025



From Congresswoman Alma Adams <Alma.Adams@mail.house.gov>

To <sjohnston@tuesdayforumcharlotte.org>

Date 2025-12-12 17:08





Rep. Adams, North Carolina Congressional Democrats Send Letter Demanding Speaker Johnson's Plan to Address Healthcare Crisis

Dear Friends,

As 2025 comes to a close, I am still fighting to extend the Affordable Care Act (ACA) enhanced premium tax credits which will expire at the end of the year unless Congress acts.

The ACA tax credits have helped lower healthcare costs for millions of Americans across the country, including 88,000 people that live in North Carolina's 12th Congressional District. Without them, many recipients would see their health insurance costs double or even triple next year and for 157,000 North Carolinians, these new costs will cause health insurance to become too unaffordable, forcing them to give up coverage entirely.

I believe everyone has the right to affordable, accessible healthcare and I am continuing to fight for that right in Congress.

This week, I joined my fellow North Carolina Democratic Representatives Deborah Ross, Valerie Foushee, and Don Davis in sending a letter to Speaker Mike Johnson demanding he release his plan to address the Republican healthcare crisis.

Along with the ACA tax credits expiring, \$1 trillion cuts to Medicaid and \$500 billion cuts to Medicare made in Republicans' One Big, Ugly Bill will cause 15 million Americans to lose their healthcare. Make no mistake, this is a crisis.

It's time for Congress to start putting people over politics and get to work lowering healthcare costs for everyday Americans. Your health and wellbeing are not and should never be partisan issues.

[You can read the full letter here.](#)

Rep. Adams Introduces Resolution Affirming Reproductive Freedom as a Human Right

Rep. Adams speaks at a Planned Parenthood rally on June 27, 2025.

On Wednesday, December 10, I introduced a resolution alongside my colleagues Representatives Nikema Williams (GA-05), Greg Casar (TX-35), Jennifer McClellan (VA-04), Jamie Raskin (MD-08), and Troy Carter (LA-02) affirming reproductive freedom and abortion rights as a human right.

Abortion care is healthcare and women can't be free without their right to reproductive freedom.

As the United States faces a maternal mortality crisis, draconian abortion bans are costing women their lives. Since *Roe* was overturned, women living in states that ban abortion are nearly two times more likely to die from pregnancy-related complications than states where abortion is legal and accessible. For women of color, the maternal mortality rate is even higher.

Abortion is a healthcare issue, an autonomy issue, an equity issue, and a dignity issue—we must fight to protect this fundamental right.

[You can learn more about the resolution here.](#)

Rep. Adams Introduces Bill Investing in Endometriosis Research and Support



Rep. Adams speaks at Black Health Matters in Charlotte on November 16, 2025.

On Thursday, December 11, I joined my colleagues Representatives Nikema Williams (GA-05) and Lauren Underwood (IL-14) in introducing the Endometriosis CARE Act which would invest \$50 million annually to advance endometriosis research and expand access to treatment.

One in ten reproductive-aged women suffer from endometriosis but we still don't know the cause of or the cure for this debilitating disease. Like so much of women's health research, endometriosis remains understudied, its research remains underfunded, and the women living with it continue having their pain ignored.

Endometriosis care is personal to me. My daughter faced a difficult pregnancy, brought on in part by her endometriosis. Her cries of pain were overlooked by her doctor, and she almost lost her life and the life of her daughter during childbirth. Endometriosis is a public health crisis, and Congress must act to address it.

I'm proud to introduce the Endometriosis CARE Act so we can correct this injustice and finally provide relief for the 6.5 million women with endometriosis, including my daughter, who are suffering in silence every day.

[You can learn more about the bill here.](#)

Rep. Adams Celebrates the 125th Anniversary of St. Paul Baptist Church in Charlotte



Rep. Adams joins Sen. Raphael Warnock and former Gov. Roy Cooper at an event on December 5, 2025.

On Friday, December 5, I was honored to speak before the congregation of St. Paul Baptist Church as they celebrated their 125th anniversary in Charlotte.

For 125 years, St. Paul's has served as a refuge, a gathering place, and a community for Charlotte's most vulnerable people—the lost, the lonely, and the left behind. I'm grateful to have them in our city and for their work in correcting injustice, righting wrongs, and being the good Samaritans we are all called to be.

I was proud to be joined by Georgia Senator Raphael Warnock and former North Carolina Governor Roy Cooper who celebrated and uplifted the impactful work and legacy of St. Paul's.

During this trying time for Charlotte-Mecklenburg, it is up to our community to protect and empower those who need it most. It's a blessing knowing St. Paul Baptist Church is a part of that community.

Rep. Adams Hosts Fourth Adams Hunger Initiative of 2025



Rep. Adams volunteers at local food distribution event on November 11, 2025.

On Monday, December 8, I hosted my fourth and final Adams Hunger Initiative of 2025, bringing together 24 leaders in nutrition, hunger, agriculture, and food security throughout Charlotte-Mecklenburg.

In our meeting, I shared updates on the current state of federal food security and agriculture policy, heard from our partners about their work to keep Charlotte fed during the holiday season and into 2026, and discussed how we can further address food insecurity in our community.

When the federal government failed our community during the government shutdown, our feeding organizations and agriculture producers stepped up to ensure Charlotte-Mecklenburg families could put food on the table.

I'm proud to partner with these impactful groups through the Adams Hunger Initiative because of their dedication and service to our community. As food security programs face new attacks in 2026, from reduced funding to stripping away people's access to benefits, I'm committed to supporting these organizations because they have always supported us.

[You can learn more about the Adams Hunger Initiative here.](#)



YOU'RE INVITED: 2026 State of the District

You are cordially invited to join me for my 2026 State of the District on Thursday, January 29, 2026, at 7:00 PM.

The State of the District is an opportunity to discuss our work and achievements in 2025, share my vision for the 12th Congressional District in 2026, and hear our community's thoughts on the issues impacting our district.

The State of the District will be held in Charlotte with the full location being shared soon.

I look forward to seeing you there.

RSVP Here

Applications Open for Renew NC Housing Recovery Program Assistance

Renew NC, North Carolina's disaster recovery effort, is encouraging western North Carolina homeowners to apply for housing recovery assistance through its Single-Family Housing Program.

The deadline for applying is December 31, 2025.

Homeowners who have already received Helene-related assistance from FEMA or a home insurance policy can still apply to the Renew NC Single-Family Housing Program. The program is designed to address housing recovery needs that remain after all other assistance has been exhausted.

Renew NC
HOUSING

Learn More and Apply

STATE OF THE DISTRICT

Food Assistance Resources Available to You

CONGRESSWOMAN ADAMS, PH.D.

Save the Date

FOOD ASSISTANCE RESOURCES IN CHARLOTTE-MECKLENBURG

If you or someone you know is struggling with food insecurity in Charlotte, I want to share some resources available to you.

Mecklenburg County has compiled information and resources available to Mecklenburg County residents. You can find that information [here](#).

Second Harvest Food Bank of Metrolina has provided a list of many of the food pantries in Charlotte. You can find that list [here](#).

Share Your Story with Rep. Adams

As your member of Congress, what matters to you matters to me—that's why I want to hear directly from you on how federal cuts made in 2025 and the Republican government shutdown have impacted you.

Please share your story with my office so I can best fight for your needs in Congress.

SHARE YOUR STORY

Share Your Story

Congresswoman
ALMA ADAMS
for America's Future

Student Entries for America's Field Trip Now Open



Student entries for America's Field Trip are now open.

America's Field Trip is a nationwide student contest inviting students to become a part of next year's 250th anniversary celebration of the signing of the Declaration of Independence.

Students in grades 3–12 can submit their entries by sharing their perspectives on what America means to them — with the chance to earn a once-in-a-lifetime field trip experience at one of 16 different iconic American landmarks or cultural sites, including Mount Rushmore, the National Archives Museum, Kennedy Space Center, and Yellowstone National Park.

Entries can be submitted from now until March 30, 2026.

To learn more and apply, click the link below.

Learn More and Apply



In 2026, my focus remains the same—lowering costs for my constituents and for Charlotte-Mecklenburg.

I adopted my four Hs—healthcare, housing, hunger, and higher education—because I believe those are the four necessities that all people require to live a quality life. You deserve affordable and accessible healthcare, access to healthy and nutritious food, fair and affordable housing, and a quality, first-class education.

With inflation and cost of living continuing to skyrocket, Congress has to reduce the financial burden that is overwhelming everyday Americans in my district, in North Carolina, and across the country.

That's why I'm continuing to fight for the ACA tax credit extensions. Everyone should be able to afford healthcare when they need it.

That's why I introduced my [American Neighborhoods Protection Act](#). A home should be a place for you to start a family and build your life, not for corporations to horde.

That's why I have hosted my Adams Hunger Initiative for a decade and introduced bills to [increase SNAP benefits](#). You can't be healthy if you're hungry.

That's why I secured \$12 million in federal funds for our district's universities this year. Investing in education is not a partisan issue.

I look forward to continuing fighting for you in 2026 and I want to thank you for trusting me to represent you in the halls of Congress.

That's where I'll lay my hat this week, folks!

Sincerely,



Congresswoman Alma S. Adams, Ph.D.

Was this newsletter forwarded to you? Sign up to receive twice monthly updates from my office:

Sign Up for Adams Alerts



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

Charlotte District Office
10735 David Taylor Drive
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