



ADVOCACY IN ACTION

ADVOCATING CHANGE = ADVANCING LIVES

Not yet a member of NCJWSTL? [Click here](#) to become part of a growing network of courageous and compassionate individuals who improve the lives of women, children, and families every day. You don't have to be a woman or Jewish to join!

Are You Registered to Vote?



Did you know that if you have moved in the last few years or have not voted in a while, you might need to re-register to vote?

With the voter registration deadline for the November 2023 elections on WEDNESDAY, OCTOBER 11TH, now's the time to check your

voter registration on VOTE411.org.

Voting allows you to raise your voice on NCJWSTL's priority issues improving the lives of women, children and families. Your vote is important. Make sure you are able to vote on Tuesday, November 7th!

[Check Your Voter Registration Now](#)

NCJWSTL Trip to the Missouri Capitol in Jefferson City

When: Thursday, November 16 | 8:45 AM – 5:30 PM

Where: Meet at the NCJWSTL Office

[RSVP Here](#)

If you've ever wanted to visit the Missouri's State Capitol when the politicians aren't there, this is your chance! Experience the magnificent beauty of the building itself, the public art displayed within and a faithful reflection of the themes, events and people of Missouri. Time permitting, we'll step into the primary courtroom of the Missouri Supreme Court. And to cap off the day, we will enjoy a sweet treat at Central Dairy.



And did you know that there is an active synagogue in Jefferson City? We'll also be visiting nearby Temple Beth El, the oldest synagogue west of the Mississippi in continuous use and learning a bit about its 150-year history.

We will travel together by bus and lunch/snacks will be provided. Friends are welcome to join. SPACE IS LIMITED, SO PLEASE REGISTER ASAP.

Please [click here](#) to register for what will be an amazing day. For more information, please contact Jen Bernstein at jbernstein@ncjwstl.org.

Day of Action: Care Over Cost Rally at United Healthcare



When: Wednesday, October 11 | 3:30 PM
Where: United Healthcare Corporate Offices | 1831 Chestnut Street, St. Louis
[Click here for more information](#)

Our friends at Missouri Jobs with Justice (MOJWJ) will be holding a rally at the United Healthcare (UHC) corporate offices to bring attention to the exploitative business practices they use to rake in billions of dollars every year while denying the most basic care to its paying members. Join the MOJWJ Healthcare Delegation to request a meeting with corporate leadership to discuss concerns and submit demands.

This rally is one of 14 across the country and will focus on the structural problem of claims denials – when a private health insurance company refuses to pay for care when their member needs it most. **Nationally, private health insurers deny claims more than 248 million times annually.** That means people stay sicker, longer, or go into medical debt and bankruptcy because their private insurance won't pay.

Please [click here](#) for more information about this important action.

ADD YOUR NAME and Help Us Oppose Censorship of Our Public Libraries

For those who have already joined, thank you!

To protect libraries throughout Missouri, including those at public schools, NCJWSTL has helped convene a statewide coalition of individuals and organizations called Right to Read. The coalition will oppose any legislative, state policy or other effort to restrict access to materials at public libraries; the coalition has the utmost confidence in trained, experienced librarians and educators to evaluate and select materials in the libraries' collection.



Did you know?

- As a result of a Missouri law enacted in August 2022 restricting some types of materials in public schools, **librarians fearful of criminal prosecution have removed nearly 300 titles** from school library shelves.
- Under an administrative rule imposed by Secretary of State Jay Ashcroft, all public libraries must have submitted by July 31 how they will comply with the vaguely written rule. **Failure to comply could result in loss of state funding**, which comprises a significant portion of small libraries' budgets.
- Missouri is among the nation's top book banning states, **especially regarding restricting access to books about gender, sexuality and race in public schools.**

More attempts will likely be made in the 2024 Missouri legislative session to suppress First Amendment rights. Free and open access to materials at our public libraries is an

essential aspect of our democracy.

Please [click here](#) to add your name as an individual member of the coalition. For more information, please e-mail the coalition at righttoreadcoalition@gmail.com.

October Lunch & Learn: Climate Change and its Impact on Underserved Communities



Thursday, October 19, 2023
12:00 PM - 1:00 PM CT

Diane Bleyer

When: Thursday, October 19 | 12:00 – 1:00 PM CT

Where: Zoom

[RSVP Here](#)

Climate change is affecting all of us. But, like many other challenges in society, it's hurting communities of color the most. Communities of color and the underserved often face disproportionate health risks linked to cumulative exposures to environmental hazards (e.g., air pollution, traffic, contaminated water) and may be more vulnerable to the health effects associated with climate-related impacts due to health and socioeconomic disparities.

For October's Lunch & Learn, we are pleased to welcome Diane Bleyer, an active community leader and volunteer. She is the founder and organizer of a climate change special interest group at United Hebrew Congregation.

Diane is passionately concerned about climate change. This critical topic is addressed in her novel, *The Second Chance*, casting a light on the reality that the decisions we make on this issue, both individually and as a community, will affect our children's and grandchildren's futures as well as those who come after. *The Second Chance* is ideal to get readers talking about climate change and thinking about their own role in dealing with the issue. Diane was honored to participate in the 2022 Missouri's Own Program in the St. Louis Jewish Book Festival.

Please [click here](#) to register for the October Lunch & Learn. Questions? Email Jen Bernstein at jbernstein@ncjwstl.org or call 314.993.5181

Partner Abortion Clinic Needs Donations

For the past year, NCJWSTL has partnered with local abortion clinics across the river in Illinois to provide direct support services to patients.

One of our partner clinics is in need of a few specific items:

- Gas cards
- Snack bags (pretzels, cookies, granola bars, etc.)
- Diapers (sizes 1-5)
- Travel shampoo
- Baby formula



This is an opportunity to make a "hands-on" difference in someone's life. Please drop off or mail any donations to the NCJWSTL office at 295 N. Lindbergh, St. Louis, MO, 63141. For more information, please contact Renee Sigel-Hearst at rsigel-hearst@ncjwstl.org.

Get FREE Emergency Contraception at NCJWSTL!

NCJWSTL is thrilled to announce that we have partnered with the [Missouri Family Health Council](#) (MFHC) to distribute **FREE emergency contraception kits!** This effort is vitally important in the wake of last year's Supreme Court decision overturning Roe vs. Wade, especially in states like Missouri where abortion is illegal. Everyone should have the right to determine when and if they wish to start a family, and emergency contraception is vital in preventing unwanted pregnancies.



Also known as the morning-after pill, or by the brand name Plan B, the emergency contraception pill is an over-the-counter form of birth control that can be taken up to five days after unprotected sex to avoid pregnancy. The goal of this effort is to reduce geographic and financial barriers Missourians face in accessing emergency contraception pills.

While supplies last, MFHC, NCJWSTL and other partner organizations are offering free EC kits to anyone of any age. **Feel free to stop by the NCJWSTL office to pick up your kit - for you or a loved one.**

If you have any questions, please contact Jen Bernstein at jbernstein@ncjwstl.org. You can also order an emergency contraception kit by mail by [clicking here](#).

Take Action & Join the A-List



Now more than ever you will want to make sure that your name is on NCJWSTL's A-List for 2023! Join us as we stand together and speak out about the issues that matter most.

Together we can make a difference!

A-List sponsorship ads sustain our collaborative efforts to educate the community and elected officials about issues integral to our mission, such as birth control access and voting rights. The full-page ads will run in the St. Louis Jewish Light during 2023.

- **\$18** includes your name in the ad.
- **\$54** makes you an Advocate Plus with your name in bold.
- **\$72** makes you a sponsor with your name distinguished in color

[Click here](#) to see the A-List flyer.

[Click here](#) to see the latest A-List Ad.

Join the A-list [here](#).

Interesting Reading

October is National Disability Employment Awareness Month, when many US corporations' social media posts celebrate their disabled workers, sometimes even quoting one on how great the company is. But as experiences of many disabled workers reveal, even at the biggest and best-resourced companies, accessibility is often an afterthought at best.

[Click here](#) to read Julia Metraux's article from Mother Jones



Magazine, "For Disabled Workers, Discrimination Is Common—If You Even Get to Apply."

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Transform Our Community**



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