



## Tell Congress: Protect Medicaid and SNAP

How we allocate resources — as individuals, as communities, and as a nation — reveals our deepest priorities. Jewish tradition commands us time and again to care for those who are in need. Similarly, our government has a moral obligation to create a federal budget that supports the most vulnerable among us.

Don't let lawmakers take away health care and food from the people who can afford it least.

Tell Congress: Save Medicaid and SNAP

ncjw National Council of Jewish Women

Yet instead of fulfilling that obligation, **Congress is considering a budget that would gut health care and food assistance** from those who need it most at a time when families are already struggling to make ends meet. These proposed cuts are not just misguided — they are morally indefensible.

- One in five women depends on Medicaid to access essential health care, including reproductive health care like STI testing, cancer screenings, birth control, and family planning services;
- One in five children depends on SNAP for groceries and access to nutritious food.

Balancing the budget should never come at the cost of people's health and survival. Now is the time to pass a moral budget — one that reflects the best of who we are and the just society we are called to build.

Please **[click here](#)** to urge your Members of Congress to oppose any budget proposal and that would cut or limit Medicaid and SNAP.

## Urge Your Senators to Oppose Private School Vouchers



NCJW  
**ACTION**  
**ALERT**

Right now, pro-voucher forces are racing to pass a nationwide, **\$20 billion private school voucher program in Congress**. We need to raise our voices to protect public education and church-state separation.

Private school vouchers threaten public education and religious freedom by forcing taxpayers to fund religious education. They also lack accountability, fund discrimination, and don't even improve student achievement.

Ninety percent of American schoolchildren attend public schools. Students, families, and communities are better served by ensuring that public dollars fund public schools.

These are just a few of the many reasons why we must fight all private school voucher programs—and we need your help to do it!

Please [click here](#) to urge your senators to oppose private school vouchers today!

## Tornado Relief Efforts Continue



The St. Louis Public School District was heavily affected by the devastating tornado that hit some of the most vulnerable areas of our community; several school buildings have been closed due to damage and many families have been displaced or are still living without electricity and other basic needs.

□ We are collaborating with the St. Louis Public Schools Foundation to support the families of SLPS! Please join us in collecting supplies for students and families. □

**Please join us in purchasing supplies for students and families. We are seeking donations of NEW items only:**

**1** - from our **Amazon Wish List** and have the supplies sent to our address at 295 N. Lindbergh Blvd., St. Louis, MO 63141.

**2** - Contribute a **monetary donation** or mail a check to the address above, and we will purchase what is needed.

If you have questions, please reach out to Renée Sigel-Hearst, Director of Community Impact, at [rsigel-hearst@ncjwstl.org](mailto:rsigel-hearst@ncjwstl.org).

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

Protect Missouri's Libraries! Join the Right to Read Coalition by [clicking here](#).

For those who have already joined, thank you!  
*Check our member list to see who supports us...and if you've already joined by [clicking here](#).*

Right to Read is a statewide coalition of 1,000 individuals and nearly 100 organizations. The coalition opposes legislative, state policy, or other efforts to restrict access to materials at public and school libraries.

Censorship denies our First Amendment rights to access books that reflect our diverse



community:

- Missouri ranked third nationally in 2023 for the number of books banned at school libraries.
- 60% of banned books in the U.S. include characters of color and discussed issues of race and racism or presented LGBTQ+ characters or themes.

Laws and policies enacted recently have led to book bans and harmful regulations on our libraries. **We expect more censorship efforts in Missouri in 2025.**

Add your voice to thousands of Missourians to fight censorship and book bans!

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](mailto:righttoreadcoalition@gmail.com).

## 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](mailto: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 ensure that your name is on NCJWSTL's A-List for 2025!** 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 2025.

- **\$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



Maternal health crises often make headlines, but behind the statistics on mortality and physical complications lies another quiet epidemic: the mental health of new mothers. And it's getting worse. To address the deterioration in maternal mental health, a multidimensional approach is required, including legislative or policy modifications, increased access to mental health resources, and societal improvements in the view and support for motherhood.

[Click here](#) to read Emari Pam's article from the Feminist Majority Foundation, "The Maternal Mental Health Crisis: How America Is Failing Its Mothers."

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!

**Donate to Support NCJWSTL &  
Transform Our Community**

**NCJWSTL**  
National Council of Jewish Women St. Louis



**2019 WINNER**  
**BBB TORCH Award**  
*Celebrating Exceptional  
Ethics and Service*  
BBB Serving Eastern & Southwest Missouri &  
Southern Illinois



Share This Email



Share This Email



Share This Email



NCJWSTL | 295 N. Lindbergh Blvd. | St. Louis, MO 63141 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!