

PROTECT YOUR RETIREMENT BENEFITS STARTING TODAY

SPRING 2026

- Become a member of the Arkansas Retired Teachers Association, the voice of Arkansas's public education retirees (www.artanow.com). Be sure to include a cellphone number or email to receive legislative alerts and other important notifications.

SUMMER 2026

- Join a local RTA unit near you. There are more than 60 ARTA affiliates around the state where you can stay up-to-date on issues of interest, meet your area legislators, and work with fellow retirees on strategies to communicate with elected officials.
- Read and share ARTA's Effective Communication with Elected Officials (www.artanow.com/resources).
- If you are a local unit leader or legislative chairman, begin developing contact teams for your area legislators. These are individuals who are willing to reach out to candidates or legislators when issues of importance and urgency arise.

SEPTEMBER 2026

- Attend your fall local unit meeting!
- If you are a local unit leader or program committee chair, invite political candidates to your fall unit meetings so that your members can meet them and learn more about their stance on social insurance programs such as pensions, Social Security, Medicare and health insurance.
- Send a handwritten letter to candidates on the ballot in your district for the November general election.

Tell them why a stable retirement income is important to you. Explain how changes in contributions, benefits, premiums and overall costs affect you and your family.

Ask them to support legislation that preserves your retirement benefits, lowers your healthcare and health insurance costs, or increases the purchasing power of your income.

OCTOBER 2026

- Attend your fall local unit meeting!
- Arrange a meeting for a small group of retirees to visit local candidates on the ballot for statewide offices. Go prepared with specific questions or requests.
- Be sure to follow up with them by sending a thank you note and any additional information they requested.
- Gather with your fellow retirees and make a plan to get to the polls.

NOVEMBER 2026

- **VOTE VOTE VOTE !!!**
- It is always important to vote. Your preparation, commitment and consistency demonstrate to elected officials that you care about your health and retirement benefits and that you will be vigilant about making them work for you.

DECEMBER 2026

- Send a note of congratulations or a holiday card to the elected officials who will be serving as your State Senator and State Representative in January.
- Mail your note or card to the Capitol by addressing one of the following:

The Honorable (Full Name), Arkansas House of Representatives, State Capitol, 500 Woodlane St. Suite 350, Little Rock, AR 72201-1089

The Honorable (Full Name), Arkansas Senate, State Capitol, 500 Woodlane St. Ste 320, Little Rock, AR 72201-1090.

- Be sure to include the following information in your note or card: your name, contact information, professional background/history.

Explain that you are their constituent, reminding them if you know them or have met them before.

Share your concerns about social insurance programs, especially the Arkansas Teacher Retirement System (pension) and the Arkansas School Employees Health Insurance Program.

