



# The 7<sup>th</sup> Express

Proudly Moving Alabama's 7<sup>th</sup> Congressional District Forward

Congresswoman Terri A. Sewell

March 31, 2011

## The 7<sup>th</sup> District Is On The Move!

### Greetings!

The **7th Express** is on the move! This newsletter is a way to track our progress. You can subscribe to this newsletter by visiting our website. Please forward to others so that they can stay informed. [Click here](#) to visit our website!

### Guide to Grants for Community Organizations

Now more than ever, grant opportunities are vital to the success of our local governments, organizations and other entities. That is why this office is releasing a weekly **Guide to Grants**. The grant guide is designed to assist community organizations, schools, local governments and other entities in identifying federal funding opportunities. The Guide also includes links to grant writing resources to help applicants make their proposals more successful.

If you are interested in receiving the guide, please contact (202) 225-2665, or sign up at <http://sewell.house.gov>. An electronic version of the Guide is also available on the website. [Click here](#) to get it!

### Celebrating the One Year Anniversary of Health Care Reform

Last week marked the one year anniversary of the enactment of the Affordable Care Act. I had the opportunity to visit Princeton Towers Senior Living Facility in Birmingham for a tour and meeting with residents and staff to discuss Social Security, Medicare, and the new health care law.

The Affordable Care and Patient Protection Act, commonly known as health care reform, was intended to put patients – not insurance companies – back in control of their health care. One year later, Alabama children, families and seniors are benefitting from new protections and greater freedom and control over their health care choices, including:



**REDUCING COSTS FOR SENIORS AND STRENGTHENING MEDICARE:** Thousands of Alabama residents have already received a one-time, tax free \$250 rebate to help pay for prescriptions in the “donut hole” coverage gap. This past January, seniors who entered the ‘donut hole’ began receiving even greater savings – a 50% discount on brand-name drugs. These seniors are expected to save more than \$500 each on prescription drugs this year alone – and by 2020, annual savings are expected to exceed \$3000 per individual. Ultimately, reform will close the ‘donut hole’ completely. Additionally, nearly all 44 million beneficiaries who have Medicare, including 836,000 in Alabama can now receive free preventive services – like mammograms and colonoscopies – as well as a free annual wellness visit with their doctor.

**OFFERING NEW COVERAGE OPTIONS FOR ALABAMA'S YOUTH:** Insurance companies are now required to allow parents to keep their children up to age 26 on their insurance plans. An estimated 16,600 young adults in Alabama can access insurance coverage as a result of the law.

**LOWERING COSTS FOR SMALL BUSINESSES:** The law provides \$40 billion of tax credits to up to 4 million small businesses, including up to 56,165 in Alabama to help offset the costs of purchasing coverage for their employees and make premiums more affordable.

**IMPROVING THE QUALITY OF COVERAGE:** Alabamians no longer have to worry about losing their insurance due to a mistake on an application, or having it capped unexpectedly if they are in an accident or become sick. The law bans insurance companies from imposing lifetime dollar limits on health benefits – alleviating the concerns of cancer patients and individuals suffering from other chronic diseases of going without treatment because of their lifetime limits. The law also restricts the use of annual limits and bans them completely in 2014. This will protect 2.5 million Alabama residents with private insurance coverage from these limits.

For more information on how the Affordable Care Act is working for Alabama families and businesses, [click here](#).

## Remembering Our Legacy – The Bridge Crossing Jubilee

During the first weekend of March, I co-hosted and participated in the 11<sup>th</sup> Annual Congressional Civil Rights Pilgrimage to Alabama that is sponsored by the Faith and Politics Institute and hosted by Civil Rights legend and U.S. Representative John Lewis. The annual event celebrates the civil rights marchers who fought to secure the right to vote.

We commemorated the 46th anniversary of Bloody Sunday with Democratic Whip Steny Hoyer, Assistant Democratic Leader Jim Clyburn, Democratic Caucus Chair John Larson, Reps. Sheila Jackson Lee, Chris Van Hollen, and other members of the House. We participated in civil rights tours, programs, and moments of reflection.

Thousands of people from the 7<sup>th</sup> District, the State of Alabama, and across the country participate in this occasion. The commemoration of the Selma to Montgomery march is a powerful reminder of the sacrifices of generations before us. The marchers and protesters of 1965 made great sacrifices. Let us continue to build strong communities of committed citizens so our Union by the people and for the people shall not perish from this Earth.



## Copper Tube Manufacturing Plant to Be Built in Thomasville



On Monday, March 28, 2011, I had the honor of joining Governor Bentley and other state and local officials and executives from GD Precise Copper Tube Group to announce that a copper tube production facility will be built in Thomasville. The plant will employ more than 200 people, and will be the first U.S. plant for GD Copper, which makes copper pipes and tubes used in plumbing, air conditioning and automobiles.

This is great news for the 7<sup>th</sup> District, because this announcement shows that manufacturing is not just part of our past, but also an important part of our future. By making products like copper tubing, we will position the 7<sup>th</sup> District as a global leader in this industry and increase our number of exports across the world.

[Click here](#) to read more about it!

## Restoring Fiscal Responsibility to Our Nation's Budget

Our nation is recovering from one of the worst recessions most of us have ever experienced in our lifetime. In Alabama's 7th Congressional District, the economic downturn happened long before the rest of the nation began to experience it.

Our constituents sent us to Washington to restore fiscal responsibility to our nation's budget, create jobs and strengthen our economy. This multifaceted approach must be accomplished through careful budgeting, collaborating and crafting solutions that work for and with America's families. However, it unequivocally cannot be done on the backs of our workers, children, families and seniors.

Rest assured that I am working with my colleagues in the House to reduce spending while protecting important programs that will help us grow the economy and create jobs.

It is an honor to serve the 7<sup>th</sup> District in Congress.  
I'll be back in touch again soon!

Handwritten signature of Terri A. Sewell.

**Terri A. Sewell**  
Member of Congress