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January 2026 Newsletter

Dear Subscriber -

Welcome to the first monthly newsletter of Senior Citizens for America (SCFA). In this issue, we report on the domestic state of affairs in the country as 2026 begins, urge you to subscribe to Heather Cox Richardson’s substack “Letters from an American” and to “The Bulwark”, showcase an opinion piece prepared by one of our chapters, share with you some of the progress SCFA has made to date, tell you about a newly created “Super PAC”, and provide you with an excerpt from a book being written by SCFA friend Rick McKnight.

Friends, we are embarked on an important adventure. Together, and with others, we are going to help preserve the Republic and its complicated and multifaceted Democracy . . .



(A word-cloud on the meaning of “democracy”)

With apologies, this is the question that virtually all Americans are asking as we begin the year 2026. The country is in a state of chaos, both domestically and internationally. What is going on? And why is this happening?

Perhaps a better question would be: *what else can you expect from a President who says that his actions are constrained only by his personal sense of morality?* This month, we focus on the domestic front, where the President's unconstrained attitude has led to disastrous consequences.

Among the firehose of horrors, we begin with the outrageous shooting of Minnesota activist Renee Nicole Good by a Department of Homeland Security agent. There are several videos of the scene. Chances are that you have seen them and developed your own opinion as to how this activist mother of three came to be killed. The federal government has said that there will be an investigation. Unfortunately, however, it has stiff-armed the Minnesota authorities, saying they would not be allowed to participate in any investigation and withholding evidence that is in the federal government's hands.

In the meantime, we are left with the evidence of our own eyes. We see Ms. Good in video footage that begins before the incident occurs. She is at the wheel of her car.

In a pleasant manner, she tells the agents that she bears them no ill will. She turns the wheel to the right, away from the agent. Whether or not some contact subsequently takes place between the car and the agent, it is hard to understand why he unholsters his gun before she starts to move forward. If the agent is claiming "self-defense", it's even harder to understand why at least two of the shots were fired through the driver's side window, obviously placing the agent to the side of her vehicle at that point. And it's completely impossible to understand how Kristi Noem, the Secretary of the Department, could justify her characterization of Ms. Good as a "domestic terrorist"! This defensive and unwarranted slur of the victim speaks volumes.

One thing is clearly true: Allowing masked and insufficiently trained Immigration and Customs Enforcement and National Homeland Security personnel to conduct undisciplined immigration raids throughout the country is bad and dangerous policy.

Instead of rounding up "the worst of the worst" criminal offenders, as it was advertised they would, these agents are arresting massive numbers of law-abiding people. Forced by quotas to increase the number of people they apprehend, they are using violent tactics and terrorizing local communities. And making terrible mistakes.

The tragic death of Renee Nicole Good is only the most recent example of an American citizen being shot to death by an over-eager agent. The country did not sign up for this. It's time for citizens to press the President and our congressional representatives for a change in policy. We encourage you, our subscribers, to contact your representatives as soon as possible and demand that they act.

American cities on the pretext of fighting crime. He has ordered those troops onto their streets against the wishes of their citizens and elected leaders. The sense that the cities are being “occupied” is palpable. The urge to oppose the occupiers is completely understandable. Given that most of these moves have been directed at cities led by Democrats, the political motivation is clear. Fortunately, the courts have reined in some of these moves, but many observers fear that the administration will renew the effort as the fall midterm elections approach.

The foregoing are only a few of the many actions - or avoidances of action - by the administration that require response. Here is a quick list of others:

-The administration’s persecution of American war hero and astronaut, Arizona Senator Mark Kelly, because Kelly had the temerity to say that the military should not follow illegal orders. Recently, Secretary Hegseth has instituted proceedings against him with the announced intention of reducing both his rank and his military pension.

This is the same person who, years before, while he was a commentator on Fox News, gave viewers the same advice: Don’t follow illegal orders!

-The President’s ignoring of the multifold peril of climate change. This is a deep and abiding attitude, and it flies in the face of the existential danger that global warming poses for all of us. Mr. Trump has turned his back on climate-friendly sources of energy and has uncritically supported the oil industry. Our country is left to go its own way. For the first time in history, the administration has withdrawn the United States from international climate talks. (Please see later in this newsletter an opinion piece offered by one of our chapters on the subject of Venezuela.)

-Attempts to outlaw vote-by-mail balloting, a longstanding institution in a number of American states. Mr. Trump has already succeeded in inducing mid-census redistricting efforts in various other states in a transparent effort to skew the November 2026 election and create a Congress more to his liking. Together, these efforts constitute a massive and abusive attempt to control the outcome of the forthcoming midterm elections.

-His pernicious and ongoing efforts to sanitize the country’s history of inconvenient facts, including the insurrection that took place at the nation’s capitol on January 6, 2021 and country’s imperfect record in overcoming the blight of slavery. This has been accompanied by the degrading and defaming of people of different backgrounds, marginalizing them so that their claims to dignity and equal rights can be ignored and ridiculed.

-Wielding the Department of Justice as an instrument with which to prosecute his enemies and using other tactics of intimidation against those who would oppose his rule. Most recently, this has included a threat to prosecute Jerome Powell, Chairman of the Federal Reserve, in a manifest effort to pressure the Fed to lower interest rates. Attacking the Fed like this poses real dangers to the national economy and has caused great anxiety in the financial community. Meanwhile, the President has been engaged in a continuing campaign to suppress free speech both on our street corners and on the airwaves.

-Shamefully defunding the research programs of great American universities whose faculties are deemed “too liberal” by the administration. Still further damage is being

these actions is being felt not only in present day financial terms but in the longer term threat to America's intellectual, scientific, and commercial leadership of the world.

-Last, but not least, attempting to act as the czar of American culture, forcing longstanding institutions of history and the arts into obedience to his wishes. Most recently, his vain and presumptuous renaming of the Kennedy Center in Washington, D.C., has revolted both artists and patrons alike. Nothing, it appears, is sacrosanct, as has been further demonstrated in the tearing down of the East Wing of the White House and the proposal to replace it with a massive "ballroom".

Next month we focus on the international front. In the meantime, subscribers are urged to keep an eye on the President's threat to take over Greenland, either the "easy way or the hard way". We suggest that you make preventative calls to your Congressperson and Senators as soon as possible.

The Bottom Line:

We The People need to take greater control of our lives, assert ourselves in the decisions that are being taken on our behalf, and bring about better leadership for the Republic before it is too late. Senior Citizens for America is committed to helping our fellow Americans do these things.

Things to read or listen to

To gain a clearer understanding of the multiple ways in which our democratic values and way of life are being threatened almost every day, SCFA recommends that you listen to Heather Cox Richardson's incisive and engrossing series of daily commentaries, "Letters from an American". You can find them online at heathercoxrichardson.substack.com.

We also recommend that you check out [The Bulwark](https://thebulwark.com). This is a set of programs presented by insightful critics of the administration. They will take you deeply into the the machinations that are going on behind the political scenes. You can find them at <https://thebulwark.com>.

Opinion from one of SCFA's chapters:

The Senior Action Squad (SAS) is a group of seniors who reside at The Quadrangle, a senior living facility in southeastern Pennsylvania. It was created in the summer of 2025 in support of SCFA's efforts and its own interest in preserving the rule of law, democracy, the Constitution, and human rights. The SAS is a nonpartisan activity that all residents are invited to join.

In the early morning hours of January 3, the Trump Administration ordered the military to invade the sovereign nation of Venezuela. This criminal act was carried out without Congressional approval and in conflict with international world order recognized since WWII, with the horrific result of at least 80 Venezuelan fatalities.

SAS members were quickly provided the tools with which they could contact their elected officials to voice their concern while also demanding there be a cessation to this aggression. (To contact your representative by email:

<https://democracy.io/#/> ; To contact your representative by phone:

<https://5calls.org/>)

The shock and shame that this should be occurring in the 250th anniversary year of our democracy is beyond words and cannot be a more obvious contradiction to our country's founding principles.

-Senior Action Squad, January 11, 2026

Progress at SCFA

Off and Running!

Our website – <https://seniorcitizensforamerica.org> - has been up for only a couple of weeks, but it is already attracting viewers from around the country. So far, more than 100 of you have subscribed to SCFA's mailing list. Thank you for that. And for telling your friends and neighbors that they should subscribe, too!

It's time for all senior citizens to take the "Promise to Future Generations" . . .

Prior generations fought for America's freedoms, democratic norms, and system of constitutional government. It's our turn now to protect and pass them on. That's what the Promise to Future Generations is all about. Can we get 1,000,000 senior citizens to make ? Yes, with your help. Find the link to it on the home page of <https://seniorcitizensforamerica.org> , affirm it, and share it with others!

Every time you click on the website address you cause it to be more prominent in Google's scheme of things. This makes it easier for others to find our site in their Google searches. Your clicks will give the site "search engine optimization", a fancy term for the higher visibility we need in order to reach still more senior citizens.

And, finally, if you are inspired to make a financial contribution to our work, go back into the website and navigate to the Donate page. Your support would be most welcome!

Creation of a Political Action Committee

While it is legally separate from for America, we want you to know that a number of simpatico persons have created a new political action committee. Called "Seniors Empowering an Effective Democracy" - "SEED-PAC" for short - it has values very similar to ours. It will be an "Independent Expenditure Only" PAC, meaning that it can spend money to influence the outcomes of federal elections but cannot give money directly to candidates or coordinate with their campaigns. In some quarters, this is known as a "Super PAC". There will be more about SEED-PAC in future newsletters.

A piece worth reading by author

Richard McKnight, PhD.

"We The Exhausted Majority"

as excerpted from his soon-to-published book

[When We The People Lead, The Leaders Will Follow](#)

"If you believe the headlines, America is a nation split into two furious camps and locked in an endless culture war. But that picture is badly distorted.

The truth is that most Americans are not ideologues. They are tired.

A growing body of research—most famously the Hidden Tribes studies by More in Common—shows that roughly two-thirds of Americans fall into what researchers call the Exhausted Majority. These citizens—most of us—are neither progressive activists nor conservative radicals. They are the people in between, and they are worn down by a political culture that feels loud, cruel, and unproductive.

The Exhausted Majority cuts across age, race, religion, and geography. What unites them is not ideology but the experience of their country. They are decent people who don't think of

violence.

On many issues, they actually agree more than they realize—on gun safety, a woman’s right to choose, race relations, money in politics, and the importance of democracy itself. Yet they feel—and are—invisible in our politics. Most politicians do not speak to them or for them. So, they retreat.

The Loud Minority Problem

One of the most sobering findings of this research is that while the Exhausted Majority makes up about two-thirds of the population, political life is increasingly shaped by a much smaller group of highly engaged activists at the extremes.

These “loud minorities” dominate social media, primary elections, fundraising, and cable news. They speak in absolutes. They reward outrage. They punish nuance. Their visibility creates the illusion that they represent the country as a whole.

The result is a dangerous feedback loop. As politics becomes more hostile and performative, the Exhausted Majority withdraws. That withdrawal, in turn, gives the extremes even more influence. The system becomes less representative, less trusted, and more brittle.

Polarization, the research shows, is not driven primarily by growing ideological disagreement among most Americans. It is driven by participation asymmetry—by who shows up and who does not. And those most likely to show up are those at the extremes, those who have the strongest incentives to fight and the least incentive to compromise.

Why This Matters

Democracy depends on participation—not just voting, but presence, voice, and trust. When a supermajority of citizens opts out, as many in the Exhausted Majority do, power does not disappear. It concentrates.

The Exhausted Majority still believes in democratic ideals, but belief without engagement is not enough. Over time, disengagement erodes accountability, weakens institutions, and creates openings for authoritarian movements that thrive on cynicism and division.

America’s core problem, then, is not too much disagreement. It is too little shared ownership of the democratic project.

The hopeful news is that the Exhausted Majority is not lost. When people feel heard, respected, and invited into constructive roles—as neighbors, problem-solvers, and citizens rather than combatants—their willingness to engage increases. Democratic renewal will not be driven by the loudest voices. It will be decided by whether the exhausted majority chooses to step back into the room.

The future of American democracy will not be decided by the loudest voices. It will be decided by whether the Exhausted Majority chooses to step back into the room.”

This book will be available 2/1/26. This link will take you to more details about the book and the project of which it is a part (live on 2/1/26): lightmanyfires.org.

In closing . . .

We are just learning the ropes of creating a newsletter. We hope that you have liked this first effort. Let us know your reaction and how we can improve future editions.

the website <https://seniorcitizensforamerica.org> or by sending an email to seniorcitizensforamerica@gmail.com .

Thanks!

The SCFA Team



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