**Subject Line:** **Protect the Social Security Administration and Its Programs**

Dear Senator [LAST NAME],

My name is [FIRST AND LAST NAME], and I’m writing from [CITY, STATE]. I urge you to **oppose any proposals** that would cut or eliminate the **Social Security Administration programs**, such as SSDI and SSI. These programs are essential for millions of disabled people, providing **financial stability**, **healthcare access**, and the ability to live independently.  Cutting or eliminating these programs would put disabled individuals at risk of **extreme poverty**, **homelessness**, and loss of critical support services.

Please protect Social Security and the Social Security Administration and ensure that people with disabilities can continue to live with **dignity** and **independence**.

Sincerely,

[FIRST AND LAST NAME]