Here to Help:

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- In 2021, I held over 90 public events, including 12 town halls.
- This year, my team helped over 1,000 people in the First District resolve issues related to COVID-19, immigration, Social Security, Medicare, small business, the IRS, and the VA.
- My office has helped secure $200 billion in federal grants, contracts, and tax credits for vital projects in the First District, including over $100 million this Congress.

Need help or have questions?

HARTFORD OFFICE
221 Main Street
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Sign up for my newsletter at https://larson.house.gov/contact/join-our-mailing-list

Paid for by the funds authorized by the House of Representatives for the First District of Connecticut.

"It is my privilege to serve as your Congressman, and I would like to update you on how we are working to make Washington deliver results for Connecticut’s families."

– JOHN LARSON
PROUDLY REPRESENTING CONNECTICUT’S FIRST DISTRICT

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I am proud to represent Connecticut’s First District. As a lifelong East Hartford resident, former teacher, and small-business owner, I understand the needs of working families and the people of Connecticut. Here are some of my accomplishments so far during this session of Congress, as well as my priorities of working families and the people of Connecticut. Here are just some of the American Rescue Plan provisions that came right to Connecticut: 

**COVID-19 Relief**

During the worst of the pandemic, I helped author and pass the American Rescue Plan to put money in people’s pockets, vaccinations in arms, and kids back in school. Here are just some of the American Rescue Plan provisions that came right to Connecticut:

- **Stimulus Checks:** Provided federal payments of $1,400 to more than 15 million Connecticut residents.¹
- **Rental Assistance:** Created a new federal program paying up to $10,000 in rental assistance to help renters, as well as $25 million to assist homeowners with their mortgages.
- **Tax Cuts for Families:** Expanded the Child Tax Credit, providing monthly payments up to $3,600 per child, benefiting 77% of children in CT-01 and lifting 7,800 children out of poverty.²
- **Affordable Healthcare:** More than 33,000 households in Connecticut saved over $4.5 million through new tax credits on the Access Health CT marketplace for health insurance. Families in the First District saved an annual average of $174 per household.³
- **Small Business Relief:** Brought federal funds to help Connecticut small businesses and restaurants weather the pandemic in the amount of $10 billion in Paycheck Protection Program payments, $125 million in Shuttered Venue Operators Grant Program grants, and $330 million in Restaurant Revitalization Fund grants.
- **Funding for Schools and Municipalities:** $567 million in federal funding went directly to the towns to fund critical services such as fire and police and schools so children could return to school safely.
- **Relief for Veterans:** Waived the VA copays for veterans seeking medical care at the VA from April 6, 2020, to September 30, 2021, and offering retraining for veterans who were unemployed as a result of the pandemic.
- **Unemployment Benefits:** Extended federal unemployment benefits supplemental payments of $300 per week on top of standard state benefit levels to help those who lost their jobs due to the pandemic can make self-employed and gig workers eligible for the first time.
- **COVID-19 Relief for Veterans:** Waived medical co-payments for veterans seeking care from April 6, 2020, to September 30, 2021, as well as $25 million in rental assistance to help veterans and landlords with their mortgages.
- **Rental Assistance:** $62 million for airport improvements, including $561 million in bridge replacements and repairs, like the I-91 Charter Oak Bridge project.
- **Funding to reconnect neighborhoods, like the North End of Hartford, which is cut off from downtown by I-84.**
- **Investments in flood control programs, like fixing the levee systems in Hartford and East Hartford.**
- **$13 billion to improve public transportation options across the state.**
- **At least $100 million to help provide high-speed internet coverage across the state, which will help more families get online in order to work and learn, including the 27,000 Connecticut residents who currently lack access.**
- **Creating the Affordability Connectivity Benefit to help low-income families afford internet access.**
- **$445 million to improve water infrastructure across the state, to ensure clean, safe drinking water is guaranteed in all communities, and to replace every single lead water service line.**
- **Expanding Connecticut’s electric vehicle charging service line left.**
- **At least $62 million for airport improvements, including Bradley Airport.**

**The Bipartisan Infrastructure Investment Law**

The infrastructure investment and Jobs Act invests the money needed to undo the mistakes of the past and transform the Hartford region. It sends more than $6 billion to Connecticut to rebuild our infrastructure, including:

- **$3.5 billion for federal highway programs, including the I-84/I-91 interchange, and $561 million for bridge replacements and repairs, like the I-91 Charter Oak Bridge project.**
- **Funding to reconnect neighborhoods, like the North End of Hartford, which is cut off from downtown by I-84.**
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**Protecting and Enhancing Social Security**

I was appointed Chair of the House Ways and Means Social Security Subcommittee in 2019. As Chair, I am fighting to protect and enhance Social Security. I authored the leading Social Security bill in the House, the Social Security 2100: A Sacred Trust Act, to provide additional benefits for current and future beneficiaries.

I have also led efforts to:

- **Boost Social Security benefits for those most in need during the COVID-19 pandemic.**
- **Provide adequate funding so the Social Security Administration can improve customer service and reduce the disability hearings backlog.**
- **Eliminate a Trump administration policy that would deprive beneficiaries of disability benefits.**
- **Provide Americans who contribute to Social Security with a mailed annual update so they know what benefits they are earning and can plan for their retirements.**


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