

March 28

NO KINGS IN AMERICA. Why Seniors Must Stand Up to the Kingdom of Trump. A Friendly Call to Residents of Retirement Communities to Protect Our Children, Our Grandchildren, and Our Democracy



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Introduction

Why This Book, and Why You?

When you and I were young, “king” was a word from history books, fairy tales, and decks of playing cards. We grew up pledging allegiance to a republic—“one nation, under God, indivisible, with liberty and justice for all”—and quietly taking pride in the line that isn’t spoken out loud: America has no kings.

Yet today, in the later chapters of our lives, we find ourselves confronting a movement that behaves as though that

promise no longer applies. Donald Trump and the forces behind Project 2025 and the wider MAGA agenda are not simply pushing policies we might agree or disagree about. They are building what amounts to a **Kingdom of Trump**: a system where one leader and his loyalists expect to stand above the law, punish their enemies, and rewrite the rules to stay in power.

This book is written especially for people like you: residents of continuing care retirement communities (CCRCs), senior housing, and assisted living. We are in a unique position. We have lived long enough to remember what came before Medicare, Social Security, civil-rights protections, and modern public education. We have seen what happens when leaders grab too much power—and what happens when ordinary people finally say “Enough.”

You do not have to march in the streets or get arrested to make a difference. But you do need to understand what is happening, what is at stake for your children and grandchildren, and why

your voice still matters—maybe more now than ever.

This book will walk through:

- What “No Kings” really means in American history.
- How the Kingdom of Trump harms children and grandchildren right now.
- How the same agenda is tearing at the patriotic norms we were raised to honor.
- How older Americans, especially those in CCRCs, can respond—calmly, firmly, and effectively.

Take this at your own pace. Discuss it with friends. Mark pages. Disagree if you like. But please, do not look away.

Chapter 1

America’s Original Promise: No Kings

When the United States was born, it was not just another country. It was a radical statement against the idea that

one man, crowned by birthright or ego, should command unquestioned obedience.

The generation that wrote the Constitution had lived under a real king. They understood how easily power corrupts when it is not checked. They watched royal decrees, distant parliaments, and armed soldiers impose taxes, silence critics, and ignore local communities. When they finally revolted, they did not simply trade one king for another. They tried something new.

At the heart of that experiment was a simple idea: **no person is above the law**. Not the president, not a general, not a billionaire, not a preacher. The law would be written by representatives, interpreted by courts, and enforced by officials who themselves had to follow it.

To protect that idea, they built:

- Checks and balances between branches of government.

- Regular elections so leaders could be replaced peacefully.
- Protections for speech, religion, and the press.
- Limits on the use of armed forces at home.

They knew that these protections would be imperfect. They knew human beings are fallible. But they also knew that giving one man the power of a king almost always ends badly.

Over the centuries, we have tested this promise. We have had presidents who resigned in disgrace, presidents who sent troops against peaceful protesters, presidents who lied us into war. But again and again, the system—plus public pressure—pulled us back from the brink.

That is the ideal. It is why so many of us have felt, deep down, that “this can’t happen here.”

The discomfiting truth is that it can. It is happening now.

Chapter 2

From President to “King”: What Has Changed?

Many of us have lived through strong-willed presidents before. We remember Lyndon Johnson twisting arms in Congress, Richard Nixon hiding crimes, Ronald Reagan reshaping government, George W. Bush leading us into Iraq. Strong leaders are nothing new.

So what makes the Trump era different?

At the core, it is the open rejection of constraint. Past presidents, even when they abused power, at least pretended to respect the rules that bound them. They might grumble about courts, but they obeyed court orders. They might dislike the press, but they did not talk as if they alone were reality and any criticism was treason.

Trump took a different approach:

- He described himself as uniquely entitled to loyalty.

- He treated independent institutions—courts, law enforcement, civil servants—as tools that should serve him personally.
- He implied that his supporters owed their allegiance to him more than to the Constitution.
- He portrayed any limit on his power as illegitimate persecution.

This may sound like political style, but it adds up to something more: a **monarchical attitude** in a system that is supposed to have no kings.

A king's mindset says:

- "If the law finds me guilty, the law is corrupt."
- "If the press criticizes me, the press is the enemy."
- "If an election does not go my way, the election must be fake."
- "If agencies do not obey me, they must be purged."

In healthy democracies, leaders know they come and go, but the system

remains. In the Kingdom of Trump, the leader is the system. This is what makes the moment so dangerous.

Chapter 3

What Is Project 2025, and Why Does It Matter?

You may have heard the term “Project 2025” in passing. It sounds like a think-tank report or a campaign slogan. In fact, it is something more serious: a detailed plan prepared by a network of right-wing organizations to reshape the federal government from top to bottom.

Think of Project 2025 as the **blueprint for the Kingdom of Trump**. It lays out how a president aligned with their agenda can:

- Fire and replace large numbers of civil servants with ideological loyalists.
- Take direct control of agencies that are supposed to be independent.

- Dismantle or hollow out departments that protect education, the environment, health care, workers, and more.
- Rewrite rules to favor one worldview and punish opponents.

The technical language can sound abstract, but the impact is very concrete. The goal is not just to win elections. The goal is to **lock in power** and make it much harder for future leaders to undo the damage.

For our children and grandchildren, this means growing up in a country where:

- Government is less about serving the public and more about rewarding friends and punishing enemies.
- Expertise and science matter less than ideology and loyalty.
- Programs they depend on—schools, health care, safety nets—are weakened or turned into tools of control.

You do not need to remember every detail of Project 2025. What matters is

recognizing its purpose: to move America away from “no kings” and toward rule by one man and his faction.

Chapter 4

Harming the Young: How the Kingdom of Trump Targets Children

We often hear pundits talk about “policy differences” as if disagreements are all about numbers on a spreadsheet. But when it comes to children, the choices we make as a country show up in their stomachs, their schoolrooms, their hospital beds, and their emotional lives.

The Kingdom of Trump hits children in multiple ways at once. These are not remote, future risks. They are already unfolding.

Ending or Gutting Early-Childhood Programs

Programs like Head Start and other early-education supports exist because

decades of research—and personal experience—show that the first five years of life are crucial. Stable care, good nutrition, and early learning can change the trajectory of a child’s entire life.

Under a Trump-aligned, Project 2025-style agenda:

- Head Start and similar programs are targeted for elimination or drastic reduction.
- Federal support for child care is weakened, especially in rural and low-income communities.
- Families already stretched thin are left to fend for themselves or rely on unstable, low-quality care.

For our grandchildren, this means:

- Parents forced to choose between working and caring for children.
- Kids starting school already behind because they missed early learning supports.

- More stress at home, which we know affects children's health and development.

Attacking Public Schools and Civil-Rights Protections

Public schools are not perfect. Many of us have seen underfunded districts, overcrowded classrooms, and unequal resources. But public education remains one of the few institutions meant to serve every child.

In the Kingdom of Trump:

- The federal role in supporting and monitoring public education is treated as a problem to be dismantled.
- Civil-rights protections that guard against discrimination in schools are weakened or ignored.
- A culture war is waged against teachers, librarians, and students themselves.

What that means in practice:

- Schools in poorer communities lose even more ground than they already have.
- Students of color, disabled students, and LGBTQ students face greater risk of harassment and unequal discipline.
- Teachers who want to present honest history and science are pressured to self-censor or leave.

Our grandchildren deserve better than a system where the powerful can decide which children are worth investing in.

Undermining Children's Health Care

Children do not control their own insurance, their own doctors, or their own access to care. They depend entirely on the decisions adults make.

The Kingdom of Trump pushes:

- Cuts and restrictions to programs like Medicaid and children's health insurance.

- Rules that limit what kinds of care are covered, especially for reproductive and gender-related health.
- Policies that punish families for being poor, disabled, or different.

For children, this can mean:

- Losing coverage altogether or facing gaps when they need care most.
- Parents forced to postpone appointments or skip medications.
- Political interference in decisions that should be made by families and doctors, not politicians.

Behind every statistic is a child with a name, a favorite toy, a particular laugh. They are not abstract “costs.” They are people we love.

Terrorizing Immigrant Children and Mixed-Status Families

One of the most chilling aspects of the Trump era has been the treatment of immigrant families, including children. Many of us still remember the images

of kids in cages at the border, sleeping under foil blankets.

For children who are immigrants, refugees, or members of mixed-status families:

- Aggressive raids and detentions create constant fear of being separated from parents or siblings.
- Bullying and harassment increase at school, fueled by hateful rhetoric from public figures.
- Even those who are U.S. citizens live with the anxiety that someone they love could disappear overnight.

Children do not choose where they are born or what passports their parents hold. Yet under the Kingdom of Trump, they are used as pawns in a political spectacle meant to excite a base and instill fear.

Censoring Honest Education and Identity

Finally, the Kingdom of Trump attacks children by narrowing what they are

allowed to know and who they are allowed to be.

We are seeing:

- Book bans targeting stories about Black history, LGBTQ families, and other marginalized communities.
- Laws and school policies that prohibit teachers from discussing racism, sexism, or authoritarianism honestly.
- Efforts to erase or stigmatize children who do not fit a narrow vision of race, religion, or gender.

Children need truth to make sense of the world. They also need to see themselves and their families reflected in that truth. When we deprive them of honest history and recognize only certain kinds of people as “acceptable,” we plant seeds of shame, confusion, and division.

As grandparents and elders, we have a special responsibility to insist that the next generation grow up with both honesty and hope.

Chapter 5

Tearing at the Fabric: How the Kingdom of Trump Undermines Democratic Norms

Beyond specific policies, the Kingdom of Trump is dangerous because of how it changes what is considered normal in public life. Norms are the unwritten rules that make a society livable. When they decay, the system can fail even if the written laws stay the same.

No Longer Even Pretending to Respect the Law

In a healthy republic, leaders grumble about investigations, but they comply. They may criticize court rulings, but they follow them. They accept that the law has power over them.

Under Trump and his movement:

- Courts that do not rule their way are called corrupt and illegitimate.

- Prosecutors and law-enforcement officials who enforce the law against allies are smeared as enemies.
- Legal charges are dismissed as “witch hunts” regardless of evidence.

This constant drumbeat teaches millions of people that laws are not rules we all share, but weapons one side uses against the other. It makes it easier to justify ignoring rulings, intimidating jurors, or even pardoning violent supporters simply because they are “on our side.”

Turning Law Enforcement into a “King’s Guard”

One of the most frightening trends has been the use of law-enforcement and federal agents as if they were a private royal guard.

We have seen:

- Federal officers deployed to cities in ways that look more like occupation than protection.

- Immigration agents used to send a message of terror to entire communities.
- Friendly language toward violent groups that support the leader, paired with hostility toward peaceful protesters who oppose him.

In the Kingdom of Trump, the message is clear:

“If you are loyal to the king, you will be protected—even when you break the law. If you oppose the king, you can expect to be watched, harassed, or punished.”

That is not how a republic works. That is how a monarchy or dictatorship works.

Christian Nationalism and Forced Conformity

Many of us are people of faith or were raised in religious households. We know that genuine faith cannot be forced by law. That is why the First Amendment exists: to keep government from

imposing a single religious doctrine on everyone.

Christian nationalism, which has allied itself closely with Trump's movement, seeks to:

- Declare one religious interpretation as "truly American" and others as suspect.
- Use government power to enforce religious rules about family life, sexuality, and gender.
- Suggest that those who do not conform are less worthy citizens.

This fusion of religion and state is especially harmful when combined with monarchical attitudes. A leader who claims to speak for both God and the nation is a leader who feels doubly entitled to obedience.

Our grandchildren deserve a country where they can practice whatever faith they choose—or none at all—without fear that the government will punish them for it.

Disinformation and the Death of Shared Reality

Every democracy depends on a shared baseline of facts. People can disagree about what to do, but they must roughly agree on what is happening.

The Kingdom of Trump uses disinformation as a deliberate tool:

- Flooding the public with contradictory and false statements until people give up on knowing what is true.
- Labeling independent media as “fake news” while promoting propagandists as the only trustworthy voices.
- Spreading lies about elections, opponents, public health, and more.

The result is not just confusion; it is **exhaustion**. Many people, especially younger generations, wonder whether anything can be trusted. In that fog, a strongman can step forward and say,

“Only I can fix it. Believe me and no one else.”

Older Americans have seen this pattern before, in other countries and in our own past. We should recognize it for what it is—and refuse to let it harden into a permanent way of life.

Chapter 6

Why Seniors in CCRCs Are So Important

At this point, you might be thinking: “I see the danger, but what can people like us actually do?” It is a fair question. We may no longer be able to march for miles, stand in the rain, or sit for hours at long meetings. Many of us have our own health struggles and caregiving responsibilities.

And yet, we hold unique power.

We Are Living Memory

Our generation remembers:

- A world before Medicare and Medicaid.
- When Social Security was not a guarantee.
- Segregated schools and neighborhoods.
- The rise and fall of McCarthyism.
- The civil-rights and women's movements.
- The Vietnam War protests.
- Watergate and a president forced to resign.

We know, not from textbooks but from life, that progress can be made and lost. We know what it looks like when citizens (and sometimes courts and Congress) push back successfully against abuses of power.

When we speak to our children and grandchildren, we are not giving them abstract theories. We are offering testimony: "I was there. I saw this pattern before. Here is what helped, and here is what hurt."

We Vote—and Politicians Know It

One stubborn fact of American politics is that older Americans vote at higher rates than younger adults. Campaigns know this. They invest heavily in reaching seniors. They fear losing us.

That means:

- A letter or phone call from a senior can carry more weight than a dozen from younger constituents.
- A group of residents in a CCRC, signing a joint statement, can get real attention from elected officials.
- When we show up—even virtually—politicians notice.

The Kingdom of Trump thrives when people who see the danger stay home and stay quiet. Our participation, even from our armchairs and walkers, can make more difference than we realize.

We Build Community Every Day

CCRCs and senior communities are mini-towns. We see each other at

meals, in hallways, at activities, in religious services. We talk, we argue, we share joys and losses.

That everyday community is a powerful resource:

- A simple conversation over lunch can shift how someone thinks about Trump or Project 2025.
- A small discussion group can help people process frightening news without giving in to hopelessness.
- A local event—short, accessible, close to home—can let residents express their values without needing to travel.

The Kingdom of Trump seeks to isolate people, feeding them only the information that reinforces fear and loyalty to one leader. Our communities can be antidotes to that isolation.

Chapter 7

What You Can Do: A Practical Guide for CCRC Residents

You do not have to do everything in this chapter. Start where you are, with what you can manage. The important thing is to do something.

1. Start Conversations, Not Fights

Political topics can be touchy, especially in close quarters. The goal is not to win every argument. The goal is to gently invite people to see what is at stake.

Some approaches:

- Tell a personal story: “When I see attacks on Head Start, I think of my own kids and grandkids. Early education was so important for them.”
- Use “I” statements: “I worry when any leader talks like they are above the law.”
- Ask questions: “How do you feel about cutting children’s health care?” “Do you think a president should be able to ignore court orders?”

If someone is firmly in the Kingdom of Trump camp, you may not change their mind. But others listening—at the next table, in the hallway, in a group—may hear their own doubts echoed in your words.

2. Organize Gentle, Accessible Events

You don't need a big budget or professional organizers. A few residents with a shared concern can create meaningful moments.

Ideas:

- A “No Kings Day” reading: short readings from the Declaration of Independence, the Constitution, or speeches that emphasize no one being above the law.
- A candlelight or flashlight vigil in a courtyard or meeting room, with a brief statement about protecting children and democracy.
- A discussion circle: 60 minutes, with simple ground rules like “one

person speaks at a time” and “assume good intentions.”

- A film showing followed by discussion, focused on democracy, civil rights, or authoritarianism.

Keep events:

- Short (30–60 minutes).
- Physically accessible.
- Scheduled at times when residents are usually up and about.

Let staff know ahead of time so they can help with chairs, microphones, or transportation inside the campus if needed.

3. Use Your Voice with Elected Officials

You might be surprised how easy it is to contact your representatives:

- Call the office and leave a short message.
- Write a handwritten note.
- Send an email, either individually or as a group.

You can say something like:

“I am a resident of a continuing care retirement community in your district. I am concerned about efforts to concentrate power in the presidency and cut programs for children and families. I urge you to oppose any agenda that moves us toward a ‘king-like’ presidency and harms our grandchildren’s future.”

If a few dozen residents send similar messages, staff will take notice.

4. Support Younger Activists

Many of the people leading resistance to the Kingdom of Trump are young enough to be your grandchildren—or great-grandchildren. They are organizing marches, creating educational materials, and trying to build a livable future.

Ways you can support them:

- Attend events with them if you are able, even briefly.

- Offer moral support: phone calls, notes, small donations if you can swing it.
- Listen without lecturing. They are carrying a heavy load.
- Share your own experiences of past struggles—civil rights, war, protest—so they know they are not alone.

Remind them that every movement for justice has moments of despair, but persistence can pay off.

5. Take Care of Yourself, Too

This work can be emotionally exhausting. It is painful to watch your country move toward something you never wanted for your descendants. It is tempting to numb out or turn away.

Self-care is not selfish here; it is a survival skill.

- Limit your news intake to reliable sources and specific times of day.
- Balance difficult reading with uplifting stories, humor, or spiritual nourishment.

- Stay connected with friends, family, and supportive groups.
- Remember that you are not responsible for fixing everything alone.

The Kingdom of Trump gains power when people are too overwhelmed to act. Taking care of your physical and emotional health is part of staying in the struggle for the long haul.

Chapter 8

Looking Beyond March 28: A Long-Term Commitment to “No Kings”

“No Kings Day” on March 28 is an important focal point—a chance to say, clearly and publicly, that we refuse to accept a king in America. But the work does not end when the signs are put away and the news cameras leave.

The habits we cultivate now will matter long after any single march.

Making “No Kings” a Personal Principle

You can carry the “No Kings” message into everyday life by asking one simple question whenever you encounter political news:

“Does this strengthen the idea that no one is above the law—or weaken it?”

Apply that question to:

- Proposed laws and court decisions.
- Statements from politicians in both parties.
- How media outlets cover abuses of power.

When you talk with family, neighbors, or caregivers, gently steer conversations toward that core principle. The more people default to thinking in those terms, the more resilient our democracy becomes.

Teaching the Next Generation

Even if you are not a teacher in a classroom, you are a teacher to your family.

You can:

- Share stories with grandchildren about times when people peacefully resisted injustice.
- Encourage them to read widely, think critically, and value truth over tribal loyalty.
- Let them see that you are still engaged, still voting, still caring.

You do not have to agree on every policy. But you can model a commitment to democracy itself—a commitment that outlasts any one leader.

Staying Ready, Not Afraid

Fear is one of the Kingdom of Trump's most effective tools. Fear of immigrants, fear of change, fear of losing status, fear of being left behind.

The antidote is not denial but courage.

- Recognize the danger honestly.
- Connect with others who share your concerns.
- Take small, consistent actions.

If we do this, we can live the rest of our days with integrity, knowing we did what we could to stand between our loved ones and a future of kings.

Conclusion

A Promise for Our Children and Grandchildren

You have lived long enough to know that history does not move in a straight, upward line. There are advances and setbacks, moments of light and long stretches of darkness. You have seen wars, assassinations, protests, and scandals. You have watched leaders rise and fall.

The Kingdom of Trump is not the first threat to American democracy, but it is one of the most brazen. It asks us to normalize a kind of politics that treats

opponents as enemies, laws as inconveniences, truth as optional, and one man as the center of the universe.

You are not powerless in the face of this.

You can still:

- Notice what is happening.
- Name it clearly.
- Talk about it with others.
- Vote against it.
- Stand with those who resist it.

Most of all, you can offer this promise to your children and grandchildren:

“I did not stay silent. I did not shrug and say ‘It’s not my problem’ or ‘I’ll be gone soon anyway.’ I used whatever time and strength I had left to defend the simple truth that America has no kings—and that you deserve to grow up in a democracy.”

May we keep that promise together.