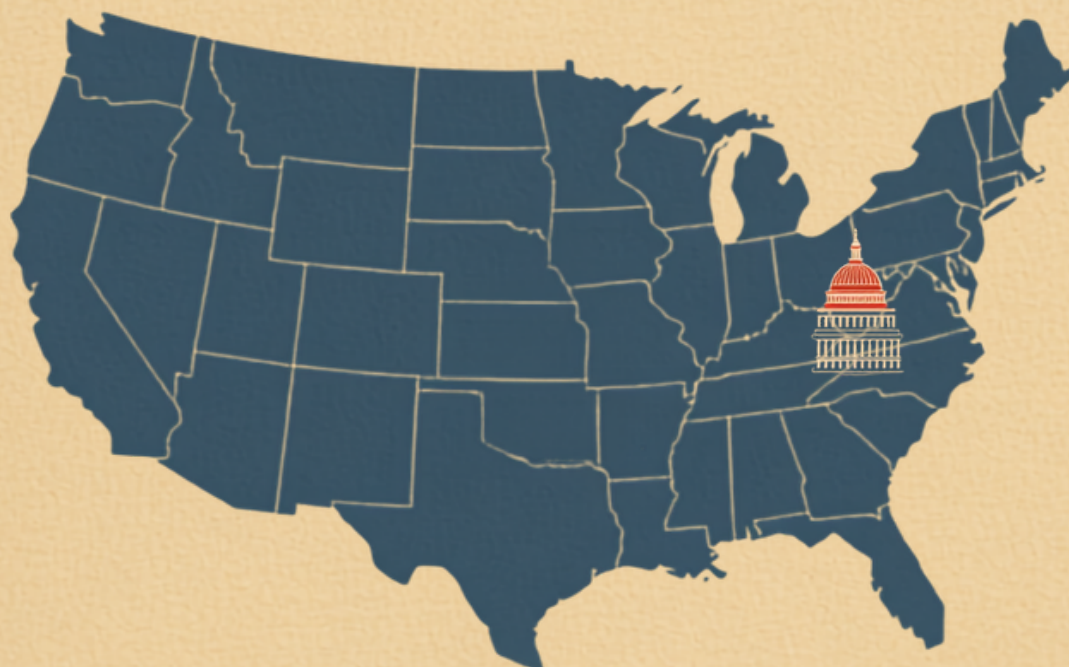


Ask Congress TOOLKIT



A GUIDE TO CONTACTING
CONGRESS

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How to Find Your Representative and Senator

Your elected officials represent your voice in Congress. Use your home address/zipcode to find your U.S. Representative and Senators, learn how to contact their offices, and stay informed about the issues they are working on.

Find your Representative:

<https://www.house.gov/representatives/find-your-representative>

Find your Senator:

<https://www.senate.gov/senators/senators-contact.htm>

Here's another valuable, quick tool to use to identify your elected officials, their contact information, website links, and other important info all in one: **Legislator Lookup**

Email Template

Use this template to create a personalized message to your elected officials and share your concerns, experiences, and requested action. Many of the elected officials' websites have a direct contact form you can fill out.

Subject: Please Support [Issue/Bill Name]

Dear Representative/Senator [Last Name],

My name is [Your Name], and I am a constituent from [City, State]. I am writing to ask for your support on [issue or bill name].

As a senior citizen, [briefly explain why this issue matters to you and how it impacts you, your family, or your community].

I respectfully urge you to [support/oppose/take action on specific policy or legislation]. This issue is important because [share one or two reasons why change is needed].

Thank you for your time and for your service to our community. I appreciate your consideration and hope you will continue working to address this important issue.

Sincerely,
[Your Name]
[City, State]

Tips for Writing Effective Messages

1. Keep It Short & Focused

- Limit your message to one issue.
 - Clearly explain your position and what action you want your representative to take.
 - Keep your message brief and easy to understand.
-

2. Make a Clear Request

Be specific about what you want Congress to do:

- Support or oppose a bill
 - Take action on an issue
 - Learn more about a concern affecting constituents
-

3. Stay Respectful & Follow Up

- Be polite and professional, even when discussing disagreements.
 - Thank your elected official for their time.
 - Follow up if you requested a response or additional information.
-

Quick Message Formula

Who You Are → Why You're Writing → Why It Matters →
What Action You Want

Phone Calls

A phone call is a simple way to directly share your concerns with Congress. Find your elected officials' contact information and use these tips to make an effective call.

Helpful Resources:

- U.S. House of Representatives: Find your Representative's office and contact information.
- U.S. Senate: Find your Senators and their office contact information.
- Congressional offices: Visit your lawmakers' websites to locate district offices, phone numbers, and staff contacts.

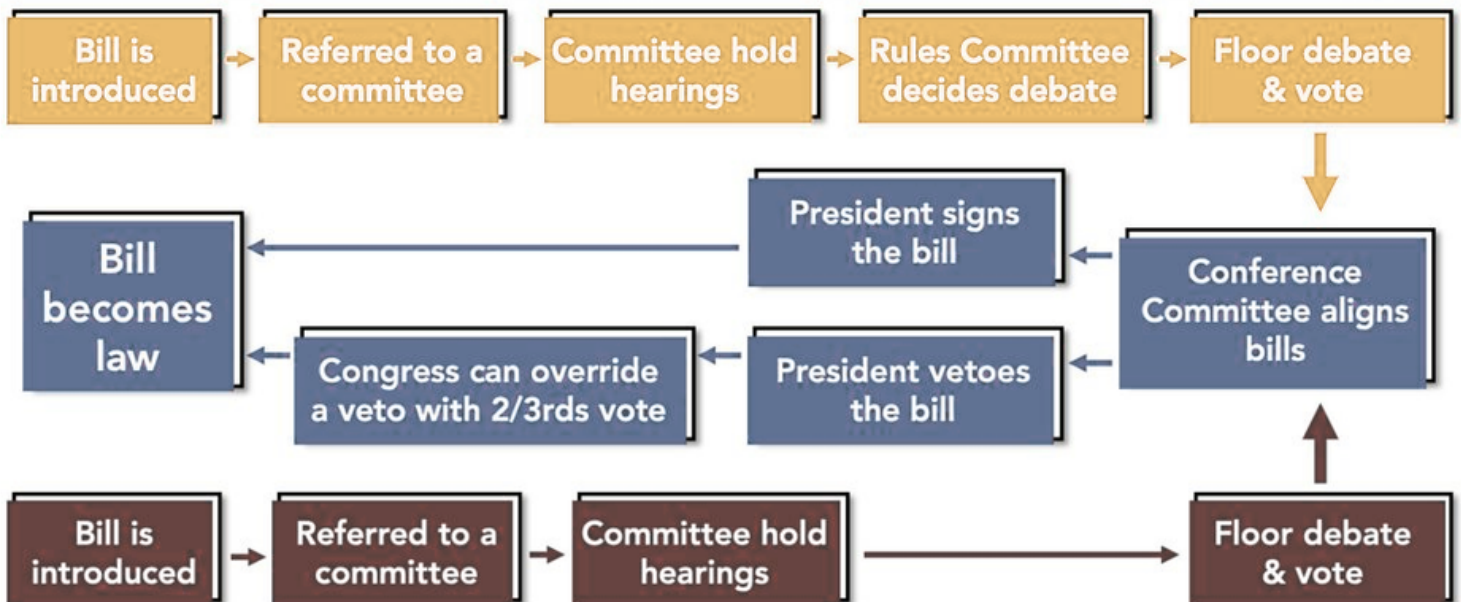
Tips for Calling Congress:

- Introduce yourself as a constituent
- Clearly state the issue or bill you are calling about
- Share why the issue matters to you
- Politely ask for your Representative or Senator's position or support

How a Bill Becomes a Law

The process of turning a bill into law can be confusing, but understanding each step helps you see how decisions are made in Congress and how your voice can influence the process.

HOUSE OF REPRESENTATIVES



HOW A BILL BECOMES **LAW**  **SENATE HOUSE**

Keep Up to Date with Information

RetireSafe works to advocate for policies that protect the health, safety, and financial well-being of older Americans. Explore our current priority bills and legislative efforts to learn how you can get involved and make your voice heard.

Visit the **Legislation** section of our website to view current priority bills, updates, and ways to take action.

Follow **@RetireSafe** on social media for the latest advocacy news, legislative updates, and opportunities to support issues important to seniors.

Stay informed. Stay engaged. Make your voice count.