



Advocacy Tool Kit to Fight Sequestration

Including:

- San Diego Representatives
- Sample Letter
- Advocacy Tips & Tricks



U.S. Congressional Contact List

United States Senate Representatives

Senator Barbara Boxer (D) Ph: 619-239-3884

Email webform: <https://boxer.senate.gov/en/contact/policycomments.cfm>

Facebook: <http://www.facebook.com/senatorboxer>

Twitter: @SenatorBoxer

Senator Dianne Feinstein (D) Ph: 619-231-9712

Email webform: <https://www.feinstein.senate.gov/public/index.cfm/e-mail-me>

Facebook: <http://www.facebook.com/senatorfeinstein>

Twitter: @SenFeinstein

United States House Representatives

49th District: Rep. Darrell Issa (R) Ph: (760) 599-5000

Email: congressman.issa@mail.house.gov

Facebook: <https://www.facebook.com/darrellissa>

Twitter: @DarrellIssa

50th District: Rep. Duncan Hunter (R)

Phone: El Cajon: (619) 448-5201, Escondido: (760) 592-0271, Temecula (951) 216-2111

Email Webform: https://forms.house.gov/hunter/webforms/zipauthen_contact.shtml

Facebook: <http://www.facebook.com/pages/Congressman-Duncan-Hunter/79072979038>

51st District: Rep. Juan Vargas (D) Ph: (619) 422-5963

Email Webform: <https://vargas.house.gov/contact/email-me>

Facebook: <http://www.facebook.com/RepJuanVargas>

Twitter: @RepJuanVargas

52nd District: Rep. Scott Peters (D) Ph: (858) 455-5550

Email Webform: <https://scottpeters.house.gov/contact/email-me>

Facebook: <http://www.facebook.com/CongressmanScottPeters>

Twitter: @RepScottPeters

53rd District: Rep. Susan Davis (D) Ph: (619) 280-5353

Email: susan.davis@mail.house.gov

Facebook: www.facebook.com/RepSusanDavis

Not sure who your representative is? Find out here: www.house.gov



Sample Letter/Email

Dear Senator/Representative [insert name],

I am urging you to protect senior nutrition programs from the sequester ordered on March 1. Sequestration will eliminate over 100,000 meals for seniors in San Diego and 4 million meals nationwide. The impact of the sequester could be far greater than lack of nutritious meals for a vulnerable population who is often more isolated and in the greatest economic or social need. Frequently, the meal that is provided through senior nutrition programs is their only guaranteed source of nutrition each day.

The longer term impact of these cuts could be that some of these older adults will end up in hospitals and or nursing homes due to health issues related to the failure to maintain a proper diet. This, in turn, will add significant costs to Medicare and Medicaid at a time when efforts are being made to reduce these costs. We should be investing in these valuable nutrition programs as a means to avoid increasing federal expenditures, not cutting back on them when they are needed most.

We hope you will insist to exempt senior nutrition programs from sequester to avert a human tragedy which will befall some of the most vulnerable individuals in our society. Thank you for your consideration and support.

Sincerely,

Your Name





Advocacy Tips and Tricks

Define Your Message:

- Tell a vivid story to reinforce the message
- Personalize your story to connect with interest of legislator
- Frame specific problem as part of a larger issue that people care about (aging, Alzheimer's, cost savings, etc.)
- Important to "translate" what program means to participants re: disease management, preventing health crises and decline, etc.
- Use statistics or hard facts to support
- Offer solutions, not just problems

Types of Advocacy Activities:

- Phone calls
- Email
- Letters
- Petitions
- Scheduling meetings (with elected officials or community leaders)
- Coalition building

Join Seniors First San Diego

- Stay informed via newsletters and action alerts: www.servingseniors.org/advocacy
- Join the conversation on Facebook and Twitter & Share our posts with your friends: <https://www.facebook.com/SeniorCommunityCenters> & <https://twitter.com/ServingSeniors>
- Attend an Advocacy 101 Workshop
- Contact Christina Griffith, Manager of Public Affairs and Advocacy at 619.487.0743 or ChristinaGriffith@servingseniors.org for more information

