

# Contacting Congress

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# Parkinson's research funding requests for Fiscal Year 2019

- » \$5 million for the National Neurological Conditions Surveillance System (database) at the Centers for Disease Control and Prevention (CDC)
- » \$38.4 billion for the National Institutes of Health (NIH)
- » \$20 million for Parkinson's research at the Department of Defense (DoD)



# Calling the House

- » Look up your representative using this website:  
<https://www.house.gov/representatives/find-your-representative> (it will direct you to their website where you can find contact info)
- » If no one answers the phone, leave a message!
- » What to say on the phone:
  - My name is \_\_\_\_\_ and I am from \_\_\_\_\_ (city/state)
  - I'm calling to ask Representative \_\_\_\_\_ to support funding for the National Neurological Conditions Surveillance System at the CDC.
  - I'd also like the representative to support research funding at the NIH and DOD
  - Thank you so much for your support!



# Calling the Senate

- » Find your senators' and their phone numbers on this page:  
[https://www.senate.gov/general/contact\\_information/senators\\_cfm.cfm](https://www.senate.gov/general/contact_information/senators_cfm.cfm)  
(Be sure to call both of them!)
- » If no one answers the phone, leave a message!
- » What to say on the phone:
  - My name is \_\_\_\_\_ and I am from \_\_\_\_\_ (city/state)
  - I'm calling to ask Senator \_\_\_\_\_ to support funding for the National Neurological Conditions Surveillance System at the CDC.
  - I'd also like the senator to support research funding at the NIH and DOD
  - Thank you so much for your support!



# Sending an email

- » Use the template email text provided.
- » At the beginning of the email, be sure to mention where you're from and that you're a constituent.
- » Make sure to personalize it! Describe your connection to Parkinson's disease and how it impacts your life.
- » If you have the email address of a staffer in your lawmaker's office, send your message to them. If not, visit [advocate.michaeljfox.org](https://advocate.michaeljfox.org) and select "compose your own message" to send your email to your legislator.



# Sharing a video on Twitter

- » Find your lawmakers' Twitter handles on the provided spreadsheet.
- » What to say in the video:
  - My name is \_\_\_\_ and I am from \_\_\_\_ (city/state)
  - I'd like Senator/Representative \_\_\_\_ to support funding for the National Neurological Conditions Surveillance System at the CDC.
  - I'd also like my member to support research funding at the NIH and DOD
  - Thank you so much for your support!
- » Be sure to tag your legislators when you post, and use the hashtags #act4PD and #Parkinsons

