



2011 Adopt-a-Legislator Advocacy Teams

Activities for December 2010

❑ Send a personal letter of introduction to legislator's home address.

***Special Tips:** Home addresses are listed on this [directory](#). Introduce yourself and provide a short description of your personal and/or professional experience related to developmental disabilities. Explain that you are participating in the Grassroots Oregon Adopt-a-Legislator Project and will be in contact throughout the legislative session. Invite your legislator to meet with you in the next few weeks. Finish the letter with a holiday greeting and your contact information.*

❑ Research your legislator.

***Special Tips:** As you prepare to establish a real connection with your legislator, it is important to learn more about them. Legislators often detail their interests, community activities, and family life on their own websites and social media pages. If the legislator was re-elected, it will help if you know what committees and legislation they have been previously involved with. Create a list that includes your legislator's addresses, phone numbers, links to their website(s), Face book and Twitter profiles, as well as any DD related background. Send this list to the GO Project Coordinator.*

❑ Review the DD Coalition Website & Fact Sheets www.oregonddcoalition.org

Please send an advocacy update to the GO Project Coordinator, Cheryl Cisneros via email at info@oregonddcoalition.org as activities are completed.

Now, Let's GO!