American Kidney Fund
Advocacy Toolkit

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Welcome, Ambassador!

We are excited to have you as an Ambassador in the American Kidney Fund’s (AKF) Advocacy Network! Ambassadors like you are extremely important in our efforts to raise awareness of kidney disease at the federal, state and local levels. Your advocacy helps us ensure that every kidney patient has access to quality health care and that no living organ donor faces barriers when choosing to give a lifesaving gift.

This Advocacy Toolkit will teach you how to be an effective advocate for yourself, as well as the 37 million Americans living with kidney disease, the more than 785,000 Americans living with kidney failure and the thousands of Americans who become living organ donors each year. Ambassadors perform a vital role in our work by influencing legislators and thought leaders so the public policies they put forth work to improve the lives of kidney patients. Ambassadors also educate their communities about kidney disease, its causes and how to prevent it.

Your voice is powerful!
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ABOUT THE
American Kidney Fund

The American Kidney Fund (AKF) fights kidney disease on all fronts as the nation’s leading kidney nonprofit. AKF works on behalf of the 37 million Americans living with kidney disease, and the millions more at risk, with an unmatched scope of programs that support people wherever they are in their fight against kidney disease—from prevention through post-transplant living.

With programs of prevention, early detection, financial support, disease management, clinical research, innovation and advocacy, no kidney organization impacts more lives than AKF. With the nation’s largest free kidney health screening program, Know Your Kidneys™, AKF fosters kidney disease prevention and early detection in at-risk individuals and communities. One out of every six kidney failure patients cannot afford the cost of care, and AKF is there for them, providing lifesaving treatment-related financial assistance. AKF enables all people with kidney disease to live their healthiest lives through disease management education, award-winning public and professional health education materials, courses and webinars. AKF drives innovation through strategic partnerships and investment in clinical research to improve patient outcomes, and fights tirelessly for legislation and health policy to improve the lives of kidney patients. AKF’s KidneyNation online fundraising community unites Americans in support of AKF’s mission.

AKF is one of the nation’s top-rated nonprofits and invests 97 cents of every donated dollar in programs, not overhead. AKF holds the highest 4-Star rating from Charity Navigator and the Platinum Seal of Transparency from GuideStar.

Visit KidneyFund.org, or connect with AKF on Facebook, Twitter, Instagram and LinkedIn.
YOUR STORY makes a difference

You have the most important story to tell in the fight against kidney disease—your own! Your experience with kidney disease, dialysis and/or transplantation makes a real impact when speaking with lawmakers and the media because it gives a personal connection to a disease that affects millions of people and millions more who are at risk.

Elected officials and their staff have many meetings throughout the day, and when they are not in meetings, they are reading through a mountain of letters and emails from constituents (people who live in their district) who are writing about numerous issues of importance. The best way to stand out from the crowd is by sharing your personal experience with them. Your story matters and it is important. Talking about your struggles and successes with kidney disease in a personal way has a lasting impact on elected officials.

Most elected officials will not act on an issue or sign onto a piece of legislation if their constituents do not let them know that the issue is important to them. In most cases, it just takes one person to call or email their lawmakers to move the needle in the right direction. We cannot let kidney disease legislation be ignored, and that is why we need your help to speak up.

Your advocacy is also important because people don’t often hear from those with kidney failure. Dialysis—whether you dialyze in a center or at home—takes up much of a patient’s time, meaning kidney disease can be a very isolating disease. A lot of people have to leave their jobs because of the time and physical toll dialysis takes on their body, and much of their time not in treatment is spent in doctors’ offices. All of this means that everyone else does not have much of a chance to hear and learn from people living with kidney disease. This “secret” disease needs to be brought out into the light and that can only happen with your help. Talking about your experience with media, if you feel comfortable doing so, is also a great way to get your story out there so others can learn. Don’t worry, you won’t be on your own—we’ll always contact you first if we have a media opportunity in your area and help prepare you for any interviews.

Your advocacy is extremely important and it does make a difference. Please help us push forward to make the change you want to see.
Effective METHODS OF COMMUNICATION

Elected officials need and want to hear from their constituents. Their constituents vote them into office, so that means they are there to serve you. Your elected officials may not belong to the same political party as you, or vote the way you like every single time, but we need to build our relationships with their offices so the next time an important vote comes up, they might vote our way. Support for kidney disease legislation is bipartisan and we are always looking for additional lawmakers who are supporters of this legislation. Kidney disease affects people across all demographics in every congressional and state legislative district in America, and lawmakers need to be reminded of that. The information below is an overview of various communications methods. We are more than happy to provide you with additional information and instructions, as well as content for any communications you may have with your lawmakers.

Action alerts

Action alerts are messages crafted by AKF that ask an elected official to do something specific, like vote yes or no on a bill, or cosponsor legislation. Action alerts are important because they let lawmakers know how their constituents feel about a specific issue. Some members of Congress and state legislatures will not act on an issue, no matter how big or small, unless they hear from at least one constituent about it. Sending in just one action alert to an elected official can truly make a difference.

Calls

While technology has replaced the need for phone calls in many situations, it is still a very effective way to communicate with your elected officials. When you call an elected official’s office, you will most likely not be able to speak with the lawmaker directly. They are very busy, so please do not take it personally. You will often speak with a member of their staff who logs your comments and reports them back to a supervisor. It is best to keep calls relatively short (and respectful) so your point comes across and the person on the other end of the line pays attention the entire time.

Snail mail

Sending a letter through the U.S. Postal Service can be an easy way for you to get your point across, without having to deal with technology. While letters you send may get a prompt reply from a state legislator, it can take quite a while longer to get a response from Capitol Hill.
All mail sent to Congress is routed off-site to a facility that makes sure there is nothing harmful in the letter or package. This process can damage letters, or anything else included in your envelope, so please be cautious with what you send. Eventually, the mail will make its way to the offices on Capitol Hill and you will get a reply from your elected official or their office at some point. Letters work great if you want to just be heard by an elected official; however, when important and timely legislation is at stake, other methods of communication deliver better results.

**Emails**

Sending emails to your elected officials can be effective, if you send them to the correct person in their office. If you want to send an email to a member of Congress, you are better off sending it to the staff member who handles the topic you are inquiring about. For the issues AKF and our Ambassadors advocate for, that staff person will likely be the health legislative assistant for the congressperson’s office. You can call the congressperson’s office to find out the name and email address of the health legislative assistant.

Sending an email to a state elected official is a little different. State officials get far fewer emails than their federal counterparts, so there is a better chance that the legislators themselves will actually read your emails. However, it is still likely that an email sent to a state legislator’s official email address will be read first by a staff member who will figure out how to respond. The lawmaker will be made aware of important or compelling emails, so your best bet would be to share your kidney disease story in your email to help it stand out in their crowded inbox.

**Twitter**

Although the shortest of communications methods, Twitter is fast becoming one of the most effective ways to reach an elected official. This is because tweets can be seen by lots of people, unlike an email that can only be seen by the recipient. It is rare for a member of Congress to be solely in charge of their Twitter account, but many are very involved in reading the messages tweeted at them.

**Letters to the editor**

Letters to the editor (LTEs) in local newspapers and magazines are not always the most common way to communicate, but they can be the best way to get your message directly in front of an elected official. Nearly all lawmakers have their staff keep track of all news articles that mention their name, including from digital and print sources. Elected officials do read the news clips their staff gives them. LTEs usually have a 100-250 word limit, but some digital outlets publish longer letters. Very few LTEs make it into the print edition of the newspaper, but they sometimes publish additional letters on their website.

See more information about **writing letters to the editor** later on in this toolkit.
USING social media

Social media is a great way to stay up-to-date on what your elected officials at all levels of government are doing. Many elected officials are increasingly turning to social media to share news, legislation they are working on and how they plan to vote on certain bills, so you can learn a lot just by following them. If you don’t already have Facebook, Twitter and Instagram accounts, you can sign up for them for free.

You can find your elected officials’ social media handles (profiles) on their official websites. You can also use Facebook’s Town Hall feature to find, follow and get the contact information for your elected officials.

Every year social media grows in importance for elected officials. This is a big benefit to the public because it makes it much easier to interact with lawmakers. A 2015 study by the Congressional Management Foundation asked Capitol Hill staffers how much influence social media posts directed at their office would have on their boss’s final decision if they were undecided on an issue. 78% of the staffers said social media posts from multiple constituents affiliated with a specific cause or group, like AKF, would have an impact.

For the majority of issues, if 100 people email a Capitol Hill office and say they are for or against certain legislation, the member of Congress will likely just get a tally of the emails. If 100 constituents tweet about the same topic, it is more likely to be noticed.

By following a few simple rules, your social media posts can have a big effect on the kidney disease issues you care about.
Setting up an account

- **Choose a simple username:** Choose a username that is as close to your first and last name as possible. Doing so will give you more authority than having a creative username.

- **Upload a profile picture:** Choose your favorite photo of yourself to use as your profile picture.

- **Provide location information:** Add your location to your social media bios. If you are from Maryland, for instance, and you tweet at your senators, your tweet will be more effective if they are able to look at your profile and see that you are from Maryland.

- **Follow all your elected officials:** Not only does this show them you are interested in their work, it also allows you to learn more about what they are doing.

Tweeting/commenting

- **Use proper capitalization, grammar and punctuation:** Typing in all capital letters or using a lot of exclamation points may mean your post is taken less seriously.

- **Keep it short:** Social media is not intended for long posts so if you have a lot to say, save it for an email or, better yet, a phone call.

- **Tag the lawmaker:** Tagging an elected official’s account will get your post on their radar. To tag someone, simply put @ before their username. For example, you can tag AKF on Twitter @KidneyFund.

- **Ask for something specific:** Whether asking a lawmaker to vote a certain way or for help on an issue, a very specific ask is more likely to get a response.

- **Say thanks:** If your elected official has supported your issue in the past, or is currently on your side, thank them. It is always good to let lawmakers know when you appreciate their work!
TELLING your story

Your personal story is your most powerful advocacy tool. No one can explain your experience better than you. Your story helps put a face on a complex issue and makes it more personalized and relatable, which helps lawmakers understand the significance. Your elected officials work for you, and sharing your story will help get them to work on the issues you care about most.

There are a few key things that make a good and effective story to share with elected officials:

**Make it personal**
Your personal story will let your lawmakers know your connection to kidney disease—the current challenges you’re facing, your connection to AKF and what changes you want to see in the future. Lawmakers and their staff likely won’t be very familiar with everything kidney patients face, so take the opportunity to educate them. Finally, be direct in telling them what you want from them. Whether it is to vote a certain way, cosponsor legislation or another request, make sure you clearly state what you want.

**Keep it short**
Focus on what is most important. There will be plenty of time for questions, so keeping your story short will allow for follow up.

**Make sure it is easy to follow**
A story that is easy to follow has a logical order and does not dive too deeply into technical issues. It is much easier to follow a story if you know and stick to the key points you want to get across. Practice your story to make sure you are comfortable with it and are getting all your key points into the story, while also keeping it short. If you are going to be sharing your story verbally in a meeting with an elected official or their office, try practicing it out loud before the meeting with a family member, friend or just yourself.

**Connect emotionally**
For your story to connect with a lawmaker and their staff, you should touch upon how you feel and cope with kidney disease, who has been affected by your kidney disease and what you hope for. Some elected officials do have personal experiences with kidney disease, but most won’t truly understand the experience. You can help bridge that gap by sharing your feelings on your kidney disease journey and how you’ve managed everything that has come your way. It is also important to let your lawmakers know that even though you have dealt with a lot, you still believe in a better future.
Identifying Your Elected Officials

Every state has two U.S. Senators. You can find out who your senators are at senate.gov. There is a drop-down menu in the very top left corner, right next to the American flag. Use the drop-down menu to choose your state and it will direct you to a page that lists your two senators. You can click on their names to find out the locations of their local offices, their social media accounts, important contact information and more.

To find your U.S. Representative, go to house.gov. In the top right corner there is a “find your representative” section. Plug in your zip code to find out who is your member of Congress. You can click on your representative’s name to find out the locations of their local offices, their social media accounts, important contact information and more.

There is no one-stop-shop for state lawmakers. To get the official source, you need to check with your state board of elections or your state legislature. Most states’ websites have a “government” section that will take you to the information for your state legislature. Most state government website addresses are the name of the state followed by .gov. For example, the website for Maryland (where AKF is headquartered) is maryland.gov. You can tell if you’ve ended up on your state’s official website if it ends in .gov. If it does not, it is not an official government website.
How to contact YOUR ELECTED OFFICIALS

There are many ways to contact your elected officials, but the reason for your communication will help you decide who you should reach out to.

If you want to ask a member of Congress to vote a certain way on a piece of federal legislation, or if you want to update them on an important issue, you should contact their office in Washington, D.C., because all voting and legislative work is done on Capitol Hill. If you need help dealing with a federal agency or want to simply connect with someone where you live, that is where the district office comes into play. If you don’t know which office to contact, try the one you think fits best and the person you reach will direct you to the best office if it is not them.

If you are trying to reach your state lawmakers, you will most likely contact their office in the state capitol. Most states do not have a year-round legislative session, but you can still contact your elected officials regardless of whether the legislature is in session or not. State lawmakers’ staff check voicemails, emails and other correspondence all year long.
Attending an event
WITH YOUR ELECTED OFFICIALS

Town hall meetings (both in-person and virtual), constituent coffees, fairs, parades and other events are a great and free way to meet with your elected officials. The best way to find out what events your elected officials are hosting is by following them on all their social media accounts. Elected officials use social media to post about meet and greets and other similar events. These smaller events tend to fill up quickly, so be on the lookout for posts encouraging you to RSVP. For larger events held by your members of Congress, you can contact their office on Capitol Hill to learn about when they will be in a particular part of their district.

You can also sign up for your elected officials’ mailing lists to learn about events. Most elected officials have an email signup form on their website, but you can also call their office to let them know you want to be added to the mailing list. Many lawmakers have free open house-style events where you can just show up and talk to them about anything and everything. These events tend to have very high attendance. This is also a good way to find out when an elected official may join a holiday parade or attend the county fair or another event.
HOW A BILL BECOMES a law

Sometimes a bill becomes a law very quickly, but sometimes it can take several years or never happen at all. Every bill has to start with an idea, which can come from anybody. A member of Congress must introduce any piece of federal legislation, but it can start with a simple suggestion from a constituent, including you.

Once a bill is introduced by a member of Congress, it goes to a committee where it will be considered. If the committee decides the bill should be voted on, it will go to the full House or Senate for a vote. This is where the bill can get killed, or changes and amendments can get made. If the bill is brought up for a vote and passes, it goes to the other chamber (the Senate if the bill was first introduced in the House, or the House if it was first introduced in the Senate) and then will go through the same process. Often bills are introduced in both the House and Senate at the same time to speed up the process.

If a bill makes it out of both chambers, then it goes to what is called conference. This is where the House and Senate will agree to iron out any differences between the two versions of the legislation. If everyone agrees on one singular bill, then it goes on to the president.

When the president has a bill, there are four possible courses of action:

1. The president can choose to sign the bill.
2. The president can choose to veto (reject) the bill. If the president rejects the bill, the House and Senate can overturn the veto if they have two-thirds of the votes from both chambers. If the House and Senate do not have two-thirds of the votes, the bill ends right there.
3. The president can leave the bill unsigned. The president has up to 10 days to decide the fate of a bill once he or she receives it. If the bill is left unsigned after 10 days, the bill becomes a law. This can happen if the president does not want to come out for or against a controversial bill.
4. The president can do a pocket veto. At the end of a legislative session, bills are sped through the voting process to get them to the president as quickly as possible. Since the president is allowed 10 days to review the bill once it has been received, if there are less than 10 days left in the legislative session, the president can simply do nothing. If this happens, the bill will die. It is called a pocket veto because it is like the president put the bill in his or her pocket and left it there.

Each state has their own unique set of rules for state legislation, but for the most part they follow the same steps as federal legislation.
Writing an LTE is a vitally important advocacy tool that can and should be used to help bring about positive change in our society. There are two main reasons to write an LTE:

1. **To provide the publication with a point of view that you find is missing from the conversation.** This could be to balance out an article you found to be one-sided or to shed light on a topic that has received no coverage at all.

2. **To get your words in front of an elected official.** It is extremely difficult to get an LTE printed in national publications like *The New York Times*, *The Washington Post* or *USA Today*. However, local papers and blogs are always looking for good and compelling content. This works to your benefit because elected officials and their staff keep track of the news from their districts. If they don’t come across your LTE on their own, their staff will share it with them in daily clip reports (a collection of that day’s relevant news).

Now that you know why LTEs are crucial to the political and legislation process, here are steps on how to write them and find the proper outlet for publication:

1. **Make a list of local publications:** Your list should include every publication in your area, from the largest local newspaper to your community weeklies and blogs. Note: not all publications will accept LTEs, so make sure your list includes the publications that do.

2. **Find out LTE submission guidelines:** Make a list of what all the rules are for publishing an LTE in each of the outlets you’ve identified in step 1. In general, LTEs are about 100-250 words long, but some digital publications allow for longer LTEs.

3. **Choose your targets carefully:** As mentioned before, it can be really hard to get an LTE published in bigger outlets. It may be best to start off targeting smaller publications that print a lot of LTEs.

4. **Sit down and write:** Since space is limited in LTEs, try to stick to the key points you identified in your kidney disease story, and make what you have to say compelling. If you are writing an LTE to urge local elected officials to vote for a kidney disease bill in your state legislature, for example, give a compelling, personal reason why they should vote in favor of the bill. If you are writing an LTE in response to a previously published article, it is important to mention that article’s title.
5. **Ask AKF for help:** If you are feeling stuck and don’t know where to start, don’t hesitate to reach out to us. It can be difficult sometimes to get your point across in such a small word count. We are more than happy to go over ideas for your LTE, or to review and make any necessary edits to the LTE you’ve already written.

6. **Submit your LTE:** When sending an LTE to a publication, make sure to follow every rule they’ve laid out for a successful submission. Leaving out something as simple as your city and state could prevent a great LTE from making it to press.

7. **Hope for the best:** Even the best LTEs sometimes don’t get published. Limited space in the publication or a large number of LTE submissions are just two of the reasons why an LTE may not get published.

8. **Send your published LTEs to AKF:** If your LTE has been published, congratulations! Please send us the link to your LTE on the publication’s website so we can see and help promote your great work.

Need inspiration to get you started? See the following pages for some examples of the LTEs our Ambassadors have published.

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### CHICAGO SUN-TIMES

**Legislation would provide hope for those on dialysis**  
**Mar 13, 2019**

I am one of nearly 22,000 Illinoisans who depend on dialysis to stay alive. I must be connected to a machine, three times a week, for sometimes as long as eight hours.

New legislation being considered in Springfield may help me disconnect from dialysis.

And, more importantly, help me reconnect to my life as a father, neighbor and accounting professional.

As someone who is desperately waiting for a kidney after three failed transplants, I know my best chance for a long-lasting kidney transplant is a living donor. On average, a living kidney donor transplant lasts 15 to 20 years, while a deceased donor kidney lasts only 10 to 15 years.

Join me and the other American Kidney Fund Ambassadors going to Springfield on Thursday, World Kidney Day, to support the passage of two pieces of legislation that will remove barriers and encourage living donation.

- Passage of House Bill 2847, introduced by state Rep. Deb Conroy, will prohibit life, disability and long-term care insurers from discriminating against living organ donors by charging higher premiums or refusing to insure them altogether. It will also require employers to provide up to 60 business days of unpaid organ donation leave.
- Passage of Senate Bill 68, introduced by state Sen. Julie Morrison, will give a tax credit to private employers for allowing employees 30 days of paid leave for organ donation. Together, these two bills will help increase the number of living donors.

I urge you: Ask your state representatives to pass living organ donation legislation.

Richard T. Nelson, Schaumburg

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### Readers respond: Support living organ donors

**Apr 10, 2019**

I was only 8 years old when I found out I was in kidney failure.

Luckily, I was able to get on the transplant waiting list and received a deceased donor transplant by age 10.

That luck ran out when I turned 28—my body started rejecting my transplanted kidney.

I spent two years searching for a living donor, while back on the transplant waiting list. I even started my own blog to find a living donor. I knew a living donor would increase my odds of living healthier for longer. On average, a kidney from a living donor lasts 15 to 20 years, while a kidney from a deceased donor lasts 10 to 15.

I never found a living donor, but I did get off the transplant list through another deceased-donor kidney. Many others don’t have the luck of getting off the list at all, let alone twice, like I did. Today, about 97,000 people are on the kidney waiting list. Last year, only 21,000 kidney transplants were performed with about 6,400 from living donors.

For National Donate Life Month I traveled to Washington, D.C., to advocate with the American Kidney Fund for legislation that can encourage living organ donation.

Enacting the Living Donor Protection Act (HR 1224 and S 511), would guarantee job-protected leave to living organ donors and prevent life, disability and long-term care insurers from discriminating against living donors.

I urge you to ask your members of Congress to pass the act and to ask your state representatives to vote for SB 796, the Oregon version of the bill.

Alysia Yamasaki, Portland
Letter: I’m a dialysis patient and very angry about this bill
November 27, 2019

I read Assembly member Jim Wood’s op-ed (“Dialysis industry fear tactics harm vulnerable patients,” Opinion section, Mercurynews.com, Nov. 15) and he made me very angry.

I’m a dialysis patient and because of his bill, AB 290, I will lose medical financial assistance from the American Kidney Fund (AKF) on Dec. 31. The financial assistance from AKF paid the premiums for my supplemental insurance policy which covers the 20% of medical costs that my Medicare doesn’t cover. Without that policy, my expected out-of-pocket costs will run about $9,000 a year.

Because of dialysis, I can’t work. I don’t know what I’m going to do. I’ve beaten prostate cancer, been homeless and lived in my car. I’m very scared and I blame Assemblyman Wood. He claims he tried to protect patients.

Well, he didn’t try hard enough because there are many other dialysis patients like me whose lives are now at risk.

Johnny Cooks
San Mateo

Letter: Support Living Donor Protection Act
April 9, 2019

I was waiting for 6 1/2 years, until I received the lucky call—I had a kidney match from a deceased donor.

This luck didn’t come lightly. I spent days, weeks, years looking for living donors to be my match. I had three people go through the testing process, but alas, none were matches. I beat the long odds that people with kidney failure face in getting a transplant. There is a huge kidney shortage in the U.S. About 97,000 people are on the waiting list for a kidney, but last year, only 22,000 kidney transplants were performed. We need to make more kidneys available for transplant.

That’s why I traveled to Washington, D.C., last week to advocate on Capitol Hill with the American Kidney Fund for legislation that can encourage living organ donation, so others don’t have to spend years waiting.

The Living Donor Protection Act would prohibit discrimination against living organ donors by life, long-term care and disability insurers, and would ensure donors have job-protected leave for the surgery and recovery. Join me and ask your congressional representatives to support the passage of this lifesaving legislation.

Adria Miley, Vancouver

Bill would offer living donors protected employment leave
April 11, 2019

For those not in a sorority, you may roll your eyes at the “sisterhood makes us stronger” mantra, but that’s not the case for me—the power of sisterhood saved my life.

When my kidneys failed and was told I could be waiting (while on dialysis) for a kidney transplant for up to four years, my daughter jumped in to action to see if she could be my living donor. Unfortunately, her kidney wasn’t a match—but her sorority sister was, and she gave me the ultimate gift: a new chance at life.

Without her profoundly generous act, I would have remained for years on the kidney transplant waiting list with 97,000 other Americans. Twelve people die each day waiting for a kidney transplant.

That’s why I went to Capitol Hill last week with the American Kidney Fund to support legislation that will remove barriers and encourage living donation.

The Living Donor Protection Act would guarantee job-protected leave to living organ donors and prevent life, disability and long-term care insurers from charging higher rates to living donors or denying them coverage altogether.

Join me—ask your Congressional representatives to make 2019 the year Living Donor Protection Act becomes law.

Curtis Walford
Indianapolis
Sample THANK YOU LETTER

When you have contact with a lawmaker’s office, whether it be an in-person meeting, virtual meeting or phone call, it is important to send a thank you letter or email promptly. Not only does a thank you show your appreciation for their time and consideration, it is also the perfect opportunity to provide follow-up information to the staffer you spoke with.

Feel free to use this sample thank you email or letter as a template to send after your meetings.

Dear [Staffer First Name],

Thank you for taking the time to [meet/speak] with me [today/yesterday/recently].

We discussed [state the topic(s) you discussed]. I wanted to reiterate how much [the goal of the legislation] really means to [kidney transplant/dialysis] patients. [Provide a concrete reason why it’s important].

Attached to this [email/letter] are the documents I promised. If I can be of any further assistance to you, please don’t hesitate to let me know. Thank you once again for your time.

Sincerely,

[Your Full Name]
[Your Contact Information]
Contact us

AKF is always excited to work with Ambassadors all over the country. With legislation flying through statehouses and bills progressing on Capitol Hill, we need help from all of you. Elected officials want to hear from their constituents and we want Ambassadors tweeting, calling, emailing and meeting with their elected officials.

We are here to help, but sometimes Ambassadors do some advocacy on their own. We encourage you to do so but just ask that you please let us know. Whether it is an email to a state delegate or tweeting at your senator, drop us a note. We want to know your successes! We can provide you with some next steps and follow up with the lawmakers as well.

If you are unsure about where to get started, we are more than happy to help guide you. Don’t be afraid to reach out.

**Ben Shlesinger**  
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Follow AKF on social media:

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- [AKF main Twitter](https://twitter.com/kidneyfund)  
- [AKF advocacy Twitter](https://twitter.com/akf_advocacy)  
- [Instagram](https://instagram.com/americankidneyfund)  
- [LinkedIn](https://www.linkedin.com/company/american-kidney-fund)  
- [YouTube](https://youtube.com/user/kidneyfund)
RESOURCES

AKF website: KidneyFund.org
AKF’s federal action alerts: KidneyFund.org/FederalAlerts
AKF’s state action alerts: KidneyFund.org/StateAlerts
AKF’s living donor protection action alerts: KidneyFund.org/LivingDonorAlerts
AKF’s 2021 public policy agenda: KidneyFund.org/PublicPolicy
U.S. House of Representatives (find your rep): house.gov
U.S. Senate (find your senator): senate.gov
Open States (find your state lawmakers): openstates.org/find_your_legislator
Facebook Town Hall (find your lawmakers): facebook.com/townhall
Town Hall Project (find town hall events near you, sign up for email alerts):
townhallproject.com