

## WRITE A LETTER TO YOUR SENATOR

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RALLY SUPPORT FOR THE INTERNATIONAL MYOTONIC DYSTROPHY AWARENESS DAY  
US SENATE RESOLUTION S.RES.336

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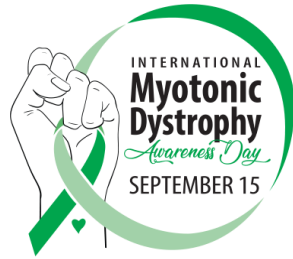
On August 4<sup>th</sup>, U.S. Senator Tim Kaine introduced congressional resolution **S.Res.336** to declare September 15<sup>th</sup> International Myotonic Dystrophy Awareness Day. **We are urging all myotonic dystrophy community advocates to contact your two U.S. Senators to ask them to co-sponsor this important resolution.**

This public recognition of the myotonic dystrophy community will help increase research funding, improve medical care, and accelerate the discovery of needed treatments and a cure.

Senator Kaine needs our help to build broad support by contacting our U.S. Senators and talking to them about the challenges faced by people living with the DM. **The more U.S. Senators that co-sponsor this resolution, the higher likelihood it has of passing.**

Follow the bill's progress and read the full text as it becomes available at <https://www.congress.gov/bill/117th-congress/senate-resolution/336>.

**Ready to act now?** Follow the instructions below on how to identify and contact your senators.



## IDENTIFY YOUR SENATORS

Identify your U.S. Senators

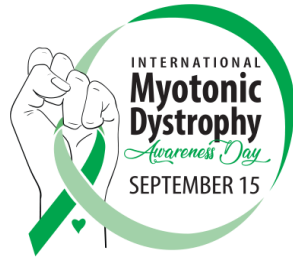
1. Visit <https://www.senate.gov/senators/senators-contact.htm>
2. **Select your state** in the first dropdown that says “Choose a state”. (See example below)

The screenshot shows the 'Contacting U.S. Senators' page on the United States Senate website. The page has a blue header with the United States Senate logo and a search bar. Below the header is a navigation menu with 'SENATORS' selected. The main content area is titled 'Contacting U.S. Senators' and includes a 'Leadership & Officers' section with a dropdown menu for 'Senators of the 116th Congress'. The 'Former Senators' dropdown menu is circled in red, showing 'Choose a state' as the selected option. Other dropdown menus for 'Choose a senator' and 'Choose a class' are also visible. Below the dropdowns is a 'Qualifications & Terms of Service' section with a link to 'Senate Telephone List (PDF)'. At the bottom, there is a 'Facts & Milestones' section with a note: 'All questions and comments regarding public policy issues, legislation, or requests for personal assistance should be directed to the senators from your state. Please be aware that as a matter of professional courtesy, many senators will'.

## 3 WAYS TO REACH OUT

There are 3 ways you can contact your U.S. Senators and ask them to co-sponsor the resolution:

1. Email
2. Regular Mail
3. Phone Calls





## 1. Email

Advocates can email their Senators through their web portals to urge support for the resolution.

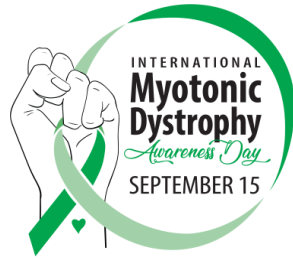
### 1. Visit your senators' contact pages


- a. After selecting your state on the dropdown menu, you will be redirected to your state's page that lists your senators and their contact info. **Select the blue "contact" button** above your senators' addresses. (See example below)

Contact	<b>States in the Senate   California</b>	
Leadership & Officers	<b>Introduction   <a href="#">Senators</a>   <a href="#">Timeline</a></b>	
Former Senators	<b>Dianne Feinstein (D)</b>	<b>Alex Padilla (D)</b>
Qualifications & Terms of Service		
Facts & Milestones	<i>Hometown: San Francisco</i>	<i>Hometown: Porter Ranch</i>
<b>States</b>	<b>Contact</b> 331 Hart Senate Office Building Washington DC 20510 (202) 224-3841	<b>Contact</b> 112 Hart Senate Office Building Washington DC 20510 (202) 224-3553
<b>Can't Find Your Senator?</b> Can't find your senator's name? Perhaps he or she is a member of the U.S. House of Representatives, a former senator, or a senator in your State Legislature.		

### 2. Send your message

- a. After clicking the "contact" button, you will be redirected to a contact page for your chosen senator. As an example, below is California Senator Dianne Feinstein's email contact page on her official website. (See example below)



United States Senator for California   
**DIANNE FEINSTEIN**

Have questions about coronavirus benefits or need additional help? [CLICK HERE](#) for more information.

**E-MAIL ME**  
Home / Contact / E-Mail Me

**E-Mail Me**

Note: Fields marked with an \* are required.

Every e-mail I receive is read, and your opinions are carefully considered.

Please send me a note using the e-mail form below. If you are a California resident and would like a response to your email, make sure to include your mailing address in the necessary fields.

If you would like to schedule a meeting with me or invite me to an event, please [click here](#).

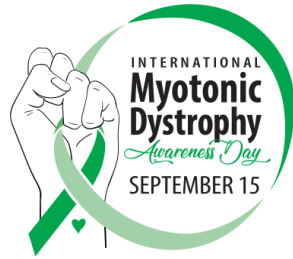
And if you need to speak with a member of my staff immediately, please contact one of my offices by telephone.

I look forward to hearing from you!

Prefix  First Name \*  Last Name \*

Address 1 \*

- b. Fill in your contact information.
- c. You may be required to **choose a topic**. We recommend you choose “Health” or something similar.
- d. **Download** our support email template at <https://www.myotonic.org/sites/default/files/pages/files/S.Res.336-Support-Email-International-DM-Awareness-Day.docx>
  - **Customize your letter** by replacing the yellow highlighted sections with your information and adding further personal details.
  - Feel free to compose your own message as well, as long as you include the Resolution name and number: **“S.Res.336 designating September 15<sup>th</sup> International Myotonic Dystrophy Awareness Day”**
  - *We encourage everyone to personalize their messages to their senators in some way to provide a little information of your experience living with or caring for a loved one or friend with myotonic dystrophy.*
- e. **Copy-paste your letter** into the Message section (and Message Subject if required).
- f. **Hit “Submit”**
- g. **Repeat the steps above** for your second senator



## 2. Regular Mail

Advocates can write physical letters to their senators urging support for the resolution.

1. **Download, Customize, Print and Sign your letter**
  - a. Download our support letter template at <https://www.myotonic.org/sites/default/files/pages/files/S.Res.336-Support-Letter-International-DM-Awareness-Day.docx> and replace the yellow highlighted sections with your information.
  - b. Customize this letter with any further personal information you may want to add.
  - c. Print and sign your letter
2. **Send your letters to your senators**
  - a. Use the below address to mail them your letters

*The Honorable (Senator's Full Name)  
United States Senate  
Washington, D.C. 20510*



### 3. Phone Call

Advocates can call their senators and urge support for the resolution.

#### 1. Call your senator

- a. The easiest way to call your senators is to contact the U.S. Capitol Switchboard operator at **(202)-224-3121**. They will happily connect you directly with your senators' offices. Given COVID precautions and remote working, you may be asked to leave a voice mail message.

#### 2. Below are suggested talking points to help guide your calls:

- a. My name is **JANE DOE** and I am a constituent who lives in **TOWN, STATE**.
- b. My address / email address is \_\_\_\_\_
  - i. *Note: Please give a full mailing address or email so they can respond to your request*
- c. I have myotonic dystrophy / my family member or friend is living with myotonic dystrophy.
- d. *Explain your experience with myotonic dystrophy and why you think it's important to raise awareness, or use the following script: "Myotonic Dystrophy is a rare and complex genetic disorder that impacts an estimated 1 in 2,100 people or over 150,000 Americans. There are no FDA approved treatments and it is difficult to diagnose. It can cause skeletal muscle problems, heart function abnormalities, breathing difficulties, cataracts, issues with speech and swallowing (dysarthria and dysphagia), cognitive impairment, excessive daytime sleepiness, and diabetic symptoms."*
- e. I'm asking Senator **[YOUR SENATOR'S NAME]** to cosponsor Senator Tim Kaine's resolution, **S.Res.336** designating September 15<sup>th</sup> International Myotonic Dystrophy Awareness Day.
- f. Thank you for your support and I look forward to receiving a reply from the senator.