

## #AdvocateforArthritis Social Media Assignment

Your voices and stories make a big impact on our members of Congress. Let's build momentum around addressing the needs of the arthritis community by engaging with our legislators on social media.

### WHERE ARE WE NOW?

Ambassadors have asked Congress to increase funding for the Centers for Disease Control and Prevention (CDC) Arthritis Program to \$54 million for the 54 million Americans living with doctor-diagnosed arthritis. With this increased funding, patients in all 50 states can benefit from its programming. So far you've sent **nearly 800** messages about this funding request through the [Action Center!](#)

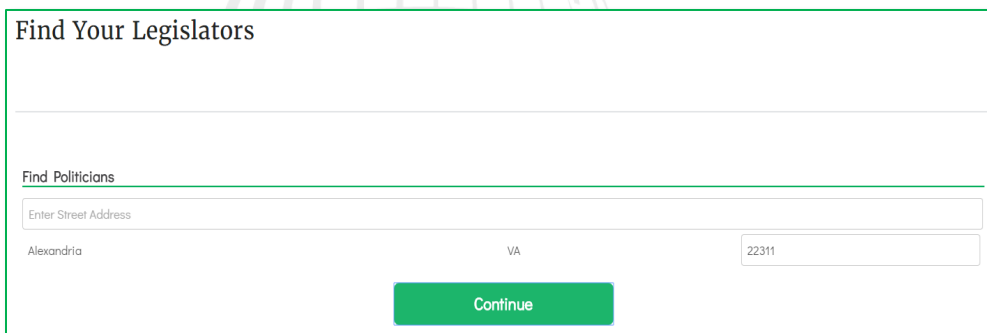
Congress needs to fund arthritis research like the urgent public health priority it is. Of course, this year we met a new urgent public health priority: the COVID-19 pandemic. People with arthritis may be especially affected by this virus. According to our survey of arthritis patients, nearly 25% of respondents are having trouble affording their health care expenses.

### WHAT DO WE DO NEXT?

Members of Congress are always tracking their social media presence and hearing from constituents on platforms like Facebook, Twitter, and Instagram. **Did you know that on average it takes less than 30 posts about an issue to cause a member of Congress to move it to the top of their list?** Help us cross that 30-post threshold by sharing your story with #AdvocateforArthritis and urging your legislators to increase funding for the CDC Arthritis Program.


### Step 1: Find your Legislators on Social Media

You can find all the information you need about your legislators by visiting [bit.ly/Legislator-Lookup](https://bit.ly/Legislator-Lookup) and scrolling down to the Find Your Legislators tool.



Enter your address and zip code in the "Find Your Legislators" box.

Profile ✕



Representative Mark Rozzi  
Democrat-PA-126

**Contact** Personal Political Staff

Capitol Address	111 Irvis Office Building PO Box 202126 Harrisburg, PA 17120-2126
Capitol Phone	(717) 783-3290
Capitol Fax	(717) 787-7517
District Address	4933 Kutztown Rd Temple, PA 19560
District Phone	(610) 921-8921
District Fax	(610) 921-9369
Email Address	mrozzi@pahouse.net
Web Site	<a href="http://www.pahouse.com/Rozzi/">http://www.pahouse.com/Rozzi/</a>
Facebook	<a href="http://www.facebook.com/RepRozzi">http://www.facebook.com/RepRozzi</a>
Twitter	<a href="http://www.twitter.com/RepRozzi">http://www.twitter.com/RepRozzi</a>

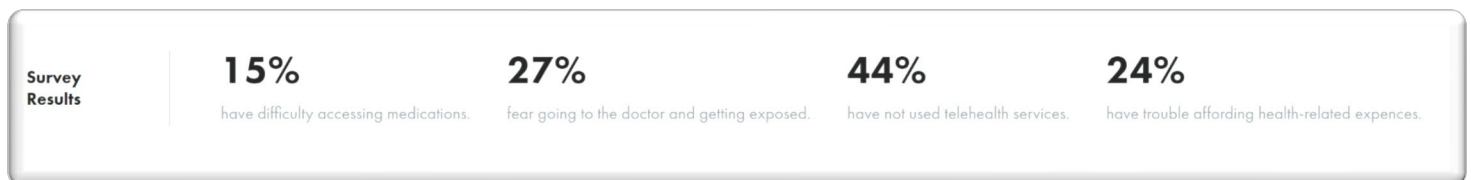
You will be directed to a list of your federal and state officials. For this assignment you will want to contact your Federal Senators and/or your Representative.

Click on a legislator's name to find links to their social media below their other contact information. Visit their pages and follow or like them. Once you know who to tag, (ex: @RepRozzi) it's time to write.

## Step 2: Write your Post

What do you want to focus on? [Click](#)

[here](#) to check out the results of the COVID-19 survey and learn key information about how the pandemic is affecting our community. Here are some statistics:



Have you experienced medication shortages, difficulty getting a telehealth appointment, or stigma against people with disabilities? You can include your own details or pull quotes/statistics from the article. No matter what you focus on, be sure to include the ask: increase funding the CDC Arthritis Program.

### Sample Posts:

.[@congressmember] the COVID-19 pandemic is affecting your constituents with #arthritis, like me. Please fully fund the CDC Arthritis Program at \$54 million and save lives! #AdvocateforArthritis #54for54

.[@Senator], please fund the CDC Arthritis Program at \$54 mill for the 54 mill Americans w/ arthritis! COVID makes it harder for your constituents with #arthritis (like me!) to get the care we need. #54for54 #AdvocateforArthritis

The Walk with Ease program keeps me moving through #arthritis pain. Patients in all 50 states deserve help. [@Congressmember], please fund the CDC Arthritis Program at \$54 million to help your constituents with this disease #AdvocateforArthritis #54for54

The message that “only” people who are older & have comorbidities are at risk from COVID-19 has come from all sides. [@Senator], COVID made life harder for your constituents with arthritis. The CDC Arthritis Program needs \$\$! #AdvocateforArthritis #54for54

.[@congressmember], constituent here to tell you even before COVID-19, arthritis patients needed better resources + research. Fully fund the CDC Arthritis Program so that the 54 million+ people with arthritis can get the care we need #AdvocateforArthritis #54for54

### Step 3: Post Your Message

Tag your legislator using the information you found in the Legislator Look Up Tool and use the hashtags #AdvocateForArthritis and #54for54. Using these tags will allow your legislator (and our team!) to keep track of your post. Double check for typos and send it into the web!

### Step 4: Amplify Your Impact

Encourage your friends and family to help us gain traction by sharing your post. The more posts we have, the more our members of Congress will listen up. You can also send them the [Action Alert on the #54for54 campaign](#) and ask them to complete it.

## TIPS FOR SUCCESS

### Best Practices for Twitter

- If you begin your tweet with your legislator’s Twitter handle, use a period before the handle so that all your followers see it. Without the period, it will only be sent to your elected official.
- **Less is more.** Tweets that don’t use all 280 characters get more traction.
- **Use hashtags.** Hashtags make it easier for more people can find your posts. Example: #AdvocateForArthritis #54for54

### Best Practices for Facebook/Instagram

- **Be sure to “tag”** relevant individuals (like the Arthritis Foundation and your elected officials) in your posts.
- **Use hashtags.** Hashtags make it easier for more people can find your posts. Example: #AdvocateForArthritis #54for54
- You have more space to work with on Facebook than Twitter. Be sure to mention that you are a constituent! If you’re comfortable, include your one-sentence-story to help emphasize why this issue is important to you.