



**Maryland Developmental
Disabilities Council**

CREATING CHANGE • IMPROVING LIVES

Save Medicaid!

Medicaid is a lifeline for people with developmental disabilities and their families. If you agree, call your elected officials today!

Here's how:

What To Say When You Call

Here is a sample of what you can say when you call your elected official about proposed cuts to Medicaid.

*You: Hello, my name is **[full name]**. I am a constituent of **[elected official's name]**. I live in **[zip code]**. I would like to make a comment about proposed cuts to Medicaid.*

Staff member: Certainly. Please go ahead.

*You: Thank you. I am opposed to any Medicaid cuts. Medicaid is essential for more than 1.5 million Marylanders who rely on it for their health care – and we can't afford any cuts. Medicaid is important to me because **[list your reasons or experiences here]**.*

Staff member: I will give your message to **[elected official's name]**. Thank you for your comments. Have a good day.

You: Thank you. You as well.

Finding Contact Information For Your Elected Officials

To look up your representatives, visit [this link](#). Click on the word “Lookup” near the top of the page. Then, type in your address and zip code and click “Find.” You will get a list of your state and federal representatives.

You will see 2 U.S. Senators and 1 U.S. Representative. Click on each of their names to view a page with their contact information. If you see more than 1 phone number, call the number listed for the office closest to you.

If you know your elected official, you can use the links below to view their contact information.

U.S. Representatives From Maryland

- [Andy Harris](#)
- [Johnny Olszewski](#)
- [Sarah Elfreth](#)
- [Glenn Ivey](#)
- [Steny Hoyer](#)
- [April McClain Delaney](#)
- [Kweisi Mfume](#)
- [Jamie Raskin](#)

U.S. Senators From Maryland

- [Angela Alsobrooks](#)
- [Chris Van Hollen](#)

Why Calling Your Elected Officials is Important

In the United States, we have Representatives and Senators who work in Washington, D.C. These people are called elected officials because they are elected by us to be our official representatives in the United States Congress.

When there is an issue you care about, you can call your elected official to tell them why it is important to you. Elected officials keep track of how many people call about each problem. If one problem is getting a lot of calls, it may make them think more about that problem.

The person you talk to will not be your elected official; instead, it will be someone who works for them. This person's job is to let the elected official know what you said.

Before you call, it is a good idea to have a script so you know what you want to say. A script is a list of the things you want to say. When you can, you should talk about your personal experiences. That will show why the problem you are calling about is important to you.

Be careful to keep your call short. That way, the person you are talking to understands the main point of what you are saying.

The person you are talking to may ask if you are a **constituent**. This means that you live in the area that your elected official represents. Elected officials care the most about the calls coming from the people that can vote for them. You shouldn't call any elected officials who don't represent your area.