

How to Be Your Own Advocate 2011



Advocacy | Information & Referral | Peer Support
Independent Living Skills | Personal Care

The mission of Southwest Center for Independent Living is to promote a barrier-free environment for all individuals with disabilities through public education and advocacy for social change, and to provide a full range of independent living services, which will assist each in meeting his or her goals for independence.

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How to Be Your Own Advocate

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What Is Advocacy?

Advocacy means:

- ▶ Standing up for your own rights
- ▶ Speaking for oneself
- ▶ Fighting against personal discrimination



To be an effective advocate you need to know:

1. Your rights as a person with a disability
2. Who to contact when you must advocate for yourself
3. How to make phone calls on your own behalf or write a self-advocacy letter
4. How to have a face-to-face talk when you advocate

Can You Really Make A Difference?

YES, YES, YES!!

When legislators are asked who affects their decisions, they answer, “The ordinary citizen.”

If you are dealing with a store owner, you are a potential customer, whose business they may lose. When “ordinary citizens” speak up, people listen.

THE FIVE STEPS OF ADVOCACY

1. Feel a strong need for change.
2. Identify the real need or problem.
3. Educate yourself on the best way to handle the need or problem.
4. Develop a plan of action.
5. Be willing to take action once you have decided on the plan, and follow through.

The Five Steps of Advocacy

Step One

YOU MUST FEEL A STRONG NEED FOR CHANGE!

Doing advocacy requires a lot of hard work. You need to feel strongly about a need or problem if you are going to get involved in the advocacy process. Sometimes things can be changed rather easily, or the process may take a long time. Be prepared to stick with it and see it through! The following are some characteristics you need to have to be successful as an advocate:



The Five Steps of Advocacy

Step One

- ▶ You must be **committed** - advocacy takes a lot of time and energy.
- ▶ You must be **persistent** - be willing to try more than once.
- ▶ You must be **flexible** - accept that change isn't always going to happen the expected way.
- ▶ You must be **creative** - believe that there is usually another angle to pursue.
- ▶ You must be **ethical** - don't lose the battle because you got your facts wrong or misrepresented something.
- ▶ You must be willing to **express appreciation** - thank those who have helped you or made a change because you asked.

The Five Steps of Advocacy

Step Two

IDENTIFY THE REAL NEED OR PROBLEM!

Often it is easier to see the symptoms of problems than it is to see the cause of the problems. It saves time in the long run if you take some time to really understand why the problem exists.

- A. Gather information about the need or problem to determine if it is something that:
- ▶ Really needs to be addressed and when.
 - ▶ Can be changed, or is something to be coped with.
 - ▶ You really want to commit yourself to trying to change.
- B. Determine the cause of the need or problem.
- ▶ Is it due to **existing resources** not meeting needs?
 - ▶ Is it due to **lack of resources** to address needs?
 - ▶ Is it due to **no foreseeable way** to address needs?

The Five Steps of Advocacy

Step Two



- C. Determine how big the problem is. First, determine if it can be addressed. If so, then will it be necessary to:
- ▶ Use individual advocacy for change within an existing resource system?
 - ▶ Use group advocacy for change within an existing resource system?
 - ▶ Use individual advocacy for development of resources?
 - ▶ Use group advocacy for development of resources?

Clearly define the need or problem to be addressed based on the above information and write it down in a clear, complete statement.

The Five Steps of Advocacy

Step Three

EDUCATE YOURSELF ON THE BEST WAY TO HANDLE THE STATED NEED OR PROBLEM!

Develop an understanding of the system, organization or business you will need to influence or work with.

- A. Become familiar with how the system, organization or business works.
 - ▶ Determine whether the problem has the potential to be changed.
 - ▶ Locate where the problem begins and exists within the structure.
 - ▶ Find out who has the power to make the change.
- B. Become familiar with the boundaries that people have to work within.

For instance:

- ▶ **Legal Boundaries:** the laws, rules and regulations that govern the operation of the organization or business.
- ▶ **Limited resources:** the amount of money, staff, time, etc. available to provide a service.



The Five Steps of Advocacy

Step Four

DEVELOP A PLAN OF ACTION TO TACKLE THE NEED OR PROBLEM.

- ▶ Brainstorm for different ways to try to solve the problem.
- ▶ Consult with others for information, advice, technical assistance or support.
- ▶ Consider how long each kind of action might take to do, as well as how much it might cost you.
- ▶ Decide what you will do and according to what time frame.
- ▶ Anticipate what kinds of resistance you may get and try to be prepared for them.
- ▶ Draft your action plan for what, where, when and how you will do your advocacy.



The Five Steps of Advocacy

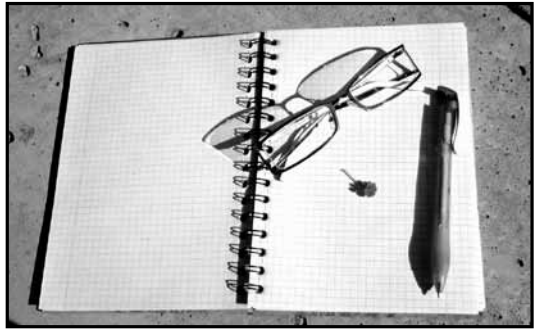
Step Five

BE WILLING TO TAKE ACTION ONCE YOU HAVE DECIDED ON A PLAN.

- A. Taking action requires ***being persistent*** and ***in control*** of yourself.
- B. Taking action requires ***communicating*** and ***developing relationships*** with others who can assist you in your cause.
- C. Taking action may require “playing hard ball” when necessary.
 - ▶ File a formal grievance
 - ▶ Initiate a due process hearing
 - ▶ Write a letter to responsible agencies
 - ▶ Bring political pressure on legislators
 - ▶ Contact advocacy groups
 - ▶ Contact the news media to get publicity
 - ▶ Take it to court

The Nuts And Bolts of Doing Advocacy

Careful planning and organization are very important! There are practical things you can do that will help you be a good advocate:



HAVE A “VERY IMPORTANT PAPERS” FILE:

Start a loose-leaf notebook or other way of keeping important papers all in one place. You will be surprised at how much material and documentation you may accumulate when preparing to advocate.

This notebook may contain medical evaluations, rehabilitation plans, Individualized Education Plans, financial information and **any other** information that will affect your argument. If in doubt about whether to keep a paper or documentation, **keep it**. Also keep copies of all letters, reports, and communications both to and from the person or agency with whom you are corresponding.

The Nuts And Bolts of Doing Advocacy

OBTAINING RECORDS:

Depending on what particular agency you are dealing with, methods and timelines for obtaining records may vary greatly. Having current and complete records will help your case. Learn the agency's rules for obtaining records and then ask for the specific ones you want. Also ask for copies of policies that have to do with your situation.

If you are denied access to records, demand a full explanation for what is left out and why.



Preparing for Advocacy

It is often helpful to sit down and organize your thoughts, papers and plan so you are more effectively prepared. Write a brief outline of what you want to say or prove. Write down the steps you are going to take to make your point. List the subjects you want to cover and the materials you may have that would help you make your case.

It may be useful to make copies of papers that you want to share with the people where you are doing advocacy.

BE SURE TO KEEP A COPY OF ANYTHING YOU SEND TO SOMEONE ELSE.

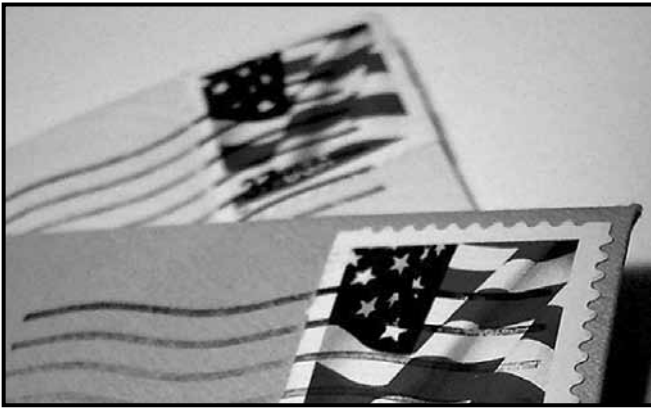
In addition, if someone sends you a document that you do not fully understand, do not hesitate to ask for an explanation.

After a telephone conversation, send a letter to that person which summarizes your conversation. Ask if that person agrees that this is what was said.

Advocating by Letter

The main thing to remember when writing a letter is to **BE BRIEF (one page)** and **TO THE POINT**. If you want the person to read additional material supporting your view, attach this to your brief letter.

Use your own words and state your problem as clearly as possible. Don't get sidetracked and put in information that is not relevant to the situation.



Advocating by Letter

The following information should be in your letter:

- ▶ Identify who you are (i.e. parent of a child with a disability, tax payer, adult with a disability, etc.)
- ▶ Be definite and direct (i.e. We want..., I urge you to..., We want support for..., We oppose..., etc.)
- ▶ Identify the issue and any rule, regulation, law, etc. that has to do with it.
- ▶ State briefly why you are taking the position you are taking. Explain how the issue affects you, your family, the people you work with, etc.
- ▶ Type or write your letter so it can be easily read.
- ▶ Sign your name and give your address and telephone number. You may also want to request a response from the person with a deadline, if this is appropriate.
- ▶ Keep a copy of your letter for your files.

Advocating by Letter

How do I write a Letter to the Editor (LTE)?

Courtesy of Missouri Progressive Vote Coalition

- ▶ **Be brief.** There is a lot of competition for a small amount of space. A general rule of thumb is to keep your letter to 200 words or less.
- ▶ **Respond quickly.** Newspapers only print LTE's that immediately respond to an issue.
- ▶ **Include your home and work phone number along with your address at the end of the LTE.** Many papers won't print letters unless they can call the author to verify that he or she wrote it.
- ▶ **A catchy first line is helpful.** Instead of "I'm writing to respond to the SNL editorial of August 3rd..." try "The August 3rd editorial left me wondering if SNL editorial writers live in the real world."



Advocating by Letter

- ▶ **Remember your audience.** In most cases you're trying to sway the public, not your adversary. Therefore, you should try to seem moderate and fair. This doesn't mean you should be bland. But have the average person in mind, and use phrases and arguments that resonate with them.
- ▶ **Use statistics sparingly.** They can get confusing and overwhelming very quickly.
- ▶ **Refer to an article already printed by the paper.** This increases the chance that your letter will be run.
- ▶ **Use short punchy sentences.** This makes it easier for the reader to follow your thinking and easier for the editor to cut your letter if necessary (and better to have an edited version of your letter printed than none at all).
- ▶ **Follow up with a phone call.** Make sure the appropriate person got your letter.

Area Newspaper Contact Information

Springfield News Leader

Website <http://www.news-leader.com/>
<http://getpublished.news-leader.com/Forms/LettersToEditor.php>
E-mail letters@newsleader.com
Address 651 Boonville, Springfield MO 65806
Phone 417-836-1100 or 1-800-695-1969
Fax 417-837-1381

Ash Grove Commonwealth and Willard Cross Country Times

E-mail Editor@crosscountrytimes.com
Address P.O. Box 277, Ash Grove, MO 65604
Phone 417-751-2322

Aurora Advertiser

Website www.auroraadvertiser.net
E-mail aaeditor@centurytel.net
Address 226 West Church St (P.O. Box 509)
Aurora, MO 65605
Phone 417-678-2115

Bolivar Herald-Free Press

Website www.bolivarmonews.com
E-mail bhfp@bolivarmonews.com
Address 335 S Springfield Ave., P.O. Box 330
Bolivar, MO 65613
Phone 417-326-7636



Area Newspaper Contact Information

Branson Daily News

Website <http://bransontrilakesnews.com/>
E-mail internet@bransondailynews.com
Address P.O. Box 900, Branson, MO 65615
Phone 417-334-3161
Fax 417-334-4299

Christian County Headliner

Website <http://ccheadliner.com/>
Address 116 N 2nd Ave, P.O. Box 490
Ozark, MO 65721
Phone 417-581-2541
Fax 417-581-3577

Community Free Press

Website www.cfpmidweek.com
E-mail letters@cfpmidweek.com
Address P.O. Box 2418, Springfield, MO 65801
Phone 417-447-2130
Fax 417-447-2140

Joplin Globe

Website www.joplinglobe.com/
E-mail letters@joplinglobe.com
Address 117 E Fourth Street, Joplin, MO 64801
Phone 417-623-3480
Fax 417-623-8598

Area Newspaper Contact Information

Lawrence County Record

Website <http://www.lawrencecountyrecord.com/>
E-mail lcrecord@centurytel.net
Address P.O. Box 348, Mt. Vernon, MO 65712
Phone 417-468-2013

Lebanon Daily Record

Website www.lebanondailyrecord.com
E-mail editor@lebanondailyrecord.com
Address 100 E Commercial, Lebanon MO 65536
Phone 417-532-9131

Marshfield Mail

Website www.marshfieldmail.com
E-mail news@marshfieldmail.com
Address 225 N Clay St. P.O. Box A
Marshfield, MO 65714
Phone 417-468-2013
Fax 417-859-7930

Neosho Daily News

Website www.neoshodailynews.com
E-mail editor@neoshodailynews.com
Address 1006 W. Harmony, Neosho, MO 64850
Phone 417-451-1520
Fax 417-451-6408



Area Newspaper Contact Information

NixaXPress

Website www.nixapress.com/
E-mail news@nixapress.com
Address 605 E Kathryn P.O. Box 594
Nixa, Missouri, 65714
Phone 417-725-3745
Fax 417-725-3683

Republic Monitor

Website www.republic-monitor.com
Address 249 Highway 60 West, Republic, MO 65738
Phone 417-732-2525
Fax 417-732-2980

West Plains Daily Quill

Website <http://home.centurytel.net/westplainsdailyquill/>
E-mail wpqnews@centurytel.net
Address P.O. Box 110, West Plains, MO 65775
Phone 417-256-9191

Advocating by Telephone

When calling:

- ▶ Identify yourself by name, city and issue or situation (“I am John Doe, from Springfield, and I am calling about the inaccessible restroom in your store.”)
- ▶ Try to establish a good rapport with the person. Ask for the person’s name for future reference. Be friendly, with the assumption that they want to “make it right” until you find out otherwise.
- ▶ Briefly state your position and the action you would like the person to take. Explain in as much detail as necessary why you are taking the position you are and the action you are taking. Follow up the call with a letter confirming what was said in the conversation.
- ▶ If appropriate, ask that your opinion or concern be relayed to the person’s supervisor.
- ▶ If appropriate, request a response.



Face to Face Conversations

- ▶ If the situation is immediate (grocery carts are in the accessible parking space), ask to see the manager or person in charge.
- ▶ If the situation cannot be immediately changed (steps into a store), call and set up an appointment with the person who has the power to make the change.
- ▶ **BE ON TIME** for an appointment and **BE PREPARED**. Have your documentation, copies of laws, etc. with you to help support your position. Be sure to have copies of any of the material you might want to leave with the person.
- ▶ Be calm and in control. This may seem difficult when you are angry about a situation, but you will not get the response you want if you go in with a belligerent, threatening attitude. You want to be assertive, not aggressive.

Face to Face Conversations

An Assertive Person:

- ▶ ***Makes eye contact***
- ▶ ***Uses “I” messages***
- ▶ ***Is clear, concise and persistent***
- ▶ ***Uses a “reasonable” tone of voice***
- ▶ ***Actively listens***
- ▶ ***Makes personal decisions***
- ▶ ***Is confident***



Getting Help When You Need It!

What fears do you have about doing your own advocacy?

Perhaps these are a few of them:

- ▶ Taking risks
- ▶ Could lose benefits, job, housing, etc.
- ▶ May not be “smart enough” to stand up for myself
- ▶ Can’t think “fast on my feet”
- ▶ Uncomfortable speaking to people in authority



Getting Help When You Need It!

How Could You Overcome Some of These Fears?

- ▶ Work with a partner or someone who has been there (peer supporter).
- ▶ Contact an advocacy organization, like a Center for Independent Living or consumer group such as the National Association of the Deaf, National Federation of the Blind, etc.
- ▶ Contact statewide advocacy organizations or programs such as Protection & Advocacy, Governor's Council on Disability, or legal aid societies.
- ▶ Practice what you want to say with someone else first. Ask them to be honest with you and critique how well you did.
- ▶ Practice self-advocacy skills on a smaller issue first before jumping to a big issue.
- ▶ Put everything into writing and ask someone else to read it and make comments on it.

Resources for Getting Help

Missouri Centers for Independent Living (CILS)

Website <http://www.mosilc.org/>

Phone 1-(888) 667-2117

Governors Council on Disability

Website <http://www.disabilityinfo.mo.gov/>

Phone 1-800-877-8249 (Voice/TTY)

573-751-2600 (Voice/TTY)

Fax 573-526-4109

Missouri Protection and Advocacy

Website <http://www.moadvocacy.org/>

Phone 573-659-0678 Application Unit

800-392-8667

Fax 573-659-0677

Missouri Commission for the Deaf and Hard of Hearing

Website www.mcdhh.mo.gov/

Phone 573-526-5205 (Voice/TTY)

Missouri Council of the Blind

Website <http://www.missouricounciloftheblind.org/>

Phone 800-342-5632

LEGAL SERVICES of Southern Missouri

Website <http://www.lsosm.org>

Phone 417-881-1397

800-444-4863

Especially for Legislators

Writing your legislator:

- ▶ **Be confident.** You can be certain your letter will be read by the legislator or a staff member. Your letter will almost always be answered.
- ▶ **Be brief.** Boil your argument down to one page or less. If it's any longer, your letter loses effectiveness. Attach any detailed information you have to this letter.
- ▶ **Personalize your letter.** Tell your own story in your own words. Avoid using postcards and form letters.
- ▶ **Have the facts.** Refer to a bill by its title and number.
- ▶ **Focus on one issue.** Your letter will be more effective if you only speak to one issue.
- ▶ **Be direct.** Tell the legislator what action you want taken, like co-sponsor a bill or vote for the bill in committee. If possible, get a commitment to do what you ask.

Especially for Legislators

- ▶ **Be civil.** Don't threaten, insult, wisecrack or name call.
- ▶ **Do not overdo it.** Don't write too often or overstate your case. Keep letters timely.
- ▶ **Compliment.** Always praise the legislator if he or she votes the way you want.
- ▶ **Follow up.** A note of thanks is a good idea and will make a good impression.



Especially for Legislators

Calling your legislator:

A. Prepare for your call.

- ▶ Know the facts, including the bill number, title and status. Think what you want to say first, and make notes if necessary so you won't forget the points you want to make. Think through what kinds of questions you may be asked and be prepared to answer them.

B. While on the phone.

- ▶ You will probably speak to a staff member who handles the issue instead of the Member of Congress.
- ▶ Focus on the issue you want to discuss.
- ▶ Present your views politely, but persuasively.
- ▶ State your views clearly.



Especially for Legislators

- ▶ Find out exactly where the legislator stands on the issue.
- ▶ Ask what action he or she intends to take.
- ▶ Listen carefully and write notes after the call.
- ▶ Answer questions clearly. If you don't know the answer, admit it and send the answer later.
- ▶ Make sure you give the individual with whom you speak your name, address and phone number.

C. Follow up.

- ▶ Send a letter confirming your conversation and summarizing your views. Include any new information that supports your views or responds to questions raised during your phone call.



Legislative Resources

The information on the following pages was taken from several websites. The information pertains directly to SCIL's service area: Greene, Polk, Stone, Taney, Christian, Lawrence, Dallas and Webster Counties.

For more information on all state, federal and local government and elected officials, go to the following websites:

United States of America President and Cabinet

Website <http://www.whitehouse.gov/>

Missouri House of Representatives

Website <http://www.house.mo.gov/>

Missouri Senate

Website <http://www.senate.mo.gov/>

US House of Representatives

Website <http://www.house.gov/>

US Senate

Website <http://www.senate.gov/>

State of Missouri

Website <http://www.mo.gov/>



Legislative Resources

State of Missouri



Governor

Jeremiah (Jay) Nixon/Democratic

Website <http://governor.mo.gov>

Address P.O. Box 720, Jefferson City, MO 65102

Phone 573-751-3222

Lt. Governor

Peter Kinder/Republican

Website <http://www.ltgov.mo.gov>

Address State Capitol Building, Room 224,
Jefferson City MO 65101

Phone 573-751-4727

Fax 573-751-9422

Legislative Resources

State of Missouri

Secretary of State

Robin Carnahan/Democratic

Website <http://www.sos.mo.gov>

Address State Capitol, Room 208
State Information Center, 600 W Main
Jefferson City, MO 65101

Phone 573-751-4936 [SOS Information]

State Treasurer

Clint Zweifel/Democratic

Website <http://www.treasurer.mo.gov>

Address P.O. Box 210
Jefferson City, MO 65102

Phone 573-751-8533



Legislative Resources

State of Missouri

Attorney General

Chris Koster/Democratic

Website <http://ago.mo.gov/>
Address Supreme Court Building
207 W. High St.
P.O. Box 899
Jefferson City, MO 65102
Phone 573-751-3321
Fax 573-751-0774

Missouri Attorney General's Office

Address Springfield State Office Building
149 Park Central Square, Suite 1017
Springfield, MO 65806
Phone 417-895-6567
Fax 417-895-6382



Legislative Resources

State of Missouri

State Representatives

Website <http://www.house.mo.gov/>

District 062

Don Phillips/Republican

Stone, Taney, Elected 2010

Email Donald.Phillips@house.mo.gov

Address 201 W Capitol Ave, Room 135

Jefferson City, MO 65101

Phone 573-751-3851

Fax 573-526-9794

Committees Crime Prevention and Public Safety,
Transportation, Health Insurance, Tourism
and Natural Resources-Vice-Chairman.

District 119

Sandy Crawford/Republican

Dallas County, Elected 2010

Email Sandra.Crawford@house.mo.gov

Address 201 W Capitol Ave, Room 406B

Jefferson City, MO 65101

Phone 573-751-1167

Fax 573-526-0821

Committees Appropriations-Transportation and
Economic Development, Agri-Business,
Financial Institutions, Utilities.



Legislative Resources

State of Missouri

District 126

Mike Kelley/Republican

Polk, Elected 2010

Email Mike.Kelley@house.mo.gov

Address 201 W Capitol Ave, Room 201E
Jefferson City, MO 65101

Phone 573-751-2165

Fax 573-526-2577

Committees Appropriations-Education, Workforce
Development and Workplace Safety, Ways
and Means, International Trade and Job
Creation.

District 132

Don Ruzicka/Republican

Lawrence County, Elected 2010

Email Don.Ruzicka@house.mo.gov

Address 201 W Capitol Ave, Room 404A
Jefferson City, MO 65101

Phone 573-751-4077

Fax 573-522-6079

Committees Agri-Business, Utilities, Emerging Issues
in Animal Agriculture, Tourism and Natural
Resources-Chairman.

Legislative Resources

State of Missouri

District 133

Sue Entlicher/Republican

Polk, Elected 2010

Email Sue.Entlicher@house.mo.gov

Address 201 W Capitol Ave, Room 405A
Jefferson City, MO 65101

Phone 573-751-1347

Fax 573-522-9179

Committees Elections-Vice-Chairman, Local
Government, Agriculture Policy, Rural
Community Development.

District 134

Thomas Long/Republican

Greene, Elected 2010

Email Thomas.Long@house.mo.gov

Address 201 West Capitol Avenue, Room 236B
Jefferson City MO 65101

Phone 573-751-2381

Fax 573-526-9882

Committees Appropriations-Vice Chairman-
Transportation and Economic Development,
Transportation, Economic Development,
Transportation Funding and Public
Institutions

Legislative Resources

State of Missouri

District 135

Charlie Denison/Republican

Greene, Elected 2004

E-mail Charlie.Denison@house.mo.gov

Address 201 W Capitol Ave, Room 316
Jefferson City, MO 65101

Phone 573-751-2210

Fax 573-522-8665

Committees Transportation-Chairman, Local
Government, Utilities, Tourism and Natural
Resources

District 136

Eric Burlison/Republican

Greene, Elected 2008

E-mail Eric.Burlison@house.mo.gov

Address 201 W Capitol Ave, Room 412B
Jefferson City, MO 65101

Phone 573-751-0136

Fax 573-526-9791

Committees Budget, Professional Registration and
licensing Vice Chairman, Elementary and
Secondary Education, Health Insurance-
Vice Chairman

Legislative Resources

State of Missouri

District 137

Melissa Leach/Republican

Greene, Elected 2010

E-mail Melissa.Leach@house.mo.gov

Address 201 West Capitol Avenue, Room 115H

Phone 573-751-3795

Fax 573-522-6085

Committees Appropriations-Education, Children and Families, Workforce Development and Workplace Safety, Corrections

District 138

Sara Lampe/Democratic

Greene, Elected 2004

Email Sara.Lampe@house.mo.gov

Address 201 W Capitol Ave, Room 101B
Jefferson City, MO 65101

Phone 573-751-1460

Fax 573-526-0513

Committees Budget, Elementary and Secondary Education and Utilities, Downsizing State Government.



Legislative Resources

State of Missouri

District 139

Shane Schoeller/Republican

Speaker Protem

Greene, Elected 2006

Email Shane.Schoeller@house.mo.gov

Address 201 W Capitol Ave, Room 301
Jefferson City, MO 65101

Phone 573-751-2948

Fax 573-522-9264

Committees Ex-officio member of all committees of the House, Administration and Accounts, Ethics.

District 140

Lincoln Hough/Republican

Greene, Elected 2010

Email Lincoln.Hough@house.mo.gov

Address 201 W Capitol Ave, Room 236A
Jefferson City, MO 65101

Phone 573-751-9809

Fax 573-526-8965

Committees Appropriations-Vice-Chairman-Agriculture and Natural Resources, Transportation, International Trade and Job Creation, Economic Development.

Legislative Resources

State of Missouri

District 141

Kevin Elmer/Republican

Christian, Lawrence, Stone Counties, Elected 2010

Email Kevin.Elmer@house.mo.gov

Address 201 W Capitol Ave, Room 111
Jefferson City, MO 65101

Phone 573-751-3833

Committees Appropriations-Transportation and
Economic Development, Professional
Registration and Licensing, Judiciary-Vice
Chairman, Downsizing State Government

District 142

Raymond (Ray)Weter/Republican

Christian, Taney, Elected 2004

Email Raymond.Weter@house.mo.gov

Address 201 W Capitol Ave, Room 312
Jefferson City, MO 65101

Phone 573-751-2565

Fax 573-526-9835

Committees Health Care Policy, Local Government,
Retirement, Rural Community
Development-Chairman.



Legislative Resources

State of Missouri

District 143

Lyle Rowland/Republican

Stone, Taney, Elected 2010

Email Lyle.Rowland@house.mo.gov

Address 201 W Capitol Ave, Room 207B
Jefferson City, MO 65101

Phone 573-751-2042

Fax 573-526-0575

Committees Appropriations-Education-Vice Chairman,
Retirement, Emerging Issues In Animal
Agriculture, Tourism and Natural
Resources.

District 145

Lyndall Fraker/Republican

Greene, Webster, Elected 2010

Email Lyndall.Fraker@house.mo.gov

Address 201 W Capitol Ave, Room 115H
Jefferson City, MO 65101

Phone 573-751-3819

Fax 573-526-1888

Committees Workforce Development and Workplace
Safety, Rural Community Development,
Economic Development, Transportation
Funding and Public Institutions.

Legislative Resources

State of Missouri

STATE SENATORS

Website <http://www.senate.mo.gov/>

District 30

Bob Dixon/Republican

Greene, Elected to the Senate, 2010

Address 201 W Capitol Ave, Room 225
Jefferson City, MO 65101

Phone 573-751-2583

Fax 573-526-1305

Legislative Staff Eric Jennings, Tracey Joyce
Committees Gubernatorial Appointments, Jobs,
Economic Development and Local
Government, Judiciary and Civil & Criminal
Jurisprudence, Rules, Joint Rules,
Resolutions and Ethics, Vice-Chairman

District 28

Mike Parson/Republican

Majority Caucus Whip

Polk, Dallas, Elected 2010

Address 201 W Capitol Ave, Room 334
Jefferson City, MO 65101

Phone 573-751-8793

Legislative Staff Marilyn Shiver, Kenny Ross
Committees Agriculture, Food Production & Outdoor
Resources, Vice-Chairman, Commerce,
Consumer Protection, Energy and the
Environment, Small Business, Insurance &
Industry, Vice-Chairman



Legislative Resources

State of Missouri

District 20

Jay Wasson/Republican

Greene, Webster, Christian, Elected 2010

Address 201 W Capitol Ave, Room 428
Jefferson City, MO 65101

Phone 573-751-1503 or 866-242-0810

Legislative Staff Mike Cunningham, Barbara Mustoe

Committees Financial and Governmental Organizations
and Elections, Vice-Chairman, Progress and
Development, Small Business, Insurance &
Industry, Transportation

District 29

Jack Goodman/Republican

Assistant Majority Floor Leader

Stone, Lawrence, Taney, Elected 2005

Address 201 W Captiol Ave, Room 331A
Jefferson City, MO 65101

Phone 573-751-2234

Fax 573-526-9808

Legislative Staff Patrick Morrow, Tucker Jobs

Committees General Laws, Chair, Jobs, Economic
Development and Local Government,
Judiciary and Civil and Criminal
Jurisprudence, Vice-Chairman, Small
Business, Insurance and Industry, Joint
Committee on Legislative Research,
Select Committee on Oversight of Federal
Stimulus

Legislative Resources

Federal

President Barack Obama Democratic/Elected 2008

Website <http://www.whitehouse.gov/contact/>

Address The White House
1600 Pennsylvania Avenue NW
Washington, DC 20500

Phone Comments 202-456-1111
Switchboard 202-456-1414
Visitors Office 202-456-2121

Fax 202-456-2461
Comments 202-456-6213

US SENATORS FROM MISSOURI

Website <http://www.senate.gov/>



Legislative Resources

Federal

Claire McCaskill

Democratic/Elected 2006

Website <http://mccaskill.senate.gov/index.ctm>

Address Washington DC Office
Hart Senate Office Building, SH-717
Washington, D.C. 20510

Phone 202-224-6154

Fax 202-228-6326

Address Springfield Office
324 Park Central West, Suite 101
Springfield, MO 65806

Phone 417-868-8745

Fax 417-831-1349

Roy Blunt

Republican/Elected 2010

Website <http://blunt.senate.gov/public>

Address Washington, DC Office
B40C Dirksen Senate Office Building
Washington, DC 20510

Phone 202-224-5721

Fax 202-224-8149

Address Springfield Office
2740 B East Sunshine
Springfield, MO 65804

Phone 417-877-7814

Fax 417-823-9662

Legislative Resources

Federal

U.S. REPRESENTATIVES

Website <http://www.house.gov/>

District 1 Wm. Lacy Clay

District 2 Todd Akin

District 3 Russ Carnahan

District 4 Vicky Hartzler

Website <http://hartzler.house.gov/>

Address 1023 Longworth HOB
Washington, DC 20515

Phone 202-225-2876

Fax 202-225-0148

District 5 Emanuel Cleaver II

District 6 Sam Graves

District 7 Billy Long

Website <http://long.house.gov/>

Address 1541 Longworth HOB
Washington, DC 20515

Phone 202-225-6536

Fax 202-225-5604

Address Springfield Office
3232 E. Ridgeview St.
Springfield, MO 65804

Phone 417-889-1800

Fax 417-889-4915



Legislative Resources

Federal

District 8 Jo Ann Emerson

Website <http://www.house.gov/emerson/>

Address U.S. House of Representatives
2440 Rayburn House Office Building
Washington, DC 20515

Phone 202-225-4404

Fax 202-226-0326

District 9 Blaine Luetkemeyer



Legislative Resources

Local - 2/9/2011

City of Springfield Missouri

Website <http://www.springfieldmo.gov/citycouncil/>

Council Member	Seat	Term Expiration
Jim O'Neal	Mayor	2011
Nicholas Ibarra	1(NW Springfield)	2013
Cindy Rushefsky	2(NE Springfield)	2011
Jerry Compton	3(SW Springfield)	2011
Scott Bailes	4(SE Springfield)	2013
Robert Stephens	General A	2013
John Rush	General B	2013
Doug Burlison	General C	2011
Dan Chiles	General D	2011

Springfield City government is based on the Council/Manager system. By Charter, the City has eight Council members who are elected for a four-year term on a non-partisan basis, and a Mayor who is elected for a two-year term.

The City Manager is appointed by Council to be the chief executive and administrative officer of the City. He enforces the laws as required by the Charter. The presiding officer at Council meetings is the Mayor.

Council Meetings are held every other Monday at 7p.m. in City Council Chambers, 830 Boonville. Council elections are held the first Tuesday in April.



OTHER RESOURCES

US Census information

Website <http://www.census.gov/>

Missouri's counties and information

Website <http://www.mo.gov/mo/county.htm>

US Housing and Urban Development information regarding current housing laws

Website <http://www.hud.gov/offices/ftheo/FHLaws/index.cfm>

Disability Rights and Education Defense Fund

Website <http://www.dredf.org/>

Paraquad Action Alert info and Missouri Advocates with Disabilities Empowerment Network sign up

Website <http://www.paraquad.org/Policy/Action/TakeAction.html>

Southwest Center for Independent Living

Website <http://www.swcil.org>

The Disability Coalition for Healthcare Reform



What is DCHHR?

The Disability Coalition for Healthcare Reform (DCHHR) **is** comprised of individual advocates and disability organizations who share a common mission to:

Proactively improve and assure access to quality health care for Missourians with disabilities.

Access to comprehensive healthcare is crucial to the independence, dignity, and equality of all people including people with disabilities.

Through the power of a unified, sustained coalition, the disability community will impact health care and long term care by:

- ▶ Educating advocates and the community about healthcare issues
- ▶ Strengthening advocacy networks
- ▶ Tracking legislation
- ▶ Impacting policy decisions
- ▶ Developing policy recommendations



The Disability Coalition for Healthcare Reform

Membership

DCHR is a statewide, cross-disability coalition whose members are disability-related organizations, self-advocates and family member advocates.

Join Today! Take Action! See Change!

For additional information, please contact:

Membership Paraquad, Inc.

or Coalition C/O Megan Burke

5240 Oakland Ave

St. Louis MO 63110

Website www.missouridchr.org

Email mburke@paraquad.org

Phone 314-289-4200 or 4277

TTY 314-289-4252

Fax 314-289-4201

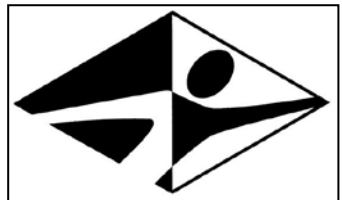
Coalition Kirsten Dunham

Email kdunham@paraquad.org

Phone 314-289-4251

Funding for this project was provided by the Missouri Foundation for Health.

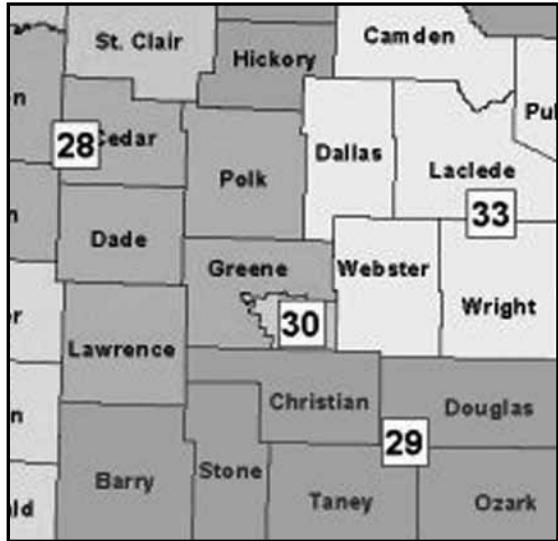
A Project of Paraquad, Inc.



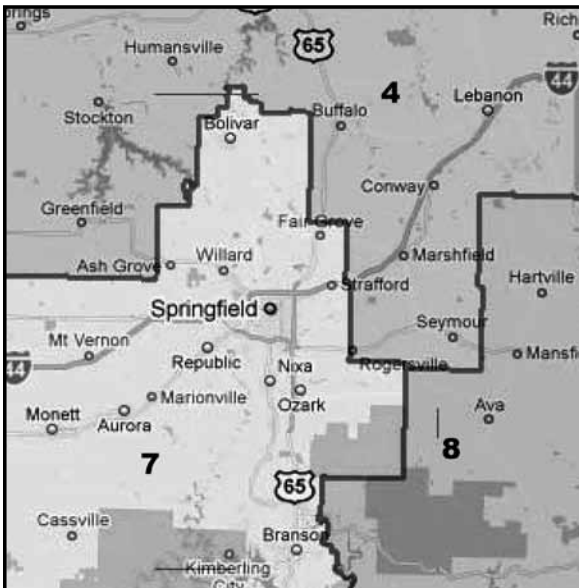
Legislative Resources

Senate Maps

Missouri Senate Districts



US Senate Districts



Notes



Advocacy | Information & Referral | Peer Support
Independent Living Skills | Personal Care

Voice/TTY: 417.886.1188 | Toll Free: 800.676.7245

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