

What's an Arthritis Ambassador? Arthritis Ambassadors represent the Arthritis Foundation's most engaged and elite volunteers. Ambassadors serve as the official liaisons between the Arthritis Foundation and their state and federally elected officials. The Ambassador Program serves a strategic function of the Arthritis Foundation's mission by establishing and building a strong grassroots network, ensuring that Congress is aware of the needs of people living with arthritis and is primed to take action.

What kind of time commitment does the Ambassador program require? Arthritis Ambassadors are asked to commit 2 hours / month for at least one year to the program. Every other month one hour is spent on a webinar with other Ambassadors from around the country. During this call, Ambassadors receive their monthly assignment which will take about an hour to complete. While it's not an obligation, Ambassadors are also encouraged to attend the annual Advocacy Summit in Washington, DC where you have the opportunity to meet your legislators and advocate for the Arthritis Foundation.

When are the bi-monthly webinars? The first Wednesday of every other month at 3PM Eastern. If you can't make the calls, don't worry! After each conference call the meeting minutes, including an audio file of the call, are sent to all Ambassadors so those that weren't able to listen in can still get the information they need.

What kind of assignments are Ambassadors asked to complete? Assignments vary month to month depending on the most current issues at hand. One month, you may be asked to write a message to your Representative's health legislative assistant. Another you may be asked to attend a local town hall meeting and ask important questions about arthritis prevention, research, and care. Whatever the assignment, you'll be provided ample training and guidance to fulfill the duty with confidence. If at any time you have questions about an assignment, you can reach out to Laura Keivel (lkeivel@arthritis.org), the Arthritis Foundation's Coordinator of Advocacy Operations.

Is there a training or introduction session for new Ambassadors? Yes! New Ambassador training webinars take place after every Ambassador briefing. We encourage you to begin serving as an Ambassador as soon as possible, even if it's prior to participating in an orientation. On these calls, you'll learn the basics about how a bill becomes a law, how to report your activity, and strategies for establishing and maintaining contact with your Representative.

Where do I sign up? Great question! Visit <http://www.arthritis.org/advocacy/inside-advocacy/arthritis-ambassadors/> to sign up. We're excited to have you on board! You may also want to reach out to your local staff and let them know about your decision so they can help you and serve as a support network.