

What is an Arthritis Ambassador? Arthritis Ambassadors are volunteers committed to taking part in the democratic process and serve as liaisons between the Arthritis Foundation and their Congressional District's Representative. Each Ambassador's efforts are crucial to the success of the Arthritis Foundation. Ambassadors are asked to work with the AF Public Policy and Advocacy Department staff on special assignments to advance the Foundation's advocacy efforts and to share their story with important decision makers.

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 EST. If you can't make the calls, don't worry. After each conference call the meetings 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 amply training and guidance to fulfill the duty with confidence. If at any time you have questions about an assignment, you can reach out to Laurie Markle (lmarkle@arthritis.org), the Arthritis Foundation's Grassroots Advocacy Coordinator.

Is there a training or introduction session for new Ambassadors? Yes! New Ambassador training webinars take place each quarter. 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://afambassador.kintera.org> 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.

