

## What is an Advocate?

An advocate is someone who is willing to contact their representatives through e-mail when they receive an “Action Alert” from the Arthritis foundation. In 5 minutes or less, e-Advocates are able to write elected officials and tell them their constituents care about arthritis and how it impacts our communities.

## What is an Arthritis Ambassador?

A “Super” advocate, someone who will commit to at least one year of building a strong relationship with their Members of Congress and their staff on the federal level. Additionally, Ambassadors may be asked to participate in state or local advocacy.

## What is expected of an Arthritis Ambassador?

- Participate in bi-monthly webinars with Arthritis Foundation staff and guest speakers.
- Every other month Ambassadors will be assigned an advocacy task to perform for the month. Attend the Advocacy and Kids’ Summit in Washington, D.C. and also local Statehouse visits

## Sample Ambassador Tasks:

- Recruit new and active advocates in key congressional districts.
- Promote AF public policy priorities and advocacy at local chapter events such as the Arthritis Walk.
- Contact Members of Congress concerning the legislative and administrative priorities of the Arthritis Foundation.
- Attend local Town Hall Meetings sponsored by a Member of Congress and make appointments to meet Federal and State representatives in his or her local district office throughout the year.
- Invite and encourage Members of Congress and State Legislators to participate in AF local events.

## How can one become an Arthritis Ambassador or e-Advocate?

Please visit the Arthritis Foundation’s advocacy webpage to register:

<http://www.arthritis.org/advocacy.php>

