

## **Engaging with Your Senator or House Representative as a Scientist Citizen**

As a voting member of a constituency, your voice and expertise carry weight. To share your thoughts regarding OMB's proposed changes to the Uniform Guidance with your Senator or House Representative, you have 3 options: a letter, email, or call. While emails are convenient, they can easily be overlooked by busy staffers and may not have their intended impact, especially when staffers are inundated with emails on a controversial topic. A phone call may be the best way to make your voice heard. To learn more about the basics of public policy advocacy, visit our website [Public Policy Advocacy: The Basics](#).

### **Who is my congressional representative?**

To identify your representative in the House, visit [house.gov/representatives](http://house.gov/representatives) and enter your zip code in the top right corner.

To identify your members of the Senate, visit <https://www.senate.gov/senators/senators-contact.htm> and enter your state.

### **How do I contact them in Washington DC?**

- Call the Capitol Switchboard at (202) 224-3121 and request to speak with their office.
- Find email or post-office addresses for [representatives](#) and [senators](#) online.
- You can also contact or visit their local offices or participate in their town hall meetings. Local contacts and town hall meetings will be found on each representative's or senator's individual website.

**What do I say?** Speaking as a Scientist-Citizen, consider how the proposed changes to the Uniform Guidance will directly impact you and your research ecosystem. This should be the heart of your message, and you can use the scripts below to structure your thoughts in a phone call or easily adapt it for an email.

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#### **Calling the office:**

When the receptionist or staffer picks up, start with:

*Hi, my name is [YOUR NAME], and I'm a constituent of Representative/Senator [NAME], living in [CITY/STATE], [ZIP CODE]. I'm calling to share my thoughts on OMB's proposed revisions to the Uniform Guidance (2 CFR Part 200). Could I please speak to the person who handles federal grants and OMB's Uniform Guidance for the Representative/Senator?*

#### **If no one is available to talk at that moment:**

*That's okay. I'd like to leave a message. My name is [YOUR NAME] and I called on [DATE] at [TIME]. My phone number is [PHONE NUMBER]. I'm asking for a call back to discuss federal grants and OMB's Uniform Guidance, particularly as it pertains to [YOUR CAUSE]. If possible, could you also share the appropriate staffer's email address so I can follow up directly?*

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#### **Speaking with the staff member that handles federal grants and OMB's Uniform Guidance:**

Hi [STAFFER'S NAME], thank you for speaking with me. My name is [YOUR NAME], and I live in [CITY/STATE], [ZIP CODE], in Representative/Senator [NAME]'s district.

How are you today?

I'm a researcher in the field of [YOUR AREA OF RESEARCH], and I'm calling today to discuss the potential impact of OMB's proposed revisions to the Uniform Guidance.

My own research focuses on [BRIEFLY DESCRIBE YOUR RESEARCH], and if this revision is enacted, then [BRIEFLY SHARE THE IMPACT REVISIONS WILL HAVE ON YOUR WORK, PATIENTS, AND/OR COMMUNITIES].

Beyond my work, there is a larger impact. Research of this kind contributes to a better understanding of how we can extend both **lifespan** and **healthspan**- ensuring more of us live meaningful lives as we age. This is about helping Americans stay healthier longer, preventing chronic diseases, supporting caregivers, and reducing healthcare costs by identifying what works across our life course. Provisions in the draft could disrupt clinical trials, which can be stopped at any time, and would be devastating for patients and family caregivers. Additionally, this will further threaten America's global leadership role in the research enterprise, which not only advances countless lifesaving discoveries but also drives economic gains in our country and our community. Finally, the proposal raises concerns about Congressional intent and authority in the appropriations process. Granting OMB the authority to halt or delay the initiation of funding for duly appropriated research awards could undermine Congress's priorities and create uncertainty for institutions that rely on this funding to conduct vital work.

**Your Request:**

I urge Representative/Senator [NAME] to carefully consider the impacts I've outlined and use my story to guide their actions regarding OMB's proposed revisions to the Uniform Guidance.

**Closing:**

Thank you for your time and commitment to ensuring that federal grants are managed in a way that fuels the research ecosystem, develops emerging scientists, and improves the lives of all Americans as they age. I'd be happy to follow up with more details or materials- just let me know what would be most helpful.