GERONTOLOGICAL SOCIETY OF AMERICA®

Scientist-Citizen Take Five

Your expertise. Your Experience. Five Minutes

Congress has temporarily prevented OMB from finalizing proposed new government-wide federal grant rules. The protection is temporary, and the proposed rule has not been withdrawn.

You don't need to explain federal grant regulations to your members of Congress. Tell them what matters most: what federal support makes possible in your work and what it means for the people and communities you serve.

Step 1: Find Your Members of Congress

Who is my congressional representative?

- To identify your representative in the House, visit 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.

Step 2: Make Your Take Five Message

Use this language as a starting point for a phone call or email:

My name is _____. I'm a constituent from _____ and a member of the Gerontological Society of America. My work focuses on _____.

I appreciate Congress taking action to temporarily prevent OMB from finalizing the proposed new federal grant rules.

As Congress develops longer-term funding legislation, I'm asking you to keep this protection in place and prevent the proposed federal grant regulations from being finalized or implemented.

Federal grants matter to my work because ***[ONE PERSONAL EXAMPLE]****. This matters to older adults because* ***[WHY IT MATTERS]****.*

Thank you for taking action to pause these proposed changes. Please continue this protection so that organizations receiving federal grants have a stable and effective system they can rely on.

Step 3: Make It Yours

Your story is the most important part. GSA's existing advocacy guidance emphasizes that members should describe how federal policy affects their own research, institution, patients, programs, or community.

For example:

- **Research:** "Federal funding makes it possible for my team to study…"
- **Workforce:** "Federal support helps us educate and train…"
- **Clinical care:** "Federally supported research and programs help us…"
- **Education:** "Federal funding helps us prepare…"
- **Community programs:** "Federal grants help our community provide…"

Then make the connection:

This matters to older adults because _____.

That's it. You've taken five.

Find them. Thank them. Make the ask. Tell your story.

That's Scientist-Citizen in action.

One issue. One personal example. One policymaker. Five minutes.