Resources to find your members of Congress’ contact information:

* [Find out who represents you](https://www.govtrack.us/congress/members). You are a constituent if you live or work in their district.
* Once you have found them, use their website contact form to submit the template message.
	+ Most of those forms will require you to provide an address to filter out non-constituents – if you only work in their district, use your work address.
* If you wish to also contact them via social media, [here is a list of congressional Twitter handles](http://www.tweetcongress.org/tweeters/).

*Template email:*

Hello,

As a constituent who [explain your ties to disability community], I care deeply about ensuring that programs that deliver needed employment and community supports to people with disabilities are able to re-open after the pandemic ends. I urge you to sign onto a Congressional letter led by U.S. Representatives Kathleen Rice, Brian Fitzpatrick, Lisa Blunt Rochester and John Katko to the Department of Health and Human Services to request that it continues to strengthen these supports during the pandemic.

Currently, many of disability community services are not able to deliver supports, such as employment assistance and day services, due to social distancing requirements. Because Medicaid recognizes the essential role these organizations play in keeping people with disabilities independent, gainfully employed and connected to mainstream community outside of the pandemic, it is allowing retainer payments to these organizations. Without these payments, these organizations are at risk of permanently closing their doors. However, Congressional support is needed because Medicaid currently limits the time frame in which states can utilize this option to three, 30-day periods and 90 days total. Medicaid has the authority to extend these limits and doing so will ensure that these supports who remain at risk of dissolution or collapse can continue providing these retainer payments with available funds if they choose. This action is necessary because the pandemic is far outlasting the allowed timeframes.

Please join this letter to stand up for a fragile but important network for people with disabilities before the pandemic takes an irrevocable toll on these organizations. If you need more information or would like to sign onto the letter, please contact Rachel Colucci (Rep. Rice) at Rachel.Colucci@mail.house.gov or James Longley (Rep. Fitzpatrick) at James.Longley@mail.house.gov.

Thank you in advance for your support!