

Top Ten Things You and Your UU Congregation Can Do for Healthcare Reform

1) **Engage with your Minister** on the topic of healthcare – Ask if they can do a health care sermon (or at least a brief mention from the pulpit). Perhaps they would join you on congressional visit?

2) **Establish a Healthcare Team in your Congregation**--a good way is to “table” before or after services using petitions to Senator Dianne Feinstein, or signup sheets for a Rapid Response network (available on www.uulmcaaction.org). Contact health care professionals in your congregation – including psychologists, chiropractors, dentists as well as doctors and nurses – and see if they would be interested in signing on.

3) **The Most Effective Thing you can do is visit your U.S. congress member, and/or one of Senator Feinstein's field offices** As a leader of Democratic moderates in the Senate, Senator Dianne Feinstein will have a key impact on the bill that passes in the Senate. Feinstein's office counts everything. One way to think about this is this way: 400 emails = 40 phone calls= 4 single page hand written letters = 1 visit

Use UULM Action Network’s Step by Step guide for legislative visits (at www.uulmcaaction.org) Make sure you are bringing a minister, a health professional, and folks with personal healthcare stories. Top priorities for visits are Feinstein's field office, plus Rep Jim Costa (central Valley of CA) He's the only CA Democrat who hasn't come out for the public option.

4) **Table every Sunday**--collect letters to legislators.

- Offer cake as a reward for writing a single page, handwritten letter
- Make printer paper into “photograms”--print out a picture of the person on the paper with a digital camera and portable printer, or use a Polaroid camera. Offer talking points for folks to write personal letters -- don't just have them sign a form letter

5) **Collect Healthcare Stories** at the table, particularly those involving bad treatment by insurance companies. (Feinstein has asked for these so she can explain to big donors why reform is necessary)

6) **Mobilize UUs to Make Phone Calls** daily to Feinstein, plus U.S. representatives. Alternate between a legislator's district office and Washington DC office. It's a daily spiritual practice!

7) **Participate in HCAN (Health Care for America Now) actions, rallies—bring signs, banners with Unitarian Universalist on them.** Wear stoles, choir robes, UULM t-shirts, other ways to make our faithful presence visible! Participate in our UULM health phone updates every Monday at 6 pm.

8) **Offer UULM's healthcare curriculum**—helps educate, energize, and encourages community in congregations.

9) **Put your legislator's phone numbers on your cell phone**, have their emails handy. There may be very bad amendments coming up and having your congress member's and both Senator's phone numbers in your cell phone makes it easy to call quickly--within 12 hours of an alert.

10) **Have fun**—use your creativity – especially when making signs. Ideas UUs have used: The image of the Grim Reaper with "the Uninsured: living sicker, dying quicker" Big black octopus of Insurance Company Greed; folks dressed up in white lab coats with stethoscopes; etc;

Suggestions, ideas, improvements? Please contact Lee Helena Lawrence, UULM Action Network Steering Committee, leehelenalawrence@post.harvard.edu