

Direct contact with your legislators is one of the most effective ways to communicate your needs and inform law makers about issues affecting you and your community.

Area Agency on Aging 1-B is committed to enacting policy change that positively impacts older adults, caregivers and families.

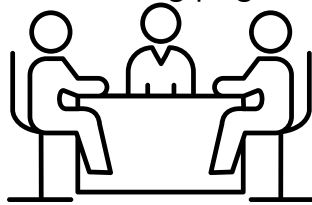


**Livingston  
County,  
your voice  
matters!**

# EFFECTIVE WAYS TO CONTACT YOUR LEGISLATORS

## In-Person Visit

Schedule an appointment in advance or attend coffee hours with your legislator. Offices are indicated in the following pages



## Virtual Visit

Virtual meetings should be scheduled directly with a staff member.



## Letter

Include your full name and address when sending mail to your legislator so staff can provide a response. MI State Legislators addresses are indicated on the final page.



## Email

Email addresses are provided on the pages that follow. In your email, please include your full name and mailing address.



## Phone

A phone call is a quick and easy way to contact your legislator. Phone numbers are provided in the following pages.



## Social Media

Many legislators have public social media pages where they share information and interact with their constituents.



## U.S. CONGRESS



**United States Senator**

Sen. Debbie Stabenow (D)

[www.stabenow.senate.gov/](http://www.stabenow.senate.gov/)  
731 Hart Senate Office Building  
Washington, DC 20510  
Phone: (202) 224-4822



**United States Senator**

Sen. Gary Peters (D)

[www.peters.senate.gov/](http://www.peters.senate.gov/)  
Hart Senate Office Building  
Suite 724  
Washington, DC 20510  
Phone: (202) 224-6221



**United States Representative  
7th District**

Rep. Elissa Slotkin (D)

[www.slotkin.house.gov/](http://www.slotkin.house.gov/)  
2245 Rayburn House Office Building  
Washington DC, 20515  
Phone: (202) 225-4872

## MICHIGAN SENATE







**Senate  
District 22**

Sen. Lana Theis (R)

[SenLTheis@senate.michigan.gov](mailto:SenLTheis@senate.michigan.gov)  
Office: 7400 Binsfeld  
Lansing, MI 48909  
Phone: (517) 373-2420

# MICHIGAN HOUSE

 <p><b>House District 48</b> Rep. Jennifer Conlin (D)</p>	<p>JenniferConlin@house.mi.gov Office: House Office Building, 8-897 Lansing, MI 48909 Phone: (517) 373-7557</p>
 <p><b>House District 49</b> Rep. Ann Bollin(R)</p>	<p>AnnBollin@house.mi.gov Office: House Office Building, 8-898 Lansing, MI 48909 Phone: (517) 373-7515</p>
 <p><b>House District 50</b> Rep. Bob Bezotte Jr (R)</p>	<p>RobertBezotte@house.mi.gov Office: House Office Building, 8-899 Lansing, MI 48909 Phone: (517) 373-3906</p>
 <p><b>House District 72</b> Rep. Mike Mueller (R)</p>	<p>MikeMueller@house.mi.gov Post Office Box 30014 Lansing, MI 48909 Phone: (517) 373-0840</p>

# Livingston County Board of Commissioners

## **Livingston County District 1**

Douglas Helzerman  
DHelzerman@livgov.com

## **Livingston County District 2**

Dave Domas  
ddomas@livgov.com

## **Livingston County District 3**

Frank Sample  
fsample@livgov.com

## **Livingston County District 4**

Wes Nakagiri  
wnakagiri@livgov.com

## **Livingston County District 5**

Jay R. Drick  
jdrick@livgov.com

## **Livingston County District 6**

Roger Deaton  
rdeaton@livgov.com

## **Livingston County District 7**

District 7: Martin Smith  
masmith@livgov.com

## **Livingston County District 8**

District 8: Nick Fiani  
nfiani@livgov.com

## **Livingston County District 9**

District 9: Jay Gross  
JGross@livgov.com

## ***Need to find your district?***

### **Find Your Senator**

<http://www.senate.michigan.gov/>

### **Find Your House Representative**

<https://house.mi.gov/#findarepresentative>

### **Find Your Congressional Member**

<https://www.congress.gov/find-your-member>

### **By Phone:**

Contact the County Clerk's Office at:

**517-546-0500**

## **Livingston County**

### **Send a Letter to Your Senator**

NAME

Post Office Box 30036

Lansing, MI 48909

### **Send a Letter to Your House Representative**

NAME

Post Office Box 30014

Lansing, MI 48909