

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.

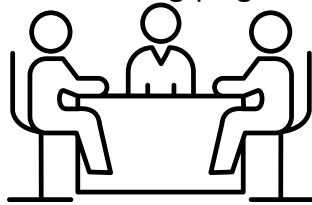


**Monroe
County,
your voice
matters!**

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/
731 Hart Senate Office Building
Washington, DC 20510
Phone: (202) 224-4822



United States Senator

Sen. Gary Peters (D)

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



**United States Representative
5th District**

Rep. Tim Walberg (R)

www.debbiedingell.house.gov/
102 Cannon House Office Building
Washington DC, 20515
Phone: (202) 225-4071

MICHIGAN SENATE



**Senate
District 15**

Sen. Jeff Irwin (D)

SenJlrwin@senate.michigan.gov
Office: 5100 Binsfeld
Lansing, MI 48909
Phone: (517) 373-2406



**Senate
District 16**

Sen. Joseph Bellino Jr (R)

SenJBellino@senate.michigan.gov
Office: 5300 Binsfeld
Lansing, MI 48909
Phone: (517) 373-5932

MICHIGAN HOUSE



**House
District 28**

Rep. Jamie Thompson (R)

JamieThompson@house.mi.gov
Office: House Office Building, 7-792
Lansing, MI 48909
Phone: (517) 373-1772



**House
District 29**

Rep. James DeSana (R)

JamesDeSana@house.mi.gov
Office: House Office Building, 7-793
Lansing, MI 48909
Phone: (517) 373-0475



**House
District 30**

Rep. William Bruck (R)

williambruck@house.mi.gov
Office: House Office Building, 7-794
Lansing, MI 48909
Phone: (517) 373-7768



**House
District 31**

Rep. Reggie Miller (D)

reggiemiller@house.mi.gov
Office: House Office Building, 7-795
Lansing, MI 48909
Phone: (517) 373-0159

Monroe County Board of Commissioners

Monroe County District 1

David C. Hoffman
dhoffmandist1@gmail.com

Monroe County District 2

Mark Brant
mbrantdist2@gmail.com

Monroe County District 3

Dawn Asper
dasperdist3@gmail.com

Monroe County District 4

Jay Heinzerling
jheinzerlingdist4@gmail.com

Monroe County District 5

Randy Richardville
rrichardvilledist5@gmail.com

Monroe County District 6

David Vensel
dvenseldist6@gmail.com

Monroe County District 7

David Swartout
dswartoutdist7@gmail.com

Monroe County District 8

Greg Moore, Jr.
gmoorejrdist8@gmail.com

Monroe County District 9

J. Henry Lievens
henrylievens@gmail.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:

734-240-7020

Monroe 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