



The Arc of Texas
Have a Heart for The Arc Day

2 . 14 . 22

HAVE A HEART FOR THE ARC DAY ADVOCACY TOOLKIT

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About this toolkit

WHAT IS HAVE A HEART FOR THE ARC DAY?

- Chapters of The Arc of Texas, families and individuals with IDD will deliver valentines to state legislators and legislative candidates with the message, “Have a Heart for The Arc” on Valentine’s Day!
- This is an event we hope to have every year.
- Our main goal is to build relationships with decision-makers and let them know people with disabilities are an important part of their constituency!

HOW CAN I GET INVOLVED?

1. **Identify** your legislators and/or legislative candidates
 - With redistricting, it doesn’t hurt to double check this!
2. **Contact** them to schedule an appointment on 2/14/22
 - Can be in-person at their district or capitol office, or via video conferencing
3. **Practice** your message
4. **Prepare** some Valentine’s Day goodies
5. **Meet** with your legislators and/or legislative candidates on 2/14/22
6. Send a **thank** you card and/or social media post after the meeting

This toolkit includes information and templates for how to complete each step to get involved with Have a Heart for The Arc Day.



01

Identify Your Legislators and/or Legislative Candidates

There are many current Texas legislators who are not seeking re-election or even changing districts following the redistricting that took place last year.

The March Primaries take place on March 1, 2022, and early voting for the primaries begins February 14, 2022.

Engaging with candidates running to represent you in the Texas Legislature is a great way to build relationships early.

How to find out who represents you in the Texas Legislature:

1. Visit the [Texas Legislature Online website](#)
 2. On the right side of the webpage, find the **"Who Represents Me?"** section
 3. Enter your address, and hit "submit"
- You will now be able to see your:
- U.S. Senators
 - U.S. Representative
 - Texas State Senator
 - Texas State Representative
 - Texas State Board of Education Member

For the purposes of Have a Heart for The Arc Day, **you only need to know your Texas State Senator and Texas State Representative.**

Be sure to note their district number so that you can find out who is running to represent you as a candidate.

You can then click on their names to learn more about them and find their contact information.

How to find out who is running to represent you in the Texas Legislature:

1. Find out the district numbers for your Texas State Senator and Texas State Representative by completing the steps for finding out who represents you in the Texas Legislature. **Note the district numbers for each.**
2. Visit the [Texas Secretary of State's Candidate Information website](#)
3. Use the drop-down menus to reveal who has filed to be on the ballot for the March 1, 2022, primaries.
 - Election year: **2022**
 - Election: **03/01/22 – 2022 MARCH 1st DEMOCRATIC PRIMARY or 2022 MARCH REPUBLICAN PRIMARY**
 - Party: -- Select Party – (leave as-is)
 - Office Type: **STATE**
 - Office Name: (select STATE SENATOR, DISTRICT <**YOUR SENATE DISTRICT NUMBER**> or STATE REPRESENTATIVE, DISTRICT <**YOUR REPRESENTATIVE DISTRICT NUMBER**>)
 - Status: -- Select Status – (leave as-is)
 - Click **"Qualified Candidates Information"**

Candidate Information

Election Year 2022	Election 03/01/2022 -- 2022 MARCH 1ST DEMOCRATIC PRIMARY	Party -- Select Party --
Office Type STATE	Office Name STATE SENATOR, DISTRICT 30	Status -- Select Status --

[Qualified Candidates Information](#) [Export Candidates](#)

STATE SENATOR, DISTRICT 30

STEPHEN DAVIS

PARTY: DEMOCRATIC
STATUS: REJECTED
INCUMBENT: NO
FILING DATE: 12/14/2021

Candidate Information

Election Year 2022	Election 03/01/2022 -- 2022 MARCH 1ST REPUBLICAN PRIMARY	Party -- Select Party --
Office Type STATE	Office Name STATE SENATOR, DISTRICT 30	Status -- Select Status --

[Qualified Candidates Information](#) [Export Candidates](#)

STATE SENATOR, DISTRICT 30

DREW SPRINGER

PO BOX 6
MUNSTER TX 76252
E-mail: drew.springer@senate.texas.gov

PARTY: REPUBLICAN
STATUS: IN PRIMARY
INCUMBENT: YES
OCCUPATION: FINANCIAL ADVISOR
FILING DATE: 11/19/2021

Candidate Information

Election Year 2022	Election 03/01/2022 -- 2022 MARCH 1ST REPUBLICAN PRIMARY	Party -- Select Party --
Office Type STATE	Office Name STATE SENATOR, DISTRICT 31	Status -- Select Status --

[Qualified Candidates Information](#) [Export Candidates](#)

STATE SENATOR, DISTRICT 31

STORMY BRADLEY

PO BOX 847
BIG SPRING TX 79720

JESSE QUACKENBUSH

801 S FILLMORE ST
AMARILLO TX 79101
E-mail: jessell2020@gmail.com

TIM REID

E-mail: timothyreid55@gmail.com

KEVIN SPARKS

E-mail: info@kevinsparkstexas.com

PARTY: REPUBLICAN
STATUS: IN PRIMARY
INCUMBENT: NO
OCCUPATION: SELF-EMPLOYED
FILING DATE: 12/02/2021

PARTY: REPUBLICAN
STATUS: IN PRIMARY
INCUMBENT: NO
OCCUPATION: ATTORNEY
FILING DATE: 11/29/2021

PARTY: REPUBLICAN
STATUS: IN PRIMARY
INCUMBENT: NO
OCCUPATION: DIRECTOR OF ATHLETICS AND SAFETY
FILING DATE: 11/29/2021

PARTY: REPUBLICAN
STATUS: IN PRIMARY
INCUMBENT: NO
OCCUPATION: EXECUTIVE
FILING DATE: 11/17/2021

NOTE: Make sure candidates listed have a status of "IN PRIMARY" to ensure that they will be running for the primary.



02

Schedule an Appointment with your Legislators and/ or Legislative Candidates

Now that you have identified who represents you and who is running to represent you, contact them and schedule a time to meet on February 14, 2022, Have a Heart for The Arc Day!

You can meet in-person at their district or capitol office, or via video conferencing – it is up to you.

Below are some templates you can use to schedule your appointment by phone or by email. Please don't forget to revise to personalize and to meet your needs!

EMAIL TEMPLATE

Dear _____,

My name is <first name, last name>, and I am your constituent. I am emailing you to schedule an appointment on February 14 in observance of Have a Heart for The Arc Day. As a member of The Arc, I am committed to improving the lives of Texans with intellectual and developmental disabilities (IDD). I would love to briefly discuss with you the importance of having a heart for individuals with IDD and the policies most important to me as a voter. I am open to meeting via Zoom or in-person at your district office.

Thank you in advance for your response.

Sincerely,
<Your name>
<Your home address>
<Your phone number>

PHONE SCRIPT

Hello, may I speak with the Senator's/Representative's/Candidate's scheduler please?

My name is <first name, last name> and I am a constituent. I am calling to schedule an appointment on February 14 in observance of Have a Heart for The Arc Day. As a member of The Arc, I would love to briefly discuss with the <Senator/Representative/Candidate> the importance of having a heart for individuals with disabilities and the policies most important to me as a voter.

I am open to meeting via Zoom or in-person at the district office.



03 Practice Your Message

Before you meet with your legislators and/or legislative candidates take some time to plan and practice your message. You will want to prepare to discuss the following:

- 1. Who am I?**
- 2. What is The Arc of Texas?**
- 3. Why are disability rights important to me?**

Be succinct, sincere, and specific. Remember this is supposed to be a fun and informal meeting. Have a Heart for The Arc Day is just the beginning. The relationships you begin to form as a grassroots advocate on this day are a foundation to build upon as the next session approaches.

- **Identify yourself as a constituent** to remind them why disability rights are critical to your vote and your district
 - Determine 1-2 issues that you are especially passionate about
 - **Review our Public Policy Priorities** – be encouraged to print this out and bring it with you – this would be a great printout to leave with your legislator.
 - Legislative staff need your perspective and expertise more than you think.
- Be personal and bring your unique expertise to the meeting!**

MESSAGE SCRIPT

I am a constituent in your district and an ally of The Arc of Texas. (If applicable let them know you are a family member of a Texan with a disability/a provider of services that support Texans with disabilities/exc.)

The Arc of Texas works with the over 500,000 Texans with intellectual and developmental disabilities (IDD) and their families to identify barriers to and solutions for inclusive education, competitive integrated employment, quality community-based services and supports, and access to civil rights and justice.

I would like to talk to you about the importance of disability rights and why they are a priority to me and my community. (Insert personal narrative that situates your story and priorities within their district).


As I consider the upcoming election, I am asking you to support legislation that prioritizes disability rights. (If applicable, thank them for their work in previous sessions)



04 Prepare Some Valentine's Day Goodies

We encourage you to take some time to create something unique to build rapport with your legislators and/or legislative candidates.

These messages can be artwork, cards, cookies, or any other Valentine's Day goodies! You might also include a short note, letting them know what is important to you and that you are a constituent who has a loved one with a disability, you have a disability, or you serve people with disabilities.



**Thank you for being
my community
inclusive
Valentine**



**Roses are red
Violets are blue
Disability rights
matter too**



**Roses are red
Violets are blue
I'm so lucky to have
a legislator
like you**



**I <3
Disability
Rights**



05

Meet with your legislators and /or legislative candidates

Join The Arc of Texas and other allies of disability rights across the state of Texas on February 14, 2022 and meet with your legislators and/or legislative candidates to celebrate Have a Heart for The Arc Day!

Spread the word about how you are celebrating this day by using the hashtag #HaveAHeartForTheArcTX. We will be recognizing all those that participate in this day of advocacy with a special Valentine's Day Have a Heart for The Arc themed gift.

FOLLOW THE ARC OF TEXAS ON SOCIAL MEDIA AND SEE HOW WE, AND OTHER ALLIES ACROSS THE STATE, ARE CELEBRATING THIS DAY.

Tag The Arc of Texas in any advocacy activities so we can share your good work and promote Have a Heart for the Arc Day with other Disability Rights advocates across the state. Tag your legislators or legislative candidates too! This is a way to remind them of your visit and for them to share your support with their other constituents.



[The Arc of Texas](https://www.facebook.com/TheArcofTexas)



[@TheArcofTexas](https://www.instagram.com/TheArcofTexas)



[@TheArcofTexas](https://twitter.com/TheArcofTexas)



06

Thank your legislators and /or legislative candidates

Whenever you have the opportunity to meet with your legislator or their staff, you should follow that contact with a thank-you note.

The best thank-you notes remind the legislator about who you are, how your issue is important to his/her constituents, and reiterate your “ask”.

Remember, this is another opportunity to advocate for your issue.

If possible, send the handwritten thank you card within a day or two of your visit. Use the template below as a guide.

- Include a general reminder about the issues that were discussed during the meeting.
- Customize the card with other specific details from your visit, if desired.
- If you met with a staff member from the legislator’s office, send your note to the staff person c/o the Senator or Representative.

THANK YOU CARD TEMPLATE

[DATE]

Dear [Legislator’s Name] or [Name of Staff],
Thank you for meeting with me on [DATE] in your Capitol office. I appreciate your time and interest in learning about and discussing issues affecting Texans with intellectual and developmental disabilities.

I enjoyed meeting with you, and I hope you will consider supporting The Arc’s mission, as we discussed. Please feel free to contact me if you have any questions or need further information.

Sincerely,

[SIGNATURE]

<Your phone number>

WHERE DO I SEND MY CARD?

The Honorable [First Name] [Last Name]
Texas Senate
P.O. Box 12068
Austin, TX 78711

The Honorable [First Name] [Last Name]
Texas House of Representatives
P.O. Box 2910
Austin, TX 78768