



Win With Your One-Pager

Jessie Smart, NDSC SAC Council,
Mississippi



Jessie Smart

- 33 years old – Lives in Olive Branch MS
- Bookkeeper for a local landscape company
- ARC of Northwest Mississippi Board Member
- NDSC Self Advocate Council -2015 - present
- National Down Syndrome Advocacy Coalition (NDAC) member
- Communications Assistant at the Down Syndrome Association of the Mid-South (DSAM)
- NDSC Board of Directors 2015-2018
- DSAM Board of Directors 2010-2016
- Attended 2 semesters Northwest MS Community College
- Graduated from Lewisburg High School with an occupational diploma

Jessie and the NDSC Convention



Personal Advocacy

I served on our local DSAM Board of Directors for 6 terms. We have two self advocates on our board. I think it is important to have self advocates who can be active members of the Board. Who can go out into the community to meet business owners, to speak at educational seminars, and who can represent our organization and meet with our local and state representatives.

We, as self advocates, need to speak about issues that are important to us, and serving on the Board of Directors in your organization is the best place to begin.



Legislative Advocacy

Mississippi LT Governor Tate Reeves has been a supporter of the ABLE Act



Mississippi Governor Phil Bryant signs the ABLE Act
April 2017

SAMPLE LEAVE BEHIND BIOGRAPHY TEMPLATE

Dear Representative/Senator _____.

Opening

My name is _____, and I am from [NAME OF HOMETOWN]

_____.

Introduction of yourself and a few sentences about yourself. You might include:

- Age
- Where you work or go to school
- Hobbies
- Interests
- Goals

The Ask

- I am asking you to sponsor XXXX and why.

Always say thank you!

Your name and contact information including:

Address
Phone
Email

TIP:

**ALWAYS INCLUDE
AT LEAST ONE
PICTURE OF
YOURSELF**

One-Pager Template for Legislative Meetings

You can find a copy on the
NDSC Website

-under Policy & Advocacy
-under Advocacy Trainings
-under SA One-Pager
Template

We also have paper copies on
the tables



**NATIONAL
DOWN SYNDROME
CONGRESS**

Tell Your Story: One-Pagers

Tell Your Personal Story

- Your most powerful tool is your story! Telling an elected official how something will impact your life is powerful.
- A one-page leave behind can be used for in-person meetings and you can send to your legislator for virtual meetings
- Update it regularly with new information and new legislative asks
- Do not read your one pager to your legislator or staff member but rather leave a copy with them.

**What is
an Ask?**

An ask is when you specifically request that an elected official, committee member, or other leader support a specific bill or not support a specific bill, motion, or idea.

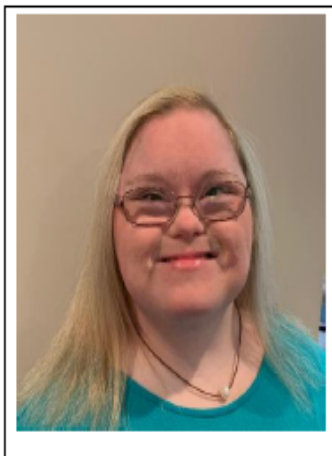
Tell Your Story: One-Pagers

Remember to always include:

- Contact information including you name, street address and zip code (constituents have power), phone and email. Including Twitter handle, Instagram, or other social media is optional
- Photo – action or otherwise
- A few sentences about yourself (where you work, go to school, your interests)
- The Ask and why you are asking – how does this impact you, your friends, or someone you care for
- Thank you

Dear Representative/Senator _____

My name is Jessica Smart. I am 33 years old and live in Olive Branch, MS. I graduated from Lewisburg High School with an Occupational diploma and attended two semesters at Northwest Mississippi Junior College. I worked for the Down Syndrome Association of the Mid-South (DSAM) as a Communications Assistant until last year when the pandemic hit. I took the office skills I learned, and I am presently the bookkeeper for a local Landscape Company. I am taking a disciple class at my church, and I hope to someday serve in the ministry. I enjoy using my actions and my voice to advocate for those with disabilities.



I worked with a group of local and state representatives from Mississippi to rewrite the language for the ABLE Act bill and was with Mississippi Governor Bryant as he signed the bill. I have served on the Board of Directors for DSAM, National Down Syndrome Congress, and I am presently on the board for the ARC of NW Mississippi.

Would you please sign on to as a co-sponsor for the [SSI Savings Penalty Elimination Act \(S. 4102.\)](#) Senator Brown (D-OH) and Senator Portman (R-OH) introduced it. It would update the amount of money you can have and still get Social Security. Many people with disabilities are unable to live their dreams because of the outdated asset limits. This bill would increase the limits for individuals with disabilities. It would help people with disabilities to be able to plan for the future and make it easier to get married.

If you have questions, my contact information is below.

Thank you for your time.

Sincerely,

Jessica Smart
Address
City, State Zip Code
Phone
Email

Jessie's One-Pager



For More Information

- You can find copies of one-pager examples and the one-pager template on the NDSC Website. This is the link <https://www.ndsccenter.org/political-advocacy/advocacytrainings/>
- If you have questions, we will take those at the end. You can always email me. My contact information is on the convention app.