Meeting with your Members of Congress
Sample Questions and Example Conversations

The following is a guide to starting the conversation when meeting with your Member of Congress and/or staffer.

1. Always introduce yourself as a NOVA Member and Nurse that works at VA and provides exceptional care to Veterans. Let them know what facility you work – especially if it is in the Member’s District.

2. Choose two or three of NOVA’s Priority Goals that you are comfortable discussing.

   Recommendations:
   a. Staffing (talk about what is needed at your facility)
   b. Recruitment and Retention (expedited processes during COVID have been successful)

   *Also, be prepared to discuss your facility as most Members want the local angle. You may also receive questions about vaccine/PPE, other priorities during pandemic.

3. Ask the Member or Staffer if they have any questions for you – if they ask something you cannot answer – tell them you will get back to them. This helps to build relationships within the office.

4. Leave the NOVA 2021 Legislative Priority Goals behind and thank them for meeting with you today.

After your meeting – be sure to send a follow up email thanking them again and providing your contact information should they have any questions regarding the Priority Goals and/or other items you discussed.