



“Lobby From Home” Capitol Day February 26, 2026

Not everyone can find the time to come to the Capitol to talk to their legislators. Iowa’s snowy weather definitely makes travel unpredictable. If you are not able to join us at the Capitol on February 26 for the LWVIA 2026 Capitol Day, you can still help with our advocacy efforts from your own home.

We ask that you find a few minutes during the day on Thursday, February 26 to call or email your legislators on the issues LWVIA has identified as a priority this year. Below is everything you need to be an effective advocate for the issues impacting our families and communities.

Find your State Senator and State Representative:

legis.iowa.gov/legislators/find

Contact information (phone):

House: 515-281-3221

Senate: 515-281-3371

Contact information (select your Legislator):

House: legis.iowa.gov/legislators/house

Senate: legis.iowa.gov/legislators/senate

Communicating with your Legislator Creating your message.

- **Introduce yourself:** Tell them your name, and where you live.
- **State your goal:** Talk about the importance of the issue and tailor your comments to show local importance to your legislator’s district and the state. Ask them for a specific action, even if it is just asking them to keep you updated on the issue or to ask them to add you to their newsletter lists. List one or two supporting points to show local impact. Personalize your message with a story about why this issue is important to you.
- **Thank your Legislators for their time and attention.** Ask them to keep you updated and how best to contact them. Consider inviting them to local League events/meetings. Make sure you follow up with an emailed or handwritten thank you note. If you write a thank you – send it to the State Capitol, Des Moines, Iowa 50319.

Forming Your Message

1st Finger

- Name
- Where you live
- I'm a constituent!

2nd Finger

- I'm here to talk to you about _____.

3rd Finger

- This is important to me because _____.

4th Finger

- This is an important issue in our state because _____.

5th Finger

- Will you support _____?
- Can we count on you to support Bill # _____?

Personal Story

What is my issue?

Why I care.

Why the legislator should care.

Make the ask.

Introduce yourself.