

## 1<sup>st</sup> Annual UOAA Virtual Day on the Hill!

Join us in a friendly competition with ostomates and UOAA Affiliated Support Group (ASG) teams across the country while we voice our support of Ostomy Awareness Day on October 6, 2018. This day is set aside annually to raise ostomy awareness in the USA. This year also happens to be World Ostomy Day which occurs every three years. Help us “Speak out” in all 50 states!

For each of the following activities you complete (**starting now**), you will earn points. Whichever team and ostomate has the most points by **October 15, 2018** will win an Amazon gift card.

UOAA’s [Action Center](#) has what you need for activities where you have to contact your legislators and you can use it anywhere from a smartphone, tablet, laptop, or any item that has access to the Internet!

\*\* To win, you must submit proof of each completed activity. Examples of proof are photos, screenshots, essay, state proclamation, copies of correspondence or responses back etc. All proof should be mailed together to [advocacy@ostomy.org](mailto:advocacy@ostomy.org) NO LATER THAN October 18, 2018.

\*\*\*Be sure to include your name or ASG name to earn your points!\*\*\*

Prizes are awarded for two categories, ASG Team or Individual. Prizes will be awarded for the 1st place winners in each category. 1st Place ASG Team wins a \$200 Amazon gift card. 1st Place Individual wins a \$100 Amazon gift card. Winners in a tie will be put in a drawing.

Also if you want to be completely prepared read tips on communicating with your elected officials in our *Be an Ostomy Champion* [toolkit](#).

TASK	POINT VALUE
<p>Email your <u>state</u> Governor, Senator and Representative to ask them to declare Ostomy Awareness Day in your state via proclamation. (Sample proclamation <a href="#">here.</a>) (One email per team)</p> <p>Bonus: If you get a proclamation...</p>	<p>100</p> <p>Extra: 200</p>
<p>Email your US House Representative and ask them to support national recognition of ostomy awareness day. Use the Action Alert in our Action Center, which has a sample message. (One email per team)</p>	<p>100</p>
<p>Send a quick Tweet to your Congressperson to raise ostomy awareness <b>on October 6th.</b> (Points are for one tweet on 10/6)</p> <p><b>UPDATE: Ask them to Support HR 1106 National Ostomy Awareness Day!</b></p> <p>Use these simple 4 steps to tweet directly at your congress members. <i>Make sure you put a period before the Twitter handle “@” to ensure the tweet is sent to all of their followers in addition to yours.</i> (You can find their Twitter account handles <a href="#">here</a> or <a href="#">here</a>)</p> <ol style="list-style-type: none"> <li>1) Tweet: Support HR1106 #OstomyDayUSA</li> <li>2) Also pick from these hashtags: #UOAAHillDay18 #ostomy #awareness</li> <li>3) Tag @UOAA_Advocate</li> </ol> <div data-bbox="430 1234 662 1459" style="text-align: center;"> </div> <p>4) Attach this logo</p>	<p>75</p>
<p>Send UOAA a brief essay on why a person with an ostomy should raise awareness or why you are raising ostomy awareness</p>	<p>100</p>
<p>Send a picture of yourself or your ASG team holding a sign with the name of your state <b>and</b> #UOAAHillDay18</p>	<p>55</p>