Dear Senator:  

When writing to the Chairperson of a Committee or the Speaker of the House, address them as:

- Dear Mr. Chairman
- Dear Madam Chairwoman
- Dear Mr. Speaker
- Dear Madam Speaker

The above addresses should be used in email messages, as well as those sent through the Postal Service.

I join the call for independent living for seniors and people with disabilities, and I support the six principles necessary to modernize our health care infrastructure:

1. **Enhance Self-Care through Improved Coordination**
   - Transform America’s health care system from one that focuses on episodic illnesses to one that assists individuals in self-managing their whole health, with the support of providers and communities.
   - Encourage the fundamental and financial investment in physicians to serve as the medical home for patients.

2. **Encourage Community Integration and Involvement**
   - Coordinate support services, housing, and transportation so people are able to participate in the social, economic, educational, and recreational activities available through community living.
   - Promote data integration, continuity, and coordination of services through the use of health information exchange.

3. **Expand Accessibility of Services and Supports**
   - Retool programs and regulations to enable people to access the services they need to live independently without creating financial hardship for the family.

4. **Uphold Personal Preference**
   - Leverage the success of long term service models that promote personal strengths and preferences and preserve dignity of participants.

5. **Empower People to Participate in the Economic Mainstream**
   - Encourage the employment of people with disabilities and seniors by removing disincentives for people to work and redefine antiquated descriptions of disability.
6. **Invest in Improved Technology**
   - Invest resources in the continued development of technology that improves individuals' ability to self-monitor chronic health conditions and live independently.

Sincerely,

Your name (and organization)