What is August Recess?
Traditionally, when Congress is “in session,” legislators are working in our nation’s capital, Washington D.C. When Congress is “in recess,” legislators are typically working in their home states and districts connecting with constituents and gaining critical insight on the issues impacting their day-to-day life. As we continue to elevate the needs of academic nursing, August recess provides an opportunity for you to meet with your Members of Congress.

Three Ways to Connect with your Member of Congress

1. **Engage with Members of Congress by:**
   - Following your federal legislators on their official Facebook, Twitter, and Instagram accounts for updates on events and more.
   - Interacting with your federal legislators’ posts and tweets by commenting, liking, and retweeting.
   - Visit your federal legislators’ official website where you can sign-up for newsletters, see their positions on important topics, and more.
   - Follow @AACNPolicy on Twitter for the latest legislative and policy updates.

2. **Request a Site Visit**
Submit a request to your Member of Congress asking for a virtual or in-person tour of your program. This is a great opportunity for federal legislators to see firsthand how academic nursing is preparing the nation’s nursing workforce to combat current and future health challenges.

3. **Attend a Virtual, In-Person, or Telephone Town Hall**
Attending town hall meetings or in-person events gives you an opportunity to ask questions and receive updates on important topics affecting your state or district. These can be found by looking at your federal legislators’ website.

What to Do Next
- **View AACN’s Advocacy and Policy Efforts**
- **Take Action Today!**
  - Click here to advocate for important issues impacting academic nursing and follow @AACNPolicy on Twitter.
- **Social Media Engagement**
- **Resources to Effective Advocacy**
  - AACN’s State Sheets
  - AACN’s National Snapshot
  - How Does a Bill Become a Law?
  - What is the Current Status of a Bill?
  - A Capital Hill Dictionary
  - Contact AACN’s Director of Government Affairs, Rachel Stevenson at Rstevenson@aacnnursing.org