

ABIGAIL SPANBERGER WANTS TO HEAR FROM YOU.



If you have questions, concerns, or need help working with a federal agency, my staff and I are here for you and your family.

HENRICO OFFICE
4201 Dominion Blvd, Suite 110
Glen Allen, VA 23060
(804) 401-4110

SPOTSYLVANIA OFFICE
9104 Courthouse Rd, Room 249
Spotsylvania, VA 22553
(540) 321-6130

WASHINGTON, DC OFFICE
1239 Longworth HOB
Washington, DC 20515
(202) 225-2815

▲ Congresswoman Abigail Spanberger tours Battlefield Farms in Rapidan, listening to local producers about how Congress can better support growers, employers, and business owners.

Spanberger.house.gov
RepSpanberger
@RepSpanberger

Please clip and save this card

YOUR OPINION IS IMPORTANT TO ME.

So I can better serve you, please fill out and mail this survey.

- 1) Which of the following issues are personally most important to you? (pick three)
- Jobs and the economy
 - Health care costs
 - Trade policy and tariffs
 - Education and job training
 - Other _____
 - Rural broadband access
 - Defending our borders
 - National debt and federal spending
 - Protecting family farms
 - Safeguarding Social Security
 - Honoring members of the military
 - Ending the dysfunction in Washington

- 2) How would you prefer to stay in touch with my office?
- Attend in-person town hall meetings
 - Call the office
 - Participate in telephone town hall discussions
 - Email me directly
 - Visit an office
 - Facebook and Twitter
 - Other _____

3) How can I better serve you and your neighbors? _____

Name: _____
 Email: _____
 Phone: _____ Zip code: _____

By providing your email address, you will receive legislative updates from my office.

Congresswoman Abigail Spanberger
4201 Dominion Blvd
Suite 110
Glen Allen, VA 23060

Abigail Spanberger
M.C.
PRSRT STD

VA07_1901
This mailing was prepared, published, and mailed at taxpayer expense.

CONGRESSWOMAN SPANBERGER IS ALWAYS AVAILABLE TO LISTEN AND HELP.

36,675
Letters, phone calls, and emails answered

457
District events attended

543
Constituent cases resolved

15
Mobile office hour sessions

10
Town halls

\$ 445,802.96
Dollars returned to taxpayers



▲ Congresswoman Abigail Spanberger greets some of Nottoway's youngest residents and discusses with their families some of the ways her office can help residents and communities.



CONGRESSWOMAN ABIGAIL SPANBERGER:

A GUIDE TO HOW MY OFFICE CAN HELP YOU.

INSIDE: A Congressional Survey to share your thoughts with Abigail



“I have two responsibilities:
**Serving the people and
 upholding our constitution**”

Congresswoman Abigail Spanberger

Dear Neighbor,

I have sworn an oath to uphold the constitution three times in my career.

First as a federal law enforcement officer and next at CIA where I served as a Case Officer with top secret security clearance. My proudest moment, however, was in January of this year being sworn in to serve as your new Member of the United States House of Representatives.

Serving as your voice in Washington means the stories and requests shared by Virginia families, small business owners, seniors, and farmers set the priorities of my office and inform everything I do as your Member of Congress.

To make working with my offices easier for you, I've enclosed a resource guide that includes:

Contact information for me and my staff, please clip it and post it on your refrigerator (as a mom to three kids, it's my favorite place to store important numbers!).

Guidance on how we help cut through government red tape when you are struggling to get help or answers from a federal agency.

A tear-off survey for you to share your thoughts and concerns, complete it at your convenience and please drop it in the mail.

Please reach out if you have a problem we can solve, an idea you want to share, or a story to tell.

We are always here to help.

Thank you,



A CONSTITUENT RESOURCE GUIDE:

See how Abigail Spanberger can help solve problems for you and your family.



▲ Congresswoman Abigail Spanberger meets with Virginia National Guardsmen to listen to their thoughts on how Congress can better support members of the military and their families.

Answering your questions and listening to your concerns:

If you have questions on federal legislation and public policy, please attend one of my town halls, contact any of my offices, or complete the attached survey.

Helping secure Medicare, Social Security, and Veterans benefits:

We can advocate for you if you are having trouble accessing benefits or working with any federal agency.

Promoting local communities and small businesses:

Our office is here to assist with local economic development projects, and we can work with you during the application process for federal grants.

Assisting students applying to our military academies: Each year, I have the privilege of nominating a limited number of very well-qualified young people to begin a career of service at one of our U.S. service academies.

Honoring Virginians and local organizations: Our office can arrange to have a United States flag flown over the U.S. Capitol to honor a person, organization, or event. Each flag is issued a keepsake Certificate of Authenticity by the Architect of the Capitol.

For more information or to sign up for email updates, please visit my website at www.Spanberger.house.gov

FEDERAL AGENCY CONTACT INFORMATION.

SOCIAL SECURITY ADMINISTRATION
 800.772.1213
www.SSA.gov

MEDICARE
 800.633.4227
www.Medicare.gov

VETERANS BENEFITS ADMINISTRATION
 800.827.1000
www.Benefits.VA.gov

FEDERAL STUDENT AID INFORMATION CENTER
 800.433.3243
www.StudentAid.ed.gov

IRS LOCAL TAXPAYER ADVOCATE
 515.564.6888
www.IRS.gov/taxpayer-advocate

US DEPARTMENT OF AGRICULTURE
 202.720.2791
www.USDA.gov

U.S. CITIZENSHIP AND IMMIGRATION SERVICES
 800.375.5283
www.USCIS.gov

FEDERAL GRANT APPLICATION SUPPORT
 800.518.4726
www.Grants.gov

FEDERAL JOB RESOURCES
www.USAJobs.gov

OFFICE OF PERSONNEL MANAGEMENT
 202.606.1800
www.OPM.gov

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