

# The Power of One

**Educational Tips:  
How Our Legislative  
Process Works**

**April 24, 2023**

The Power of One is periodically revised. The original version was created by Susan Bonner at the Massachusetts Union of Public Housing. This version was produced with support from Annette Duke and Karina Sumano at the Massachusetts Law Reform Institute.

# Table of Contents

## State Legislative Process

Power of One.....	4
How Does a Bill Become State Law.....	5
How Does the State Budget Process Work.....	6
Calling a Legislator? 10 Quick Tips.....	7
Legislative RAP Sheet.....	8

## State Legislators 2023

Find Your State Senator and Representative.....	9
Massachusetts Legislature 2023 Phone List.....	10
Senate Ways & Means Committee 2023.....	15
House Ways & Means Committee 2023.....	16
Joint Committee on Housing 2023.....	17
Joint Committee on Judiciary 2023.....	18

## Action Handouts 2023

FY2024 Budget .....	19
2023-24 Bills Supporting.....	20



# Power of One

The **Power of One** is about your power to develop a one-on-one relationship with your Senator and Representative and their staff.

Seldom do we get a chance to talk to our legislators. This is why developing a rapport with staff is important.

You need a staff contact when you want to get something to your legislator, when you email materials, when you are calling or dropping something off or when you are trying to schedule a meeting.

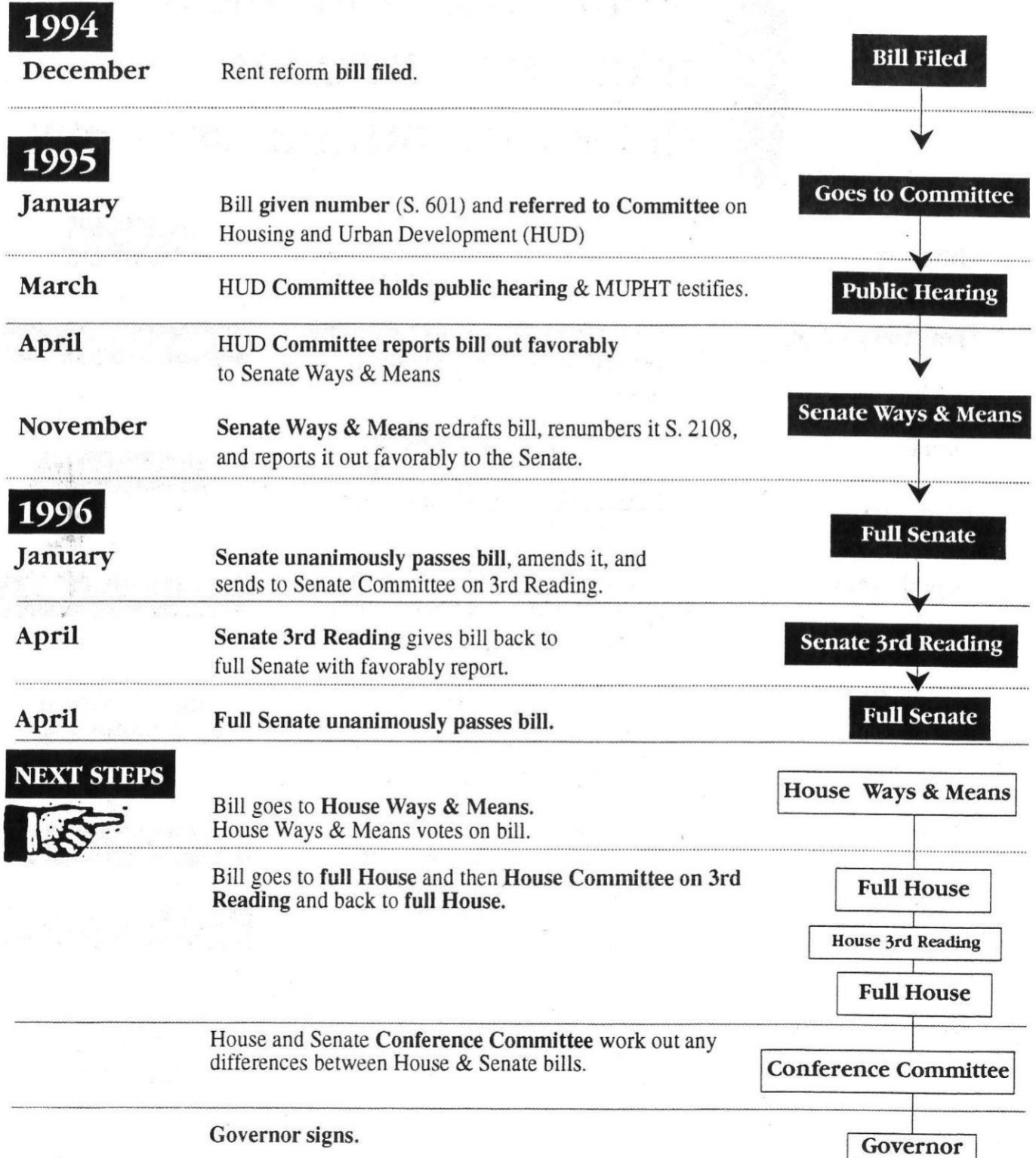
Cultivating a good relationship with staff takes time, patience, and good listening. It is also a two-way street because having a good relationship with constituents means a lot to legislative staff, too.

- Prepare before you call or meet with staff.
- Use the **Legislative RAP Sheet** on page 8. Write down what you want to say to help you stay on target.
- Find a way to connect with staff on a personal basis.  
Let them know something about you.
- Be respectful of staff people's time. Staff are juggling many bills and many calls. Be short and sweet. Always thank them for their time.

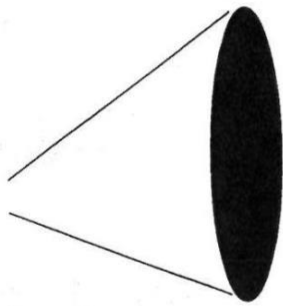
Each of us has the **Power of One** to develop good relationships with legislator aid. And when we do this together we have the **Power of Many**.

# How Does a Bill Become State Law?

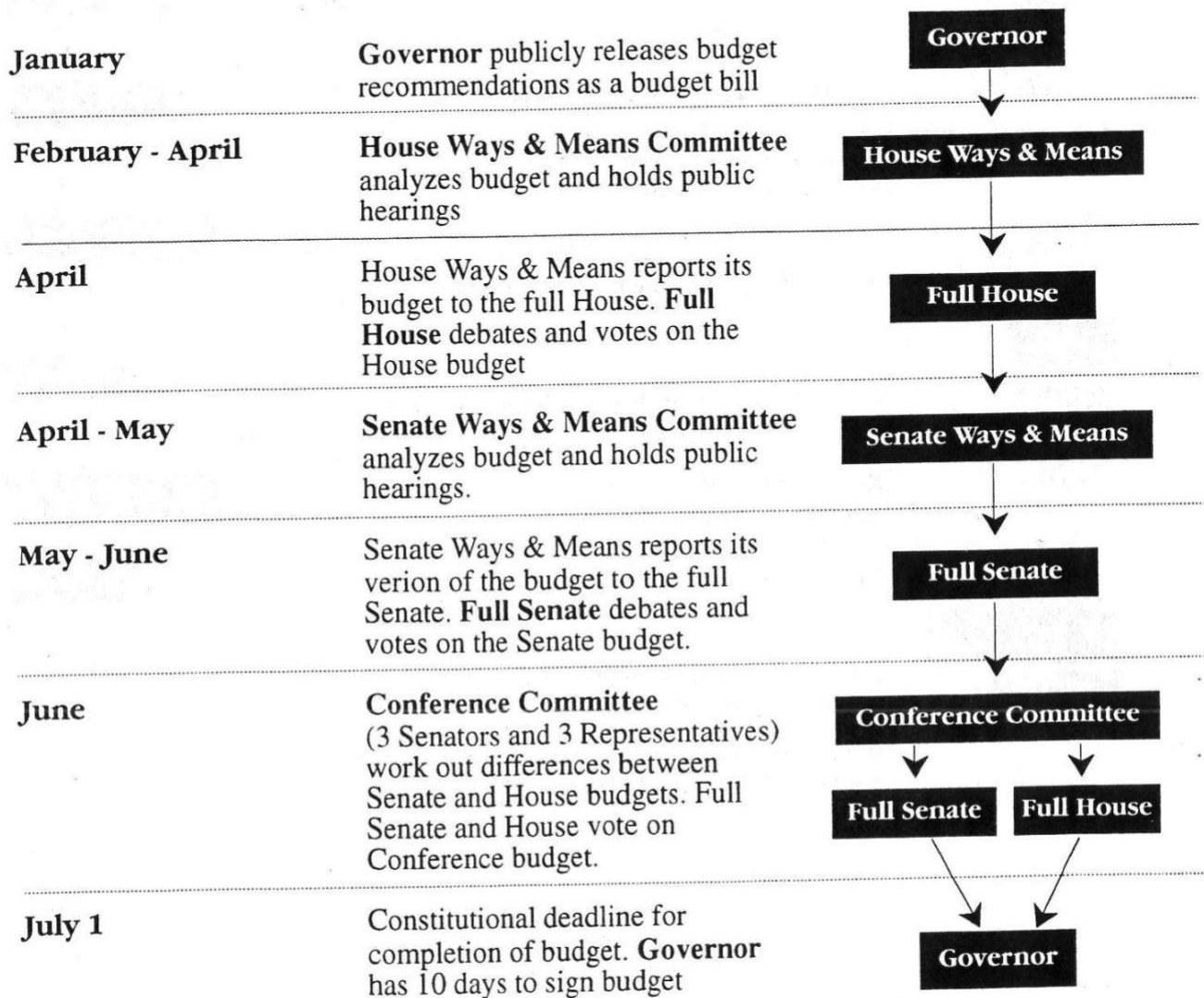
Using the Mass. Union rent reform bill as an example, the chart below shows you how a bill becomes law.



# How Does the State Budget Process Work?



Your voice and input is important throughout the entire budget process.



# Calling a Legislator?

## 10 Quick Tips



### Afraid legislators aren't going to give you the time of day?

You'd be surprised. Legislators don't get a lot of phone calls or letters from people in their communities. But because you are a constituent (registered voter) — their job is to respond to your call. Most of the time, when you call you will talk to a legislator's staff person. Staff are generally easy to talk to. But to help you really get your message to a legislator, here are 10 quick tips.

**1 Before you call, write out what you want to say.** This will help you keep on target. Run your finger right down the list as you talk. On the back is a sample sheet to help you do this.

### 2 Introduce yourself.

Legislators want to know who you are.



- ☐ If you are a member of a group that has taken a position on the bill — tell them. Let them know you are not alone.
- ☐ If you are a registered voter — tell them. If not, a legislator may not pay attention to your request. Call your city or town hall to register. It's easy!

### 3 Know the number of the bill you care about.

All bills and budgets have a number. Sometimes numbers change.

Legislators must pay attention to thousands of bills. Give them a bill # and direct them to the bill that you care about.



### 4 Explain how a bill impacts you.

Just telling a legislator not to support a bill isn't enough. You need to say how a bill will hurt or help you personally. Let them know the bill affects real lives — like yours!



### 5 Give them a mind hook.

Paint a picture that will hook their mind — a picture that they won't forget. Give them a fact or a personal story that creates an image. For example, this bill treats children as if they were *tumbleweeds*.



### 6 Stop or Go? Tell the legislator exactly what you want them to:



- ☐ Support a bill
- ☐ Not support a bill
- ☐ Change it so that it's better.

### 7 Listen Carefully.

Listen to what a staff person or legislator says to you.



Take notes. If a legislator asks you a question and you don't know the answer — write the question down. Tell them you will get back to them. Call MUPHT for help. Then make sure you call the legislator back with reliable information. This will go a long way to developing a relationship with your legislator.

### 8 Stay on Target.

Sometimes legislators will try to put you off or pit you against other people or groups. Don't let legislators throw you with wacky statements. Stay on your topic.



### 9 Follow through.

Tell your legislator or their staff person that you will be following what happens to this bill. Call MUPHT to find out what's happening with a bill. If a vote was taken, find out how your legislator voted.



### 10 Keep an eye on your elected official.

Follow how your legislators vote on issues. Then make sure your legislator knows that you're watching what they do. Write them short notes or call them and let them know that you approve or disapprove of how they voted. Keep your elected official accountable!



## Need more information?

Call the Massachusetts Union of Public Housing Tenants at 617-825-9750

© Massachusetts Union of Public Housing Tenants, 1995. For permission to reprint contact MUPHT.

# Legislative Rap Sheet

Your experience is very important for your State Senator and Representative to hear.

Find your State Senator and Representative at  
[malegislature.gov/Search/FindMyLegislator](http://malegislature.gov/Search/FindMyLegislator)

My name is \_\_\_\_\_.

I am a resident of public housing in \_\_\_\_\_. I am a member of \_\_\_\_\_.

- Mass Union of Public Housing Tenants
- Local tenants association
- Founder of my local tenant group

**The bill numbers are:**

S. \_\_\_\_\_ H. \_\_\_\_\_

**The bill impacts me because:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**A fact that tells a story that supports your position:**

- We have 43,000 households in state public housing, 2/3rd of whom are elderly. Most of them vote.
- \_\_\_\_\_
- \_\_\_\_\_

**I want the legislator to fix the problem by:**

- Supporting the bill.
  - Not supporting the bill
  - Changing it so that it's better.
- 
- I will be following the bill. Please keep me informed and thank you for your time.

# State Legislators 2023



Find your State Senator and Representative at  
**[malegislature.gov/Search/FindMyLegislator](http://malegislature.gov/Search/FindMyLegislator)**

# Massachusetts Legislature 2023

## Senate

Senator Name	District	State House Room	Phone (617-722 - )
Barrett, Michael	D-Lexington	109-D	1572
Brady, Michael	D-Brockton	416-A	1200
Brownsberger, William	D-Belmont	319	1280
Collins, Nicholas	D-Boston	312-D	1150
Comerford, Jo	D-Northampton	413-C	1532
Creem, Cynthia Stone	D-Newton	312-A	1639
Crichton, Brendan	D-Lynn	520	1350
Cronin, John	D-Lunenburg	504	1230
Cyr, Julian	D-Truro	312-E	1570
DiDomenico, Sal	D-Everett	405	1650
Edwards, Lydia	D-East Boston	520	1634
Eldridge, James	D-Acton	511-C	1120
Fattman, Ryan	R-Sutton	213-A	1420
Feeney, Paul	D-Foxborough	215	1222
Finegold, Barry	D-Andover	507	1612
Friedman, Cindy	D-Arlington	208	1432
Gobi, Anne	D-Spencer	413-A	1540
Gomez, Adam	D-Springfield	413-B	1660
Jehlen, Patricia	D-Somerville	424	1578
Keenan, John	D-Quincy	413-F	1494
Kennedy, Ed	D-Lowell	513	1630
Kennedy, Robyn	D-Worcester	437	1544
Lewis, Jason	D-Winchester	511-B	1206
Lovely, Joan	D-Salem	413-D	1410
Mark, Paul	D-Peru	279	2017
Miranda, Liz	D-Boston	215	1673
Montigny, Mark	D-New Bedford	312-C	1440
Moore, Michael	D-Millbury	109-B	1485
Moran, Susan	D-Falmouth	506	1330
O'Connor, Patrick	D-Weymouth	419	1646
Oliveira, Jake	D-Ludlow	416-B	1291
Pacheco, Marc	D-Taunton	312-B	1551
Payano, Pavel	D-Lawrence	222	1604
Rausch, Rebecca	D-Needham	218	1555
Rodrigues, Michael	D-Westport	212	1114
Rush, Michael	D-West Roxbury	109-C	1348
Spilka, Karen	D-Ashland	332	1500
Tarr, Bruce	R-Gloucester	308	1600
Timilty, Walter	D-Milton	213-B	1643
Velis, John	D-Westfield	70	1415

updated as of 4/26/23

# Massachusetts Legislature 2023

## House

Representative Name	District	Room	Phone (617-722- )
Arciero, James	D-Westford	277	2012
Arena-DeRosa, James	D-Holliston	B1	2000 x7309
Armini, Jennifer	D-Marblehead	B2	2000 x6305
Arriaga, Shirley	D-Chicopee	B2	2000 x6303
Ashe, Brian Michael	D-Longmeadow	236	2430
Ayers, Bruce	D-Quincy	167	2230
Balser, Ruth	D-Newton	167	2810
Barber, Christine	D-Somerville	254	2220
Barrett, John	D-North Adams	237	2305
Barrows, Fred Jay	R-Mansfield	542	2488
Berthiaume, Donald	R-Spencer	540	2090
Biele, David	D-South Boston	26	2080
Blais, Natalie	D-Sunderland	134	2400
Boldyga, Nicholas	R-Southwick	167	2810
Cabral, Antonio	D-New Bedford	466	2017
Cahill, Daniel	D-Lynn	446	2460
Capano, Peter	D-Lynn	443	2460
Carey, Dan	D-Easthampton	33	2060
Cassidy, Gerard	D-Brockton	136	2396
Cataldo, Simon	D-Concord	B1	2000 x7321
Chan, Tackey	D-Quincy	42	2014
Ciccolo, Michelle	D-Lexington	473-F	2210
Connolly, Mike	D-Cambridge	33	2060
Consalvo, Rob	D-Hyde Park	21	2800 x7311
Cruz, Manny	D-Salem	B2	2000 x6309
Cusack, Mark	D-Braintree	34	2320
Cutler, Joshua	D-Duxbury	167	2810
D'Emilia, Angelo	R-Bridgewater	548	2488
Day, Michael	D-Stoneham	136	2396
Decker, Marjorie	D-Cambridge	33	2060
DeCoste, David	R-Norwell	443	2460
Diggs, Kip	D-Barnstable	26	2800 x7301
Doherty, Carol	D-Taunton	527-A	2014
Domb, Mindy	D-Amherst	134	2210
Donaghue, Kate	D-Westborough	B1	2000 x7311
Donahue, Daniel	D-Worcester	39	2014
Donato, Paul	D-Medford	481	2180
Driscoll, William	D-Milton	446	2460
DuBois, Michelle	D-Brockton	473-F	2210
Duffy, Patricia	D-Holyoke	130	2800 x7312
Durant, Peter	R-Spencer	33	2060
Elliott, Rodney	D-Lowell	B1	2000 x7313

updated as of 4/26/23

# Massachusetts Legislature 2023

## House

Representative Name	District	Room	Phone (617-722 - )
Farley-Bouvier, Tricia	D-Pittsfield	156	2240
Ferguson, Kimberly	R-Holden	473-B	2263
Fernandes, Dylan	D-Falmouth	472	2013
Ferrante, Ann-Margaret	D-Gloucester	42	2370
Finn, Michael	D-West Springfield	274	2676
Fiola, Carole	D-Fall River	236	2430
Flanagan, Christopher	D-Dennis Port	B2	2000 x6319
Fluker Oakley, Brandy	D-Boston	134	2800 x7310
Frost, Paul	R-Auburn	542	2489
Galvin, William	D- Canton	166	2692
Garballey, Sean	D- Arlington	540	2090
García, Judith	D-Chelsea	B1	2000 x7305
Garlick, Denise	D-Needham	238	2380
Garry, Colleen	D-Dracut	238	2380
Gentile, Carmine	D-Sudbury	167	2810
Giannino, Jessica	D-Revere	443	2800 x7316
Gifford, Susan	R-Wareham	124	2100
Gonzalez, Carlos	D-Springfield	26	2080
Gordon, Kenneth	D-Bedford	146	2575
Gregoire, Danielle	D-Marlborough	23	2140
Haddad, Patricia	D-Somerset	370	2600
Haggerty, Rich	D-Woburn	540	2090
Hamilton, Ryan	D-Methuen	B1	2000 x7319
Hawkins, Jim	D-Attleboro	472	2013
Hendricks, Chris	D-New Bedford	237	2305
Higgins, Natalie	D-Leominster	527A	2020
Hogan, Kate	D-Stow	163	2199
Holmes, Russell	D-Boston	254	2220
Honan, Kevin	D-Brighton	38	2470
Howard, Vanna	D-Lowell	33	2800 x7302
Howitt, Steven	R-Seekonk	237	2305
Hunt, Dan	D-Dorchester	166	2692
Jones, Bradley	R-North Reading	124	2100
Kane, Hannah	R-Shrewsbury	167	2810
Kassner, Kristin	D-Hamilton	548	2488
Kearney, Patrick	D-Scituate	39	2014
Keefe, Mary	D-Worcester	466	2017
Kerans, Sally	D-Danvers	20	2800 x7305
Khan, Kay	D-Newton	146	617-722-2011
Kilcoyne, Meghan	D-Northborough	443	2800 x7309
Kushmerek, Michael	D-Fitchburg	443	2800 x7308

updated as of 4/26/23

# Massachusetts Legislature 2023

## House

Representative Name	District	Room	Phone (617-722 - )
LaNatra, Kathleen	D-Kingston	236	2430
Lawn, John	D-Watertown	445	2460
LeBoeuf, David	D-Worcester	146A	2575
Lewis, Jack	D-Framingham	43	2030
Linsky, David	D-Natick	146	2575
Lipper-Garabedian, Kate	D-Melrose	527A	2020
Livingstone, Jay	D-Boston	472	2013
Lombardo, Marc	R-Billerica	443	2460
Madaro, Adrian	D-Boston	134	2400
Mahoney, John	D-Worcester	130	2130
Mariano, Ronald	D-Quincy	343	2300
Markey, Christopher	D-Dartmouth	527A	2020
McGonagle, Joseph	D-Everett	279	2017
McKenna, Joseph	R-Webster	33	2060
McMurty, Paul	D-Dedham	171	2015
Mendes, Rita	D-Brockton	B1	2000 x7303
Meschino, Joan	D-Hull	34	2320
Michlewitz, Aaron	D-Boston	243	2990
Mom, Rady	D-Lowell	544	2637
Montaño , Sam	D-Boston	B1	2000 x7317
Moran, Frank	D-Lawrence	448	2582
Moran, Michael	D-Brighton	39	2014
Muradian, David	R-Grafton	156	2240
Muratore, Mathew	R-Plymouth	39	2014
Murphy, James	D-Weymouth	254	2220
Murray, Brian	D-Milford	136	2396
Nguyen, Tram	D-Andover	33	2060
O'Day, James	D-West Boylston	540	2090
Orrall, Norman	R-Lakeville	540	2090
Owens, Steven	D-Watertown	540	2800 x7315
Parisella, Jerald	D-Beverly	156	2240
Paulino, Francisco	D-Methuen	B1	2000 x7315
Peake, Sarah	D-Provincetown	7	2040
Pease, Kelly	R-Westfield	33	2800 x7306
Peisch, Alice	D-Wellesley	473G	2070
Philips, Ted	D-Sharon	33	2800 x7313
Pignatelli, William	D-Lenox	473F	2210
Puppolo, Jr., Angelo	D-Springfield	122	2006
Ramos, Adrienne	D-North Andover	B1	2000 x7323
Ramos, Orlando	D-Springfield	236	2800 x7307
Reyes, Estela	D-Lawrence	B2	2000 x6315
Robertson, David	D-Tewksbury	473F	2210
Rogers, David	D-Belmont	544	2637
Rogers, John	D-Norwood	162	2092
Roy, Jeffrey	D-Franklin	43	2030
Ryan, Dan	D-Charlestown	36	2370

updated as of 4/26/23

# Massachusetts Legislature 2023

## House

Representative Name	District	Room	Phone (617-722 - )
Sabadosa, Lindsay	D-Northampton	443	2460
Saunders, Aaron	D-Belchertown	B2	2000 x6311
Scanlon, Adam	D-North Attleborough	26	2800 x7304
Scarsdale, Margaret	D-Pepperell	B2	2000 x6321
Schmid, Paul	D-Westport	466	2017
Sena, Dan	D-Acton	39	2014
Shand, Dawne	D-Newburyport	B2	2000 x6317
Silvia, Alan	D-Fall River	167	2230
Smola, Todd	R-Palmer	124	2100
Soter, Michael	R-Bellingham	443	2460
Sousa, Priscila	D-Framingham	B2	2000 x6307
Stanley, Thomas	D-Waltham	167	2230
Straus, William	D-Mattapoissett	134	2400
Sullivan, Alyson	R-Abington	39	2014
Turco, Jeffrey	D-Winthrop	26	2800 x7318
Tyler, Chynah	D-Roxbury	155	2450
Ultrino, Steven	D-Malden	446	2460
Uyterhoeven, Erika	D-Somerville	443	2800 x7314
Vargas, Andy	D-Haverhill	136	2396
Vaughn, Marcus	R-Wrentham	B1	2263
Vieira, David	R-Teaticket	167	2230
Vitolo, Tommy	D-Brookline	443	2460
Walsh, Thomas	D-Peabody	276	2676
Whipps, Susannah	I-Athol	540	2090
Williams, Bud	D-Springfield	160	2304
Wong, Donald	R-Saugus	541	2488
Worrell, Christopher	D-Dorchester	B2	2000 x6313
Xiarhos, Steven	R-Barnstable	39	2800 x7303
Zlotnik, Jonathan	D-Gardner	26	2080

updated as of 4/26/23

# Senate Ways and Means Committee 2023

---



**Michael J. Rodrigues**  
**Chair**



**Cindy F. Friedman**  
**Vice Chair**

Joanne M. Comerford (Assistant Vice Chair)

Michael D. Brady

John J. Cronin

Lydia Edwards

Paul R. Feeney

Anne M. Gobi

Adam Gomez

Patricia D. Jehlen

John F. Keenan

Jason M. Lewis

Liz Miranda

Michael O. Moore

Michael F. Rush

Patrick M. O'Connor (Ranking Minority)

Ryan C. Fattman

Bruce E. Tarr

# House Ways and Means Committee 2023

---



**Aaron Michlewitz**  
**Chair**



**Ann-Margaret Ferrante**  
**Vice Chair**

Patricia A. Haddad (Assistant Vice Chair)

Russell E. Holmes

Natalie M. Higgins

Samantha Montañó

Steven Ultrino

Alan Silvia

Vanna Howard

Carol A. Doherty

Patricia A. Duffy

Sally P. Kerans

Natalie M. Blais

David Biele

Andres X. Vargas

Dylan A. Fernandes

Meghan Kilcoyne

Orlando Ramos

Patrick Joseph Kearney

Kate Lipper-Garabedian

Chynah Tyler

Bud L. Williams

Kathleen R. LaNatra

Brian W. Murray

Richard M. Haggerty

James K. Hawkins

Christine P. Barber

Todd M. Smola (Ranking  
Minority)

Angelo L. D'Emilia

Mathew J. Muratore

Donald R. Berthiaume, Jr.

Joseph D. McKenna

Kelly W. Pease

Alyson M. Sullivan-Almeida

Steven George Xiarhos

# Joint Committee on Housing 2023

## Senate Members



**Lydia Edwards**  
Chair



**John F. Keenan**  
Vice Chair

Michael J. Barrett  
Julian Cyr  
John C. Velis  
Patrick M. O'Connor

## House Members



**James Arciero**  
Chair



**Meghan Kilcoyne**  
Vice Chair

Mike Connolly  
Shirley B. Arriaga  
Kip A. Diggs  
Christopher Hendricks  
Rob Consalvo  
Patrick Joseph Kearney  
David Henry Argosky LeBoeuf  
David F. DeCoste (Ranking Minority)  
David K. Muradian, Jr.

# Joint Committee on Judiciary 2023

## Senate Members



**James B. Eldridge**  
Chair



**Lydia Edwards**  
Vice Chair

Cynthia Stone Creem  
Anne M. Gobi  
John C. Velis  
Patrick M. O'Connor

## House Members



**Michael S. Day**  
Chair



**Christine P. Barber**  
Vice Chair

Colleen M. Garry  
Christopher M. Markey  
Brandy Fluker Oakley  
Daniel R. Carey  
Christopher Hendricks  
Adam Scanlon  
Rita A. Mendes  
Peter J. Durant (Ranking Minority)  
Alyson M. Sullivan-Almeida



# Massachusetts Union of Public Housing Tenants

## FY2024 Budget

The Massachusetts Union of Public Housing Tenants (Mass Union) is a grassroots organization that advocates on behalf of public housing residents statewide. As residents, we know personally the challenges that our communities and our housing authorities face on a daily basis.

We are deeply concerned about the condition and future of state public housing and about the struggles that people in our communities face to get access to basic human needs, including safe housing, food, medical care, and transportation. We also know that when residents are actively involved in our communities and engaged with housing authorities, the potential to make our housing safe and our communities thrive is enormous.

We call on the Legislature and the Governor to work with us to protect the state's 43,000 public housing apartments by making a significant investment in state public housing:

**1. Increase Public Housing Operating Subsidy to \$184 million (Line Item 7004-9005)**

Basic maintenance is not happening and the operating subsidy has been underfunded for decades. In 2005, [A Study of the Appropriate Operating Costs for State-Funded Public Housing in Massachusetts](#), found that the annual operating account should increase to about \$115 million. This study is over 20 years old. Adjusted for inflation this \$115 is approximately \$184 million.

**2. Increase the Public Housing Reform by \$6.7 million (Line Item 7004-9007)**

Expanded support for a range of meaningful public housing reforms to improve the health and welfare of residents in state public housing, including supporting tenant participation. Increase funding for local tenant organizations from \$6/unit to \$25/unit (as is provided to federal public housing tenants). Provide funding for the formation of public housing-based pilot programs including a resident maintenance program, transportation program to help elders and people with disabilities get groceries and medicine, food programs through on-site access and farmers markets, and language access support for housing authorities to ensure that all residents.

**3. Increase funding for Resident Services Coordinators to \$8 million (Line Item 7004-4314)**

Resident service coordinators help the whole community in many ways. Resident service coordinators find support for people with disabilities, help seniors pay bills, coordinate health clinics and food programs, prevent evictions, and arrange for people to live in their own place as opposed to a nursing home. In 2021, resident service providers preserved 680 tenancies. With a \$3 million increase to raise this line item from \$5 million to \$8 million, 15-20 new resident service coordinators can provide support.



# Massachusetts Union of Public Housing Tenants

## 2023-24 Bills Supporting

*This will be updated on the website*

1. [H.1330](#) (Rep. Kevin G. Honan)  
**An Act to establish an apprenticeship program to ready vacant public housing apartments for occupancy**  
Would establish the Brooke Public Housing Apprenticeship Program; directs the office of housing and economic development and the office of labor and workforce development to establish said training program to provide public housing residents with the education, job skills training and job placement assistance leading to economic self-sufficiency.  
H. 1330 is in the Housing Committee
2. [S.864](#) (Senator Sal DiDomenico) and [H.1731](#) (Rep. Dave Rogers & Rep Mike Day)  
**An Act promoting access to counsel and housing stability in Massachusetts**  
Would create a statewide program dedicated to providing access to full legal representation for low-income tenants and low-income owner-occupant landlords in eviction proceedings.  
S. 864 is in the Housing Committee and H. 1731 is in the Judiciary Committee
3. [S.857](#) (Senator Crighton):  
**An Act ensuring continued rights for tenants in public housing** where the housing authority is developing the property and ensures that the tenants maintain the rights as provided under federal, state, and local subsidy programs including rent, grievance, right to return and tenant participation. Also provides that tenants should have technical assistance to help them navigate complicated deals.  
S. 857 is in the Housing Committee
4. [S.887](#) (Sen. Joan B. Lovely) [H. 1329](#) (Rep. Kevin G. Honan)  
**An Act to prevent and respond to bullying of elderly and disabled residents**  
Would prohibit bullying of elder residents of housing developments subsidized by the state or federal government; defines the practices considered as bullying and cyberbullying; directs the Public Safety Division of the Attorney General's office to consult with other agencies and develop a model plan and curriculum for preventing bullying of elders; requires staff at said residential communities to undergo ongoing professional development related to bullying prevention and remediation.