

**Empower Yourself to be an Effective Advocate ...
Receive Enews From Your Congressman**

Members of the New Jersey congressional delegation offer an electronic newsletter service to both the constituents they serve and to anyone who may be interested. The electronic newsletter – or enews – is a means by which readers can obtain a range of information on issues and events, including town hall or tele-town hall meetings. Town hall and tele-town hall meetings can allow people with brain injury to express their concern about brain injury directly to their congressman and/or staff. **This is an important tool for advocates!** Click on your congressman's name below to register for his enews service. To determine who your Congressman is, click [here](#) and type in your zip code in the box next to *Find your lawmakers, tell them what you think*. The name of your congressman will appear under “Representatives.”

[Congressman Robert Andrews](#)

[Congressman Frank LoBiondo](#)

[Congressman John Adler](#)

[Congressman Chris Smith](#)

[Congressman Scott Garrett](#)

[Congressman Frank Pallone](#)

[Congressman Leonard Lance](#)

[Congressman Bill Pascrell](#)

[Congressman Steven Rothman](#)

[Congressman Donald Payne](#)

[Congressman Rodney Frelinghuysen](#)

[Congressman Rush Holt](#)

[Congressman Albio Sires](#)

United States Senators Frank Lautenberg and Robert Menendez represent all New Jersey. To receive enews from Senator Menendez, click [here](#) and type in your email address in the sign-up box within the broader *The Menendez Messagebox*. Then, press “sign-up.” To stay connected with Senator Frank Lautenberg via Facebook, YouTube and/or Twitter, click [here](#).