



July 25, 2022

Good Morning Members,

I hope to find you well. Of course, COVID is still here. The numbers in Milwaukee are up. I was saying 2 weeks ago that we still need to wear a mask when inside. I know it can be hard to do, but in the long run it could be something that saves your life. Continue to wash your hands and have wipes or hand sanitizer. I like the ones from Bath and Body Works because they are a good size and they are fun. I make sure to have one on my bag or in the living room so I always have one close by. Just in case or if I need to take care of the kitty cat.

I also make sure my house is clean by mopping and wiping things down. It is important and there are germs everywhere I want to make sure I keep safe. I'm not telling you have to do this, but just giving you suggestions to keep your area safe and clean from germs. If you have any issues with a cold, asthma, or something else it is important to be more aware of what you are doing because we can't be in charge of what others do, but we can do what we can to keep ourselves safe.

There is going to be a debate on TV for the Governor's election. I think it will be really interesting and see what they have to say. Especially about things related to people with disabilities such as jobs, housing, rights, etc. I hope you were all able to get your absentee ballot in or get registered to vote. I extremely encourage

you to get to the polls and vote in whatever way you can. You have to vote to make a change! If you don't vote you can't complain about it. There is a primary election coming up on Tuesday, August 9th. The Disability Vote Coalition website is a great place to get information: <https://disabilityvote.org/> Voters with questions or concerns may also contact the Disability Rights Wisconsin Voter Hotline: 844-347-8683 / info@disabilityvote.org.

There are a lot of things going around Wisconsin and Milwaukee so get out and enjoy yourself. Waukesha has their state fair going on right now and Milwaukee fair will be happening in the next couple of weeks. Do something that makes you happy like, seeing a friend, going for a walk, or watching a show.

I plan to do more research on Mental Health and give you more information that can help with self-care and understanding it better. I was watching TV and there was something on mental health that said children as young as 5 years old can be affected and there are not enough professionals to help everyone that is suffering from this. I will do my part to find more resources for members and this is an important topic because some people don't know how to find these resources or know how to talk to someone.

I want to help prevent anyone that may harm themselves and I want to make sure anyone is able to get the help they need. You are not alone in this because it happens to so many people and I want to do what I can to advocate for my members. I want my members to know that I am here if needed, but I will do my part to find additional resources that can benefit everyone. My goal is to put a booklet together, but it is a big task and will take some time. I also read that African Americans are more likely to commit suicide than others. If you don't love yourself, you can't love

somebody else. People First Wisconsin and I are here to help. If you have any concerns just reach out and we can see what we can do. Let's take action to help each other and ourselves. From my heart to your heart have a great rest of your week.

I hope you have a very blessed week! Please reach out to me if you need anything. You can call my cell phone @ 414-852-6462 8:30am - 5:00pm, Monday - Thursday. If I am unable to take your call, I will call you back. You can reach the cope hotline @ 1(262)-377-2673.

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin