

June 19, 2023



Good morning Members,

I hope to find you well this morning. Happy Juneteenth to all those in the state! Milwaukee is having a parade to celebrate this holiday. You can watch the parade on channel 4 you can watch the parade from 9am-11am. I am excited to be able to celebrate this holiday!

We are well into our summer, and I realize we are statewide which means there is a lot to do. I hope you can get out and do something you like such as farmers market, music festivals, or anything else.

In Milwaukee we have Summerfest the next three weekends, which is a music festival. I don't see any rain in the next week until Sunday, so that means you can get out of the house and enjoy yourself. Enjoy the sun with a walk or a picnic. The nice weather gets me motivated to want to spend more time outside.

I haven't talked much about COVID because there is less to talk about, but it is still important to be careful and take care of

yourself. If you aren't feeling well be aware of that and you don't want to get others sick. It is okay to still wear a mask when there are a lot of crowds or anything you think it is good for you to do.

Tomorrow until Thursday, I will be in Oklahoma, so you can reach out to staff during that time if you need anything because I won't have my normal hours. I will be back and working on Friday and can be reached that day. Starting June 29th through July 10th I will be on vacation. I will be out of town for part of that and I am planning on having a lot of fun while I am off.

Don't forget to check out our website for People First Wisconsin for events coming up! We have the meet-up tonight from 4:30pm-6:30pm and Thursday is from 6pm-7:30pm. There is also the speaker series tomorrow from 11am-12pm. If there is anything I missed, please look at our website for updates:

<http://www.peoplefirstwisconsin.org/>

If you have any concerns, you can reach out to the PFW staff and they will help guide you to what you need for issues, concerns, and mental health. You can call my cell phone @ 414-852-6462 8:30am - 8:00pm, Monday - Thursday. If I am unable to take your call, I will call you back.

You can reach the Suicide and Crisis Lifeline at 800-273-TALK (8255) or 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline) and is now active across the United States. This is the website:

<https://988lifeline.org/>

In spirit of Mental Health Month, here is a quote today from Maya Angelou:

“For a person who grew up in the '30s and '40s in the segregated South, with so many doors closed without explanation to me, libraries and books said, 'Here I am, read me.' Over time I have learned I am at my best around books.” -- Maya Angelou

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin