

June 5, 2023



Good morning Members,

I hope to find you well this morning. We are now into summer and there are many things to do around our communities. I know Milwaukee has a lot to offer to activities and things to attend.

I am able to travel to Alabama for a few days for a presentation. Then I will be on vacation for a few weeks – I plan to attend some Brewers games, maybe an art museum and just stay busy enjoying the days off.

This past weekend I was able to attend Pridefest and it was a fabulous time. I learned so much because everyone was able to come together even if you were not gay. I enjoyed that everyone was respectful and happy to be there. I was able to get a hug from the county executive and Dr. Margolis. I was able to see a lot of things and there was a lot of swag including a pride flag.

It was good to know that you don't have to be gay to go to something like this. I felt very comfortable, and I was able to fit in and be a part of the celebration because I was just able to just be me. I think it is important to enjoy every piece of summer you can, and I take time to be outside and be on my patio.

This weekend I even bought a plant to have in my outside area. I may even stay up later because of the nice weather. Try not to sit around your house and do nothing because it is good to enjoy all that you can while you can because we only have so much time on this earth.

The next letter will be out when I am able to do it because I have my trip to Alabama, and I am not sure if it will get out before or after that trip before my vacation. I will make sure to be in touch with you all when I can! Summer can be tricky with vacations and all the things going on. Just to let you all know my vacation will start at the end of June on the 29<sup>th</sup>.

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/>

I know it can be hard out there and I know we all struggle at times. Be there for each other and reach out to someone that is a friend or family member. I will be unavailable from Thursday afternoon to Saturday for the State Special Olympics in Whitewater.

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 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:

“Our stories come from our lives and from the playwright's pen, the mind of the actor, the roles we create, the artistry of life itself and the quest for peace.” -- Maya Angelou

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin