

July 17, 2023



Good morning Members,

It has been a while since I have seen you and wrote to you. I had a very restful and fun vacation. June was a very busy month and lot of deaths in my family and friends. I lost two cousins, a BPDD board member, a teammate, and a friend. However, I see that as life and you are here for a while and you have to keep moving on. Don't take life for granted! You can be here and everything going good and then something happens.

So, watch what you say and how you treat others, you only get one life so use that time the best you can. We just never know when our time is up. You don't want to sit around not doing anything; get out and do something, tell people close to you that you love them, and live. Take time for yourself and meditate a little bit and I have been working on taking care of myself. If you don't take care of yourself there is no one else who can take care of you.

Life is hard sometimes, but it is important to take care of your mental health. We may not always feel like ourselves, but if we

don't take care of our needs it will continue to escalate into something that you might not be able to handle.

While I was on vacation, I was able to figure out how to take better care of myself. I figured out that I should start to workout more and take time for myself. In the morning I will go out on the porch with the kitty and coffee and enjoy that time. Sometimes I get lazy and don't do it, but I must push myself to do it more often. Today I was not able to do it as I had to get ready for work after my vacation and do some important things.

Wisconsin must renew its Family Care waiver every five years. The Family Care waiver says what services and supports Family Care can provide and how the program should run. The Department of Health Services (DHS) is starting the Family Care waiver renewal process and wants to hear from people who use Family Care, families of people in Family Care, and family caregivers.

You can let them know by email or at a virtual public listening session what works well and what needs to work better. Send your written comments in an email by August 1st to:

[DHSDMSFCRenewal@dhs.wisconsin.gov](mailto:DHSDMSFCRenewal@dhs.wisconsin.gov)

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. If there is anything I missed, please look at our website for updates:

<http://www.peoplefirstwisconsin.org/> Attend one of the virtual public listening session webinars: Tuesday July 25th from 3-5 PM Register here: [https://dhs.wi.zoomgov.com/webinar/register/WN\\_E1cKba5XRk6sir2g9kOoOg](https://dhs.wi.zoomgov.com/webinar/register/WN_E1cKba5XRk6sir2g9kOoOg)

Wednesday, July 26th from 6-8 PM. Register here:

[https://dhs.wi.zoomgov.com/webinar/register/WN\\_9wLfXkg3STaJwL\\_bLWSAzA](https://dhs.wi.zoomgov.com/webinar/register/WN_9wLfXkg3STaJwL_bLWSAzA)

Madison's Disability Pride Fest will be held on Saturday, July 29th and PFW will have a table there, so please stop by to say, "hello." The festival is outside at Warner Park 2930 N Sherman Ave, Madison, WI 53704 and lasts from noon-5pm. For more information, go to <https://www.disabilitypridemadison.org/>

The Self-Determination Conference: Registration is now open. It will be held October 16th -18th at the Kalahari Resort in the Wisconsin Dells. Here is a link to the website where you can get more information and register: <https://wi-sdc.com/>

Don't forget that Family Care members and IRIS participants can ask to have conference registration fees and some other costs

related to attending, included in their individual support plans.

More information about how to do this can be found here:

<https://wi-sdc.com/wp-content/uploads/2023/05/Self-Determination-Conference-Scholarship-Process-FINAL-5-15.pdf>

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/>

Here is a quote today from Maya Angelou:

“What is a fear of living? It's being preeminently afraid of dying. It is not doing what you came here to do, out of timidity and spinelessness. The antidote is to take full responsibility for yourself - for the time you take up and the space you occupy. If you don't know what you're here to do, then just do some good.” -- Maya Angelou

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin