

July 31, 2023



Good morning Members,

I hope to find you well this morning. Summer is winding down now. If you live in Milwaukee the State Fair will be starting this Thursday, August 3rd! You can take a couple buses to the fair this year. Route 18 (National Avenue) and Route 33 (Vliet – 84th) provide regular daily service to the State Fair. Fairgoers can ride Route 18 between downtown along National Avenue and Greenfield Avenue and arrive at the State Fair at either 81st Street or 84th Street. Route 33 buses travel along Vliet Street, Glenview Avenue, and 84th Street and arrive at Greenfield Avenue.

There will also be Jazz in the park and Jewish Food Festival happening in the Milwaukee area. I always say that after the State Fair that summer seems to be over because a lot of kids will be going back to school soon. If you do have kids, there are programs that will help you get school supplies if that is a need.

This week is about your health – make sure to get out and about and do something you like. I know I haven't talked about COVID in a long time, but with school getting back to session it will be important to stay safe and wash your hands. If you are older you want to make sure to get your vaccines, especially your shingles shot because that can be very bad to have.

If you are having a hard time with your mental health, make sure to call me, People First, a friend, or the hotline. I think it is going to be hot again this week so make sure to have your air on. This is good for your pets too. If you need help with something like your AC not working, please call me or someone at People First so we can help you because we want to make sure you are comfortable and getting the help you need.

When it is hot, I prefer to cook in the morning when it isn't as hot to stay as cool as I can. I think taking a cool shower can also feel good and keep you cool. Do the things that you can do for yourself and if you can't figure it out, please reach out. I am only a phone call away. Have a nice week and I will be talking to you all soon in two weeks.

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 what works well and what needs to work better. Send your written comments in an email by August 1st to:

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/>

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 <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:

“Timidity makes a person modest. It makes him or her say, 'I'm not worthy of being written up in the record of deeds in heaven or on earth.' Timidity keeps people from their good. They are afraid to say, 'Yes, I deserve it.'” -- Maya Angelou

Sincerely,
Cindy Bentley
Executive Director
People First Wisconsin