



August 15, 2023

Good morning Members,

I hope to find you well this morning. I am writing the letter a little late because of a very busy weekend and Monday. Sorry it is late by one day. Summer is almost over. I am going to talk with you about getting ready for Fall. If you have kids, you are probably getting them ready to go back to school. Our school district returned today; middle and high school kids students returned to Milwaukee Public Schools (MPS) today.

I hope they got their okay with this rainy weather. If you need help with school supplies, then check the internet for resource fairs and organizations that can help. MPS now has free breakfast and lunch, so please take advantage of that. Check with your local school districts to learn more about free and reduced lunch. Milwaukee is the only school district I know that has free food.

Make sure your kids' vaccinations are up to date. You may be able to check their vaccinations (immunizations) online at The Wisconsin Immunization Registry (WIR) is an online database that tracks vaccine records for Wisconsin children and adults.

Here is a link:

<https://www.dhs.wisconsin.gov/immunization/wir.htm>

Vaccines are not just for kids. Flu season is coming. At the end of September through November, make sure you get a flu shot. I

was told I should get a flu shot and an updated COVID vaccine. You should ask your doctor what they recommend for you. Adults 50 years of age and older can get the vaccine for Shingles. I know someone who had Shingles in his eye and it was very painful. When you are over 60 years of age, the Centers for Disease Control recommends a vaccination for RSV, a respiratory illness.

Also, I want to let you know that Labor Day is coming up on Monday, September 4th. Labor Day is a day off but also a day that celebrates workers. We can be thankful for laws that protect the rights of workers. Thank your caregivers that are working every day for you. We have a shortage of caregivers right now and want to be sure that we thank them.

One last thing, we have 4 elections next year. The biggest one is for president in November 2024. Now is the perfect time to make sure your ID is up to date. Remember if you don't vote then you cannot complain. It is critical that every eligible person with a disability votes. I will be talking with you about this from now until the end of 2024. There is great information about voting at <https://disabilityvote.org/>.

Mark your calendars with Upcoming Elections for 2024:

Spring Primary: February 20, 2024

Spring and Presidential Preference Election: April 2, 2024

Fall Partisan Primary: August 13, 2024

General Election: November 15, 2024

Don't forget to check out our website for People First Wisconsin for events coming up! We have the meet-ups on Mondays 4:30pm-5:30pm and Thursday is from 6pm-7:30pm. If there is anything I missed, please look at our website for updates:
<http://www.peoplefirstwisconsin.org/>

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. 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 by calling 988. This three-digit dialing code links callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline.) This is the website: <https://988lifeline.org/>

Here is a quote from Dr. Maya Angelou, "If I am not good to myself, how can I expect anyone else to be good to me?"

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin