

August 22nd, 2022



Good Morning Members,

I hope to find you well this morning. How is your summer going? If you need something to do check out our website because we still have a lot going on. We have the hangouts and meet ups. We also have the speakers on Tuesdays, so come hangout with us. I was able to be busy this past weekend. I went to the Packer game and the zoo on Saturday. Sunday I used as a day for myself to rest and recoup to get ready for the new week. I like to call that a mental health day. You are important and sometimes you need to let people know that you need a break if that is something you need for yourself.

Continue to be aware and careful due to COVID. Don't let your guard down. I was able to go to the Packer Game on Friday. A lot of people weren't wearing masks. So, I made sure to wear my mask as much as possible while on the bus and at the game. I want to make sure to be safe and I want to be around for a long time.

Now that the primary's for voting is over, please go check out who the candidates are, so you know what you are voting for. If you need to get your absentee ballot in make sure to do that ahead of time. This is a very important election and every vote will count for this. If you need help on

who the candidates are you can go to the below websites for more information. November 8th is Election Day for Wisconsin.

There will also probably be some debates on TV about what the candidates are going to do while in office. I know Tony Evers and other people will be around the state talking to the community, so if it is in your area go and talk to them about what they will be wanted to do in office. I hope this is enough information to get you started on finding out what these people are doing. It is important to use your right to vote.

This impacts every election and our future. If you ask why you should vote, is because it is your constitutional right to vote and it impacts every person in our state. If you don't vote you can't complain. Here is some helpful information from The Disability Vote Coalition:

Voting in Person?

If you are voting in person, make sure you are prepared to vote!

- Check your polling place as it may have changed: <https://myvote.wi.gov/en-us/Find-My-Polling-Place>
- View your ballot and review candidate information: <https://www.vote411.org/wisconsin>
- Bring your photo ID. Information is on <https://bringit.wi.gov/>

If you have questions, contact the Disability Rights Wisconsin Voter Hotline at: 1-844-347- 8683 or email: info@disabilityvote.org

I hope you have a very blessed week! Please reach out to me if you need anything even if you're just having a rough day. I know life can get overwhelming at times, so use me as or your friends/family as a resource.

Sometimes people can get under your skin and I want you to think of it as reading a book. If something is happening turn the page and let it go. Don't let it continue to bother you and keep going. 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/>

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin