

August 8th, 2022



Good Morning Members,

I hope to find you well this morning. This is a big week. Tomorrow is voting at the polls. I hope you did an absentee ballot or you plan to go in to vote. Every vote counts and if you don't vote you can't complain. We will have information that you can call your clerk. There will also be information to be able to get an ID from the DMV to be able to vote as well. This is very important for all of us to do. I have done my part by getting my absentee ballot in.

If want results and to make a change you have to participate in our constitutional right to vote and we need all the voices we can get. I would like to see a big turn for the votes regardless of disability. I won't tell you what to do or how to vote, but get out there and use that to have our voices heard. I feel happy when I vote because even with the outcome may not be what I voted for, but I still did vote and that's what is important.

I hope at the polls they do the right thing and I want to have faith that the poll workers will do their job correctly. Here is information about voting:

Tuesday, August 9th is Wisconsin's Primary Election. Don't forget to vote in person or return your absentee ballot in person. Here is 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/>

Do you have an absentee ballot to return?

It is too late to mail it. I want to remind you that federal law requires that voters with disabilities can have assistance from a person of their choosing to assist with ballot return. A voter with a disability can request an accommodation.

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

I know you might be sick of me talking about COVID, but it is still here. There is also the monkey pox going around. There is a vaccination for this now and you call your health department and doctor to get more information. It is also pretty contagious and you can get pretty sick from it. I just want you to be aware of this, so you can take care of yourself.

Remember to wash your hands, wear your mask, and keep yourself and area clean. You can also use and sanitizer if you don't have access to washing your hands. I make sure to always have it with me by where I am working or if I am out and about, I have two in my bag as well as extra masks.

On a happy note there is the State Fair in Milwaukee, plus I am sure there are other county fairs happening. If you can get out to one of them or the State Fair try and get there. Summer is starting to wind down, so take

advantage of the warm weather and the summer activities you can still do. It will be fall before we know it and I really do like fall. I am excited to decorate for the fall and do fall activities. Take care of yourself and if you are feeling down please reach out to me or use the cope line. It is important to know you are not alone and that there are people to be able to be there for you. If you don't love yourself, you can't love anybody else. Have a great two weeks until I write to you again.

I want to make you aware of a new resource for mental health support. The **988 Suicide & Crisis Lifeline** offers 24- hour support 7 days a week. People can call, text, or chat **988** to get access to trained crisis counselors who can help if they are experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also **dial 988** if they are worried about a loved one who may need crisis support.

I hope you have a very blessed week! Please reach out to me if you need anything. 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.

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin