

September 19th, 2022



Good Morning Members,

I hope to find you well. I don't have a lot to report on COVID 19. I believe the numbers are going down and less people are getting really sick. I do know that the fourth booster for COVID and the flu shot are currently available. I know it is good to get both to help protect yourself and others. You can get both shots at your local doctor's office, a Walgreens, or a CVS. I'm not going to tell you what to do, but it is good to get your vaccines.

Thursday is the 1st day of fall! I am very excited for fall. I know it will be about 69 degrees so it will be getting cooler here. Make sure to start getting your fall clothes out to prepare for the weather to change. Of course fall is my favorite not only because my birthday is in fall, but there is so much more to do. We have football, Go Pack Go! They have fall tv shows and movies on the hallmark channel. I really like a good pumpkin spiced drink. You can go to the China lights, Harvest Fest, and a pumpkin patch. As a reminder please take care of your mental health. You can call me or a staff member or anyone that you can reach out to please do. We are always here to try and help.

As a reminder that the election is on November 8th for Wisconsin. If you don't vote you can't complain. It is important for people with disabilities or

anyone who is a minority to vote. 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/>

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

The Self Determination Conference is coming up fast. It will be help October 17th-19th. You can do the conference either virtually or in person at the Kalahari, so make sure to sign up now. Please let me know if you have questions about the conference. <https://wi-bpdd.org/index.php/wisconsin-self-determination-conference/>

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-5:30pm and Thursday is from 6pm-7pm. We also have Juan Guerro for the speaker series tomorrow from 11am-12pm. This is the link to our website: <http://www.peoplefirstwisconsin.org/>

I hope you have a very blessed week! 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/>

I am going to start to leave quotes and poems at the end of my letters to help uplift members. Here is my first quote from Maya Angelou:

“Love recognizes no barriers. It jumps hurdles,
leaps fences, penetrates walls to arrive at its
destination full of hope.” Maya Angelou

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin