

September 6th, 2022



Good Morning Members,

I hope to find you well. I don't have too much to say about COVID in this letter. Please continue to wash your hands and wear a mask in public. It is important to take care of yourself. If you are looking for more information, here are links to reliable sources:

-Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

-Wisconsin Department of Health Services:
<https://www.dhs.wisconsin.gov/covid-19/index.htm>

Now that September is here, we can start thinking about fall. We don't have to worry about setting our clocks back until November which is good. It will start to get darker sooner now, so you don't want to get stuck outside in the dark. Now is the time to start thinking about your fall decorations. Get some good ideas for cooking. I love making apple pie and going to the pumpkin patches. You can do a lot of fun things in the fall to keep busy and you can find things to do inside.

Fall is one of my favorite times of the year because my birthday is in October and I always find a reason to celebrate. I was able to go to Cedarburg and I got a tea. You don't have to stay in, but it is good to prepare for being inside more often so have a plan to keep busy and doing

things. I know when the time changes it throws me off and makes me feel even more tired. This is pretty common for a lot of people and I need to make sure I have a plan for that. This is something to help take care of my mental health. I only notice this really when the time changes. The reason I am talking about this is so if there is someone else having a similar problem I can help in whatever way.

My doctor and I talked about this and we have a plan in place and I think it is important to share this just in case it can help someone. If you are having challenges with mental health, feel free to share with someone and know that there is someone that can help you. I hope to do more research on the time changes and the issues it can cause on a person's mental health.

As a reminder that the **election is on Tuesday, November 8th** for Wisconsin. Here is helpful information from The Disability Vote Coalition:

- 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>

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

Come to the “**Guardianship and Voting: Preserving and Restoring the Right to Vote**” on Zoom on September 14th from 11:30am to 12:30pm. This training will provide information to support people with disabilities and older adults to keep or to restore their voting rights. The presentation is free, but please register here: [https://drwi-org.zoom.us/meeting/register/tZYvduyhrDsrG9baKpXUAkPd4t3Gjul-WIsY](https://drwi.org.zoom.us/meeting/register/tZYvduyhrDsrG9baKpXUAkPd4t3Gjul-WIsY)

There is a virtual “**Voting Rights Matter Lunch and Learn**” on September 15th 11:30-12:30. A panel of voters with disabilities will share their experiences with voting rights such as using an accessible voting machine, getting help completing and returning their absentee ballot and using curbside voting. You will also hear the latest voting updates, what to do if you have a problem voting and how to take action to protect your voting rights. All are welcome. Please register here: <https://bit.ly/VoterAdvocacy>

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

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/>

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin