

People First Wisconsin Summer 2022 Newsletter

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Education and Outreach

Our Executive Director, Cindy Bentley, has been hard at work. In addition to advocacy, Cindy also educates others about the rights of people with disabilities by sharing her own story. Cindy was invited by The Wisconsin Bar Association to present at their annual training event in May to share her story of being institutionalized as a child and being appointed a guardian who helped her move into the community and get her rights restored.



The lawyers learned from Cindy the importance of really listening to people with disabilities and their lived experiences. She told them about supported decision-making being an alternative to guardianship that was not available when she was younger, but can be a good fit for some people.

If you want to learn more about Supported Decision Making, go to the BPDD website for helpful information.

<https://wi-bpdd.org/index.php/supporteddecision-making/>

Cindy was a keynote speaker at the “Life After High School” Conference at Gateway Technical College on May 5th. She shared her life story to a large group of high school students. She encouraged students to get jobs and to advocate for themselves, reminding them to, “Use your voice!”

People First Wisconsin: Voting

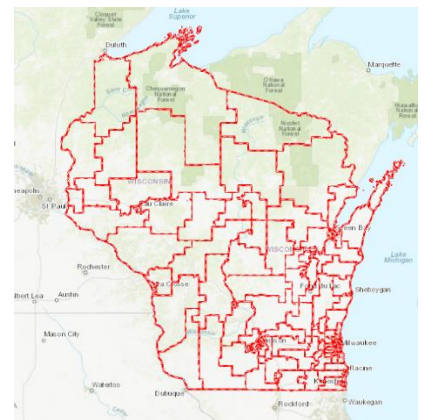
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What is Redistricting?

Redistricting means when a new voting map is created in the state. Some people will have new legislators and be in different districts.

Find my legislator

1. [Click here to go to the Wisconsin Legislature website.](#)
2. Click on the words, "Who Are My Legislators?"
3. Type in your address.
4. Click on the words, "Find my legislator."
5. A map will appear. It will show you who your legislators used to be and who they are.



By phone: call 608-266-8005 and tell them your address.

By email elections@wi.gov and ask who your legislators are.

Voting Deadlines and Resources

There is a primary election on **Tuesday, August 9, 2022**. In this election, you can only vote for one political party. The four parties are Democrat, Republican, Libertarian, and Constitution. The names of the winners are then on the ballot in the general election on **Tuesday, November 8, 2022**.

For more information

- Go to the Wisconsin Disability Vote Coalition website:
<https://disabilityvote.org/>
- Here is a link to a document that can help you make a plan to vote:
<https://disabilityvote.org/wp-content/uploads/2022/04/Make-Your-Plan-to-Vote-rev04-2022-acc.pdf>
- Follow the Wisconsin Disability Vote Coalition on Facebook:
<https://www.facebook.com/wisconsinindisabilityvote>

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Speakers and SABE Mini-grants

Speaker Series: Every Tuesday at 11am we host the Speaker Series. During each session a different speaker joins us.



Upcoming speakers are:

August 2nd: Nicholas Zouski Department of Natural Resources- Accessible state parks

August 9th: Promote Local/Sarah/Taking photos

August 16th: Disability Justice/Dorothy Dean

August 23rd: GT Independence/Michael Murray/ Professional Advocacy

August 30th: Lov Inc/ Lauren Dettmer/ How to be active in your community

The Self-Advocates Becoming Empowered (SABE) Centers for Disease Control (CDC) Mini-Grant

People First and the BPDD received a Centers for Disease Control (CDC) mini-grant through Self Advocates Becoming Empowered (SABE.) The purpose of the grant is to provide information to people with disabilities in our state about COVID 19 vaccinations.

We filmed two videos. Check them out on the Self-Determination YouTube Channel! Follow PFW and BPDD on Facebook for links. Work on the grant is wrapping up in July.

PFW thanks Fil Clissa at BPDD and Susan Borri with Media Makers for all of their help with the videos. A shout out to Kathryn Burish and Kristi Scheunemann for joining PFW grant team members (Cindy, Sydney, and Nathaniel) in these videos that help get the word out about vaccination safety and precautions against the spread of COVID 19.

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Covid Updates:



Tests: You can now order 8 more COVID-19 tests free of charge! If you need help placing orders, finding accessible instructions, and administering tests, contact the Disability Information and Access Line: Call 888-677-1199 Monday-Friday from 8 a.m. to 9 p.m. or email DIAL@usaginganddisability.org

Masks: Some communities are recommending masking indoors again even if you are vaccinated. Wear a mask when out or keep a mask with you just in case.

Vaccinations: It is not too late to get vaccinated. Talk to your doctor or pharmacist about vaccines and boosters.

Reliable Sources of COVID Information:

Looking for updates about Covid 19? Check out the Self Advocacy Resource and Technical Assistance Center (Sartac) meetings. They host a meeting every Thursday at Noon. The first Thursday of each month always has Covid updates. (They also have a lot of cool topics about self-advocacy and resources.)

Always same link <https://zoom.us/j/324815633>
Or call 1-929-436-2866 and the Meeting ID: 324 815 633

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>

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Tips for a healthy summer



- Use shade, wide-brimmed hats, clothing that covers, and broad-spectrum sunscreen with at least SPF 15 for sun protection.
- Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.
- If you use both sunscreen and insect repellent, apply sunscreen first. After you come indoors, check clothing, body, and pets for ticks.
- Drink fluoridated water instead of sugary or alcoholic drinks to reduce calories and stay safe.
- Delicious fruits and veggies make any summer meal healthier.
- Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions.
- Stay hydrated.



<https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer.htm>

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Get published in the People First Newsletter!



Want to tell your story? Does your chapter have something you're proud of? Or an event to publicize? We'd love to hear from you! If you'd like something included in the next issue, give us a call at **414-483-2546** or email People1st.advocate@gmail.com

The deadline for stories is **May 15 2022**.



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