



COMMUNITY ALERT

Help to protect, defend and gain civil rights for all!

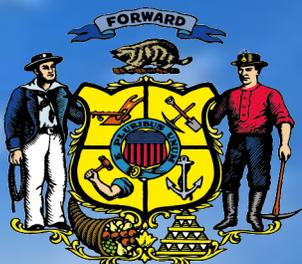
Register today for the Rainbow PUSH Coalition 43rd Annual International Convention!

June 28—July 2
Chicago, IL

Dear Friend,

Thank you for reading the legislative update. I hope you find the information provided here useful.

As Always, I'm Here to Serve!



RECOGNIZING STROKE AWARENESS MONTH



Photo credit: sparkshhealth.com

May is Stroke Awareness Month, and this week my office had a chance to meet with stroke victims and learn how to recognize the signs of a stroke. Immediate treatment can be crucial for recovery, so we all need to be able to identify the “F.A.S.T” signs: face drooping, arm weakness, speech difficulty, and time to call 911. This medical emergency can strike without warning, and each year it kills 129,000 individuals nationwide, including 2,500 Wisconsinites. I want all of my constituents to not only be able to recognize FAST signs but also to understand the risks and preventions. There are some risk factors that can’t be controlled. However, you do have power to eliminate some of your risk. Controllable factors include obesity, high blood pressure, diabetes, smoking, heart disease and high cholesterol, among others. Living a healthy lifestyle with good eating habits and regular exercise can greatly reduce your overall risk for stroke.

MOTORCYCLE SAFETY AND AWARENESS

Springtime brings sunshine, warmer weather and new beginnings. It also marks the time of year when motorcyclists once again begin to share our roads and highways. I was proud to author Senate Resolution 9, which recognizes May 10th as Motorcycle Safety and Awareness Day. This Saturday, the State Capitol will welcome riders from across Wisconsin to celebrate this day! Last year, 102 people were killed in motorcycle crashes, an increase from 77 in 2012 and 85 in 2011. By increasing awareness of riders, improving riding skills and safety, expanding helmet use and reducing incidents of drunk driving, we can decrease motorcycle casualties around the state. Motorcycle Safety and Awareness Day is designed to encourage drivers and riders alike to share the road with each other and recommit themselves to highway safety standards.



Photo credit: ironhorsebiker.com



Law Day 2014

The Milwaukee Bar Association will be providing one-on-one meetings for anyone who needs legal assistance.

Saturday, May 10,
2014, 1-4pm

Locations:

- Forest Home Library
- Central Library
- Center Street Library
- Brown Deer Library

For more info or to receive a free lawyer referral, call 414-274-6768 or visit www.findmilwaukeeattorneys.org

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FIGHTING FOR A LIVING WAGE

Last week, Lowell from my office had the opportunity to attend a lecture on low wage work and talk with Professor Stephanie Luce and Former Department of Workforce Development Secretary Roberta Gassman.



Professor Luce discussed how right now the minimum wage is \$7.25 in Wisconsin, but studies have shown that \$11.46 is closer to a living wage, and that \$19.97 is more realistic living wage to account for costs like child care and insurance. Additionally about 28% of working people in Wisconsin earn poverty level wages. As we begin a discussion about raising the minimum wage, it is important to remember that it is not only about the dollar amount, but it is about equal and fair work.

cunyadjunctproject.org

RAISING AWARENESS FOR MENTAL HEALTH



Photo credit: healthyanswers.com

May marks Mental Health Awareness Month. Throughout the month we are dedicated to improving our overall well-being and reducing the harmful, negative stigmas associated with mental illness. These misconceptions discriminate against those who are struggling with mental illness and substance abuse issues, and limit the scope of what truly constitutes "mental health." In a given year approximately 1 in 5 Americans over the age of 18 will experience a diagnosable mental health disorder. We have a responsibility to ourselves and our community to provide easily accessible resources for those in need of mental health services, so that tragedies like the fatal shooting of Dontre Hamilton last week at Red Arrow Park do not occur in the future. Take this month as an opportunity to not only recommit yourself to a healthier lifestyle, but also reach out to another in need, or learn more about mental illness.

Wise Words of the Week!

Contact Us! We Enjoy Hearing From You!



"Too keep the body in good health is a duty.. Otherwise we shall not be able to keep our mind strong and clear"

- Buddha

"For changes to be of any true value, they must be lasting and consistent "

- Tony Robbins