



THE DEMETER FOUNDATION, INC.

*Advocating and educating for the humane treatment and the civil rights of incarcerated and formerly incarcerated women in Wisconsin.
To reduce recidivism and gain self-empowerment, healing and strength.*

Autumn 2016



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Welcome to the Autumn issue of our newsletter. The newsletter is for incarcerated and formerly incarcerated women in Wisconsin and the people who support and guide them.

As women, Autumn usually brings a feeling of reflection of what we have done during the 'growing' season or Spring and Summer months. We may feel a bit sad that the weather is changing, even though the colors of the leaves are beautiful and the air is crisp and cool. No matter what our current circumstances are, this season can provide us with the opportunity to plan our path for the coming year.

Do you want to read more? Would you like to take a class to improve your skills for employment? Do you want to work on your recovery while incarcerated so that you can gain strength and focus? Is it time to forgive someone and move on? Is your spirituality calling you to become more involved? Is it time to let go of the people who have negatively influenced you? There is so much that we can do for ourselves.

As women, we are resilient. We are capable of recovery from the negative aspects of our lives through mental health treatment and support. There is that light in all of us that may seem very small at times but it can be drawn upon in the darkness to guide our way. We have choices to make. And what we choose, affects us and those around us. I used to say "It's my life. It's none of your business." But the years have taught me that although it is indeed my life, every choice I make creates a ripple effect. Sometimes the ripple turned into a wave that caused a negative impact on others. We are not alone in this life even though it may seem like it sometimes. Women have been a source of support for each other throughout the history of our planet. This is something that we can count on.

Have a peaceful and productive Autumn.

...Alice F. Pauser, Founder of The Demeter Foundation

Special points of interest:

- *Story Competition*
- *Wisconsin Books for Prisoners*
- *The Demeter Foundation, Inc. is a private 501c3 nonprofit that is supported by private donations.*



Resources and Re-entry Programs...

Programs for recently released women are currently in the Dane County area and its immediate surrounding counties. We have recently expanded our Welcome Home Kit availability to 68 counties which contain personal essential items and resource information. Programs are at 'no cost' to formerly incarcerated women who have back in the community for less than one year.

We have classes and workshops or can refer you to organizations that provide the following topics:

- Creating a Healthier Lifestyle A Step-By -Step Guide to Wellness
- Creative Writing, Job Readiness, Resume writing, Nutrition, Stress reduction
- Assistance with goal plans and attending meetings with you and your P.O.
- Civil rights and humane treatment advocacy
- Resources to locate health care and Independent Living Skills. Learning about Social Security Disability Benefits
- Someone to talk to, provide support and encourage you to keep going. We promote Trauma-Informed Care and Positive Peer Support
- Outings to area events such as educational presentations and farmers market to learn how to use your Quest card for healthy, fresh food
- A 'Welcome Home Kit' with personal basics, clothing, bedding, etc.
- Accessibility to Arts, Music and the Theater
- Building skills through volunteering



*I am a
Person First!
I deserve to be
treated humanely
and have my
healthcare needs
met in a timely
manner.*

Poetry... Artwork...Creative Writing...Your Story

Your story is important and so is being able to tell it in a safe environment.

We invite incarcerated and formerly incarcerated women to send us a poem of 200 words or less for consideration to be published in our newsletter. Or send us an article of 500

words or less about what gives you hope.

All participants will receive a certificate of participation and the winner will be printed in the Winter 2017 issue of the newsletter.

Please let us know how you would like your name

listed on the certificate.

You are more creative than you know and tapping into that can offer focus, self-esteem and happiness. So draw a stick person, knit, bead or paint a landscape.

Share your gifts! We look forward to hearing from you.



Wisconsin Books to Prisoners Project (WBTP) ...

Wisconsin Books to Prisoners Project (WBTP) sends books to prisoners in the state of Wisconsin free of charge. WBTP believes that books are tools for learning and can help open minds to new ideas and fresh possibilities. By sending books to those in prison, they hope to foster a love of reading and encourage the pursuit of knowledge and self-improvement.

For further information and a brochure on how to order books contact:

Wisconsin Books to Prisoners

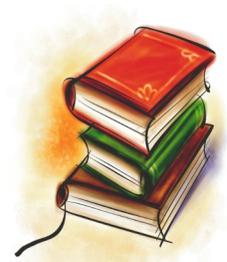
Rainbow Bookstore

426 W. Gilman St.

Madison, WI 53703

Please contact them at 608-257-6050 or visit their website:

<http://rainbowbookstore.coop/services/wisconsin-books-to-prisoners/>



**Educate yourself
and make a
positive
difference in
your life.**

Learn about the Eight Dimensions of Wellness...

The Demeter Foundation promotes and supports Substance Abuse and Mental Health Services Administration (SAMHSA'S) Wellness Initiative and the SAMHSA's GAINS Center for Behavioral Health and Justice Transformation.

The Eight Dimensions of Wellness include: Physical, Emotional, Social, Occupational, Intellectual, Financial, Environmental and Spiritual. Through its Wellness Initiative, SAMHSA pledges to promote wellness for people with mental and substance use disorders by motivating individuals, organizations and communities to take action and work toward improved quality of life. If you would like to receive further information please contact us at the address on the last page of the newsletter.



*Life is never
linear.
Make sure you
have good
footing.*

The Concepts of the Divine Feminine...

Encompasses the wisdom, compassion, self-empowerment, healing and great strength and power that all women possess.

It is a universal concept from all faiths and spiritual practices. Women are the caretakers of the earth and our communities, Through holistic care and practices women possess the power of great change.

The capability to draw upon this strength should be embraced and encouraged in all women from the day of their birth.



Wisconsin Resources for people with disabilities...

The Wisconsin Coalition of Independent Living Centers (WCILC) When you are preparing to come back into the community and if you have any type of disability you are eligible to receive services at no cost from any of the eight **Wisconsin Independent Living Centers**.

The mission of **Independent Living Centers** includes assisting persons with disabilities to live independently and to be active participants in community life. ILCs provide valuable services to persons of any disability or age statewide.

The eight ILCs in Wisconsin are Independent Living Resources, MidState Independent Living Consultants, Access to Independence, Options for Independent Living, Society's Assets, Center for Independence for Western Wisconsin, Independence First, and North Country Independent Living.

Independent Living Centers use home and community-based programs to assist people with all types of disabilities to become more self-sufficient and less dependent on long term government supports. Support services offered in the community allow individuals to make real choices, and result in tremendous cost savings to the state of Wisconsin, Social Security Administration, Medicaid, and Medicare each year.

Centers are unique in a number of significant ways, not the least of which is governance and services are provided predominantly by people with disabilities, and those eligible are of any age, any disability, and regardless of income. ILC services are complimentary to other community-based services including managed care organizations, Aging and Disability Resource Centers, and the Division of Vocational Rehabilitation.

The impact of center services reaches thousands of Wisconsin citizens with disabilities and their families each year. Services developed are also unique. Some of the services below are available only through Centers, and in rural counties, Centers are the **ONLY** option for these services. ILC's also offer housing resource assistance and employment skills training.

If you would like information on any of the eight centers please contact us and we can send you their brochures and contact information. ***You may wish to establish contact with them several months before coming back into the community. A family member or friend may also be able to contact them on your behalf to get the process started.***

www.il-wisconsin.net or call us at 608-298-3563 for a brochure



*All it takes is one
moment, one
chance, one hand
reaching for
another to change
a life for the
better.*



How you can get involved...

If you have a female family member or friend that is incarcerated or formerly incarcerated and still on paper with the WI-DOC, educate yourself about what is going on in the Criminal Justice System. Let them know about The Demeter Foundation and encourage them to write to us. Find out who your legislators and law makers are and contact them regarding Wisconsin Prison Issues. Always remember politicians work for you! Contact us about volunteering or becoming a mentor to assist women achieve their goals in building a better life.

Are you a family member or friend of an incarcerated woman who is feeling isolated? We can assist you with finding a local support group or developing one. Become part of the system of positive change for all women in Wisconsin.

There's a great deal you can do to make a difference in a woman's life.

Things you can do:

- Sign up to receive our newsletter by email or mail.
- Attend one of our community information sessions
- Volunteer with us on a fun project
- Help us plan a fundraiser
- Be there as positive support for your family member or friend.
- Donate items for our Welcome Home Kits
- Like us on Facebook

The 11 x 15 Campaign working for changes in the DOC

The 11 x 15 Campaign has put out an urgent call to reduce Wisconsin's prison population. 11 x 15 is a project of WISDOM which is a statewide network of congregation-based community organizations that work to live out their values in this world. It is a private non-profit that has invited people of good will from around the state to join the call for safer, healthier communities for all. For more information on how you can be involved please contact:

WISDOM
Mr. David Liners
3195 S. Superior St
Milwaukee, WI 53209



*Autumn is here
and it is time for
the dance of the
rakes and the
leaves.*



Women Have Strengths that Amaze...

They carry children, they carry hardships, and they carry burdens,

Yet they hold faith, happiness, love and joy.

They smile when they want to scream.

They sing when they want to cry.

They volunteer for good causes.

They are pink ladies in hospitals; they bring food to shut-ins.

They are senators, educators, childcare workers, executives,

Attorneys, truck drivers, pilots, stay at home moms and your neighbors.

They fight for what they believe in. They stand up against injustice. They write to the "powers that be" for things that make for a better life. They don't take "no" for an answer when they believe there is a better solution.

They can wipe a tear, cover a cut and pat you on the back at the same time. They go without new shoes so their children can have them. They go to the doctor with a frightened friend.

They tell people that need to be told to straighten up their act.

They lend a shoulder to cry on, an ear to listen and a voice to make suggestions.

Their hearts break when a friend dies.

They have sorrow at the loss of a family member, yet they are strong when they think there is no strength left.

They can round up energy, even when they are tired.

They can stay up a little longer to talk to someone that needs a friend.

Women do more than give birth. They bring peace and hope.

They give compassion and ideal. They give moral support to their family and friends.

They weep with joy when their children excel, and cheer when loved ones get awards.

Women want people to grow into the best person they can be. They want to touch you in a way that will make you share your goodness with others.

The beauty of a woman is not in the clothes she wears,

The figure that she carries, or the way she combs her hair...

True beauty in a woman is reflected in her soul.

The beauty of a woman must be seen from her eyes because that is the doorway to her heart, the place where love resides.

The heart of a woman is what makes the world spin!



Donation Form

Suggested Categories:

_____ \$25.00 can purchase items for a Welcome Home Kit with basic essentials

_____ \$50.00 can purchase clothing/shoes (especially winter coats and boots)

_____ \$100.00 can assist with food, medication and personals

_____ \$250.00 can purchase an eye appointment and glasses

_____ \$500.00 can be used for furnishing items for a safe place to live

_____ \$1,000.00 can be used toward education programs and supplies

Other Amount _____

The Demeter Foundation, Inc. is a 501c3 nonprofit and all donations can be deducted from your taxes to the fullest extent of the IRS Code. You will receive a receipt. .

Name: _____

Address: _____

Email: _____

**Please make your check payable to The Demeter Foundation, Inc. and mail it with this form to:
The Demeter Foundation, Inc. P.O. Box 259283 Madison, WI 53725-9283**

You can also donate online at www.thedemeterfoundation.com

Your contributions support our programs and work toward giving women a chance at a better life.

Testimonial from a woman receiving our services:

"I had nothing when I came back into the community from prison. The welcome home kit provided me with socks, soap, vitamins, deodorant, towels and other personal items. There was also a lot of great resources but most of all I had a chance to talk with someone about my fears about coming out and trying to get back on my feet. The Demeter Foundation also provided me with groceries and helped me get my medication refilled. It was good to have someone go to my PO meetings with me. It is so, so hard to stop feeling like I am not worth anything but there is always positive support when I call them. I appreciate that they are always straight up with me." BL

Community support is essential to assist women in a successful transition back home.

Thank you for your generosity.



THE DEMETER FOUNDATION, INC.



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E-mail: tdfwi@live.com

The next newsletter issue comes
out January 2017

VISIT OUR
WEBSITE!

Tell Your Family Members, Community and Friends about The Demeter Foundation. We have information and resources that can assist you. . The best way to give back is to provide a 'Hand-Up'. Give and receive respect everyday.

Always remember "I am a Person First!"

www.thedemeterfoundation.com

Please Note: TDF does NOT provide legal counsel or legal services.

The Demeter Foundation, Inc.
Post Office Box 259283
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TO: