



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.*

Summer 2017



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Special points of interest:

- Letter from Senator Janet Bewley
- Win a book
- The Demeter Foundation, Inc. is a private 501c3 nonprofit that is supported by private donations.

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

This season is a time for rejuvenation and new growth. We have seen the world around us changing from the light green of Spring to the full deep green of Summer. Things we have planted whether tomatoes or thoughts have a chance to grow and develop. This is a great time to make decisions that will benefit you and the life you are wanting to gather around yourself.

We are very honored to have received a letter of support for our work from Senator Janet Bewley. Here are some highlights from her letter: "I am pleased to write this letter of support of The Demeter Foundation's work on behalf of the women in the Wisconsin Women's Correctional System." "The Demeter Foundation is doing tremendous work advocating for women while they are incarcerated and after they are released." "The Foundation's work benefits Wisconsin by providing valuable resources and support for families of incarcerated women and assistance when the women are released." "Thank you for your willingness to be a resource for me to make system changes to reduce recidivism, improve quality of life and save taxpayer money. Please let me know if I may do anything more to help the Demeter Foundation."

We are dedicated to the transparency, humane treatment and support of incarcerated and formerly incarcerated women in Wisconsin. Our work always has been and always will be advocating for a better quality life and reducing the stigma of incarceration.

Have a peaceful and productive Summer.

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





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
- 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.

Women serving long-term sentences...

If you are a women serving a long-term sentence in the Wisconsin Women's Correctional System (WWCS) we would like to hear from you and learn about how your time is spent and what services and supports are available to you while incarcerated. Also, what types of services and supports would be helpful to you.

Please send us your information and concerns regarding your incarceration time.

- What types are programs are available to you? Educational? Creative? Recovery?
- What level of care are you receiving emotionally and physically?
- Do you have outside support? What kinds of support would be helpful to you?
- Do you have the opportunity to work and get state pay?



**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.*

Our New Board President...

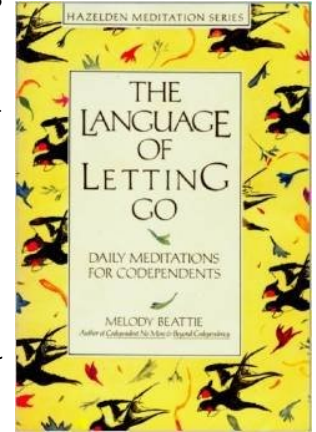
Larry Burg is a retired State of Wisconsin Correctional Sergeant who spent 30 years advocating for the safety and fair treatment of all human beings under his care. Larry had been employed on two separate occasions at Taycheedah Correctional Institution. During his three years serving on The Demeter Foundation Board Larry has held the office of Treasurer for the last year. He is currently employed by Veterans Health Administration as a Peer Support Specialist working in the Homeless Program in Madison, WI. Larry was married for 25 years before his wife passed away from breast cancer. He is now remarried with a daughter, seven step children and three grandchildren.

Larry will be working with the Board to uphold the Mission of The Demeter Foundation and advocating for women in the WWCS.



Win a book... By Melody Beattie

Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal...review from amazon.com



If you are incarcerated at Taycheedah, REECC or MWCC send us your name, address and DOC number to be entered in a drawing to win this book. Three books will be given away.

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

Welcome Home Kits for Formerly Incarcerated Women...

Welcome Home Kits (WHK) are available to formerly incarcerated women from the Wisconsin Women's Correctional (Prison) System (WWCS), not county jails, within 30 days of re-entry. Kits are available in counties in WI-DOC Regions 1,4,5,6,7,8. We do not provide the kits in Regions 2 & 3 which includes Milwaukee, Racine and Kenosha Counties.

WHK's might contain personal care supplies such as:

- Soap, deodorant, toothpaste/brush/shampoo/conditioner
- Socks, hand towels/wash cloth/laundry bag
- Comb/brush/pick
- Cotton balls/swabs and other items as available

Funding for kits is set each year and not all requests may filled. If you or a woman you know would be interested in receiving one. Please contact us for an application form. We can also email an application to your PO and have it mailed to their office.



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



*Soak up the
Summer sun and
feel the power it
has to lift your
Spirits.*

National Council For Incarcerated and Formerly Incarcerated Women and Girls...

The mission of the **National Council For Incarcerated and Formerly Incarcerated Women and Girls (National Council)** is to end the incarceration of women and girls by building a movement grounded in sisterhood, solidarity and human rights.

The National Council is the first national organization created and led by formerly incarcerated and incarcerated women. To further our mission, we write and support model legislation, pursue litigation and community-based action. All organizing and actions the National Council take support the decarceration of women and girls. 42 Seaverns Ave., Boston, MA 02130 or nationalcouncil.us



Rumi and other thoughts...

I am so happy, I cannot be contained in the world,
But like a Spirit, I am hidden from the eyes of the
world.

If the foot of trees were not tied to the earth, they
would be pursuing me;

For I have blossomed so much, I am the envy of the gardens.

...Rumi



If anyone ever says that women are not strong and resilient they have never really seen the daily lives of women. They have not understood the struggle to overcome being a second class citizen to try and gain the same rights, in work, pay and education. They have never understood the rearing of children, the pride and the loss of them. They do not understand the power and potential of women in every single corner of this world. They have underestimated us and how we will willingly carry the world on our backs for other women and men and our communities. For people who cannot care for themselves and need comfort and support.

They have underestimated us , especially today...AP

If a woman makes up her mind to bring positive change to this world. The doors of possibilities are opened wide. Her arms can carry what she needs to make this happen...anonymous.



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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The next newsletter issue comes
out November 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.

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TO: