



May 23, 2022

Good morning, Members,

I am writing you to give you some updates. We will start with COVID updates. I think there is a new strand going around of COVID. They recommend to wear a mask inside now and continue to be safe. I plan to stay home as much as I can right now because even if you are vaccinated you can still get sick. If you do have to go out to the store, make a list so you don't have to spend more time than is needed in there and wearing a mask is recommended.

You can also order online so you don't have to go inside the store. I know I like to go in the store and look around, but don't spend as much time at stores when the COVID numbers are up. I think it is important to keep doing what I recommend of washing your hands, cleaning and sanitizing your area, and wearing a mask when needed. Also, it is not too late to get vaccinated. Talk to your doctor or pharmacist if you have questions.

There is a lot you can still do even at home or outside. Milwaukee is at a high level for COVID right now, so I know I will still be wearing my mask when I am going out. But you can be outside because the weather is getting warmer. **Check your local news to find out what's happening where you live.**

I want to remind all of you that I will be on vacation June 2nd to June 18th. I plan to try and quarantine between now and then because I really am looking forward to this vacation.

It is important to still take care of yourself and your mental health. I know it seems like there is a lot going on right now with violence and COVID and seemingly out of control, but keep doing what you need to be safe and take care of yourself. I know there are several shootings and violent acts happening that have been on the news. If the news is too much for you don't watch it. Just make sure to be careful.

Friendly reminder that **Chapter Connections is this week on Wednesday, May 25th 5:00pm-6:00pm over Zoom.**

**Zoom Link:** <https://us02web.zoom.us/j/83951060110>

**Join by phone:** 1 312 626 6799 (tel:+1 312 626 6799)

**Meeting ID:** 839 5106 0110

I want to wish you ahead of time a happy Memorial Day weekend! I will be writing another letter between now and my vacation and you will get it on June 6<sup>th</sup>! I hope you have a very blessed week! Please reach out to me if you need anything. You can call my cell phone @ 414-852-6462 8:00am - 5:00pm, Monday - Thursday. If I am unable to take your call, I will call you back. You can reach the cope hotline @ 1(262)-377-2673.

Sincerely,

Cindy Bentley  
Executive Director  
People First Wisconsin