

March 17, 2021



Good morning members,

I hope to find you well this morning. I would like to wish you a happy St. Patrick's Day! I apologize for my letter being 2 days late, as there has been a lot going on lately. To let you know, we have hired 3 new self-advocates for our DIF grant. I am very happy about this, and they will be with us until December. They bring a lot of experience as self-advocates, and I am excited to work with them. You will be hearing more about them in the near future.

I want to talk to you all a little about mental health this morning. I have been hearing a lot on the news about people's mental health and COVID-19. We are still under quarantine and I know the weather is getting nice, and people want to go out. We still cannot let our guards down. If you have been listening to the news, we are seeing a lot of people gathering in large groups at beaches and restaurants as if everything is normal again. I understand self-determination and that everyone has their own choice. No one can tell you what you can and cannot do, but just know that if you are not following the guidelines you are putting people at risk. I would strongly advise you to continue taking the necessary precautions, and to please be careful. There are a lot of things you can still do without exposing yourself. Celebrate St. Patty's Day, make some cupcakes, and reach out to someone on their Facebook or social media with some kind words. I have a lot of work to do today but I will still be celebrating. I have corned beef cooking in the crock pot, and cookies ready to go in the oven. I will be decorating them, and sharing with my neighbor who also lives alone. I hope that you all are able to celebrate, and have a great day!

I also want to remind you to tune in to the Governors Badger Bounce Back Plan tomorrow on the WisconsinEye. They will be discussing the Governor's plan on what will be opening back up in our cities and what will not. I'm sure there will be safety measures included as well. This is a very important thing to check out and I encourage you to do so. You can find out what the Governor's plan is, and listen to Secretary Timberlake speak as well.

If you haven't signed up for Disability Advocacy Day yet I suggest that you do today. Here is the link to Register: [Register Here](#) . You can also check in with the People First website or our Facebook page to see how to sign up. **Please note that March 18, 2021 is the last day that you can sign up.** Disability Advocacy Day of Action is next Tuesday, March 23, 2021. During this event you will have the opportunity to talk to your legislatures about COVID-19 or issues that matter to you. You will be able to voice your opinions or concerns. This is another way you can communicate. We should be able to send a powerful message to the legislatures together. If you have any questions, feel free to contact any of our staff. We are all working from home and available to help out. If you have any trouble, we will be there for you. I hope to see you there!

Thank you for taking the time to read my letter, and I wish you all a blessed week. Remember that if you don't love yourself, you cannot love others. You only have one chance at life, so make it count!

You can call my cell phone @ 414-852-6462 8:00am - 5:00pm Monday through 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