

December 19, 2022



Good Morning Members,

This is going to be a short but good letter. I hope everyone overall had a good 2022 year. For People First I think we had a very good year. I think it has been one of our best years yet. The reason I say that is not only do I have a good staff, we have great advocates working. I am looking forward to 2023 for even bigger things to happen for People First. You always have to believe that things are going to be better than the year before and we can top our goals for the next year. You know me through the letters I write that I want to stay positive for my staff, the members, and the community. I started this letter almost three years ago and I believe I have reached a lot more people and I hope that people get something from the letter. On that note I want to make sure to leave you with some words about your health and COVID. Just remember that if you are sick with a cold and have bad symptoms be caution about visiting friends and family. You can bring a mask to help protect yourself or if others are not feeling well then you can protect yourself too. I will be bringing a mask with me just in case. I look forward to spending time with family and friends for Christmas and Hanukkah. It is the time for us to spend time with family, but we have to be thoughtful about our health and others.

I would like to wish you all a Happy Hanukkah, Happy Kwanzaa, Merry Christmas, and happy holidays!

Don't forget to check out our website for People First Wisconsin for events coming up! Here is a link: <http://www.peoplefirstwisconsin.org/>

We will be updating some of our Zoom meeting codes for 2023 and some will remain the same. Please watch for more information.

I hope you have a very blessed rest of your year! You can call my cell phone @ 414-852-6462 8:30am - 5:00pm, Monday - Thursday. If I am unable to take your call, I will call you back. You can reach the Suicide and Crisis Lifeline at 800-273-TALK (8255) or 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States. This is the website: <https://988lifeline.org/> Please use this as an opportunity to reach out. There are too many people taking their lives, but there are so many of us including me that want to help you. You matter and even if you need to call me when I am not at work that is okay. I can help you call the hotline. I know this time of year can be difficult for many, but you are not alone.

Here is my quote from Maya Angelou:

"I know that when I pray, something wonderful happens. Not just to the person or persons for whom I'm praying, but also something wonderful happens to me. I'm grateful that I'm heard." Maya Angelou

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin