

2/15/2021



See Our  Ability

Good morning members, I hope to find you fine this morning. I want to let you know that the Governor's budget comes out tomorrow, February 16th. It will be virtual so you can watch it from anywhere. I think it is important to try and watch this if you can. I do plan on watching it myself. This will be happening at 7pm, before the President of the United States takes the stage to speak at 8pm. This will be on national television, so don't miss it! Our President will be speaking on COVID-19 Vaccinations, and employment.

If you are going downtown Milwaukee today or tomorrow at all, please be aware that N Plankinton Ave and E Wells Street will be closed. Some of the freeways coming from the airport will be closed as well, so be mindful of your route. If you don't have to be downtown today or tomorrow at all, I would avoid it. The busses will have to take a detour as well, just so you are aware.

I am going to be starting a new thing in my letters. Every week that I write my letter I want each County to write me something back about what you are up to. I would like to know if there is something important happening in your County. I tend to focus on Milwaukee a lot, and want to know more about what's going on around the state. If you live in Fond Du Lac, let me know what is going on. If you live in Eau Claire, Madison, or Oshkosh I want to know what is happening. We are a statewide organization, and I would like to reach more people and really know what is going on everywhere. If you have any advocates in your County that would like to be a part of People First Wisconsin, please let me know. We would like a chapter in each state! If interested, I will have my office send information on how you can join. I am still working on more resources to post for you guys as well. I will be looking into what kind of help I can find in your County for you. Thank you for your attention on this.

I hope everybody had a great Valentine's weekend. I hope you were able to do something special for yourself, your parents, or for your significant other. For myself, I rested all day Sunday and watched Valentines movies. It was too cold to go outside anyways. My neighbor brought over some cupcakes and chop suey for me, which was very nice. I have not had chop suey in quite some time, and it was delicious! I took a long nap in the afternoon and relaxed. I also received some Valentine's cards, and a big box of chocolates. As Forest Gump would say, "Life is like a box of chocolates," so when I eat one I will be sure to remain thankful.

As we pursue through these uncertain times, I want to make sure that you are taking good care of yourself. I am learning to take better care of myself so that I am able to take better care of others. I am learning meditation with a good friend of mine, and I find it very helpful. I have also

started shadow boxing in the mornings for 20 minutes to get my heart rate up, and to stay active. I will be starting online yoga classes soon as well. Try and find something positive that works for you, and keeps you going. We need to put ourselves first if we want to be there for others. Do things that make you feel good. Get up, get dressed, make your bed, and be productive. I will be trying a new recipe this week that I am going to come up with myself. These are some good tips if you are wondering what you can do to stay busy. Don't worry so much about being perfect, just be you. Everyone goes through their own mental health issues at some point in their life, and I want you to know that I am there for you through whatever you may encounter. I am going to be very busy this week, so I will be trying to relax through meditation. I find that music also gets me in a good mood, and helps me feel alive. I love to sing, and am going to be taking a class on how to write my own songs. I have been listening to different kinds of music lately, and been having some fun on the piano. My teacher from Pink Umbrella showed me how to use a piano on the computer, and I have really been enjoying it. There is so much you can learn on the computer if you put the time in!

I wanted to say all this to let you know how much I care about my members, and to share some positive input. You only get one chance at life, so make it count! I thank you for taking the time to read my letter, and wish you all a blessed week.

You can call my cell phone @ 414-852-6462 8:00am - 7:00pm. 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