



January 11, 2020

Good morning members,

I hope to find you well this morning. I wanted to let you know that next week's letter will be one day late as I will be taking the day off for **Martin Luther King Jr. Day**, so you can expect it on Tuesday. **I will not be taking any calls or emails on Monday**, and will be back on Tuesday. If you have any concerns please reach out to our Office Manager, Kate. If you have any pressing matters please know that you can always reach out to **the Cope Line or the 1800 Suicide Hotline posted below**.

I'm not sure if you've heard, but we recently lost a great leader named Dan Remick. Dan was a long time People First Member and a great advocate for people with intellectual disabilities and those without. I received this news on Friday, and posted it on Facebook. May he rest in peace. We only have one chance at **life**, so **don't take it for granted**. We all have a tendency of putting things off, and we may never get the chance to experience them. **Keep your family and friends close, and try your best to keep up with them**. When I am in the moment, I find it best to just do it, and try not to put it aside. Tomorrow is never promised.

As the Director of People First WI, I am trying to be my best self so that I can help you be yours. Do not wait until tomorrow to do things you want to do today. I have lost 4 family members in 2020. We Just buried my Aunt on Saturday, and 3 weeks prior to that we buried my Uncle. I have learned a lot from this last year, and will not take a single day for granted. The reason I bring this up is to help motivate you **to be the best you can**, and to **live your best life** each and **every day**. New year's resolutions do not always work right away, so **please do not lose faith** if your goals do not come instantly. **Take it one day at a time!** If we love ourselves we will be able to accomplish anything we want to, whether it's losing weight, being more healthy, or whatever your goal(s) may be.

As for COVID-19, **Vaccinations will be available at the Wisconsin Center in Downtown Milwaukee shortly**. They are getting it all in place now. Stay tuned to the news or on the City's website if you would like to find out further information on this. I plan on getting the vaccination

myself, I will just need to meet with my doctor first for discussion. **When I hear about vaccines in other parts of the state, I will let you know.** Thank you all for reading my letter, and I wish you all a blessed week!

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