

February 1, 2021



Good morning members,

I hope to find you well this morning. I hope you had a great weekend. It sure was snowy! How much snow did everybody get? In Milwaukee we got 9-10 inches! Saturday it started coming down about 4:00pm or so and started slowing down around 2:00pm on Sunday. I hope the snow didn't get in the way of any of your plans. I hope you were able to get out to the grocery store beforehand and get food. In the wintertime you may need to stock up a little bit, and if you have left overs after winter you can always donate your excess food.

Tomorrow is groundhog's day. Who wants to put their faith in a groundhog? I find them grouchy! We had one at the Milwaukee zoo and he showed his true colors. But then again how would you like it if you were woken up out of your sleep! If you're looking for a good laugh tomorrow I recommend throwing on the movie Groundhog's Day, or even CaddyShack.

This is going to be a great week leading up to the superbowl. Yes, our Green Bay Packers are not in it, but we tried hard and did well. I am excited to watch the superbowl and am rooting for the Kansas City Chiefs. I think Tom Brady has enough rings as it is!

On some more important notes. COVID-19 is still here. Vaccinations are still on the way. I do not know when they will be available yet, but we must be patient. We have a new secretary of health for the DHS of Madison who will be taking over for secretary Palm. The next time I write to you I will include her name, as I do not yet know it.

With Valentine's day around the corner, here are some fun activities. You can make a card for someone you love, cook them cupcakes, and enjoy Charlie Brown's Valentine. Work on a project, let someone know that you care about them, and be there for them. If you are looking to do something nice for someone else, consider looking into "Adopt-a-Grandparent." The mission

of Adopt-a-Grandparent is to create meaningful, one-on-one relationships with seniors in the community that will improve the quality of life of participants, both seniors and volunteers. When you're in a nursing home it can be easy to become lonely from being isolated from the world. There is a place right through Estabrook park near where I live, where I will be making valentines cards for my members to send out to. I will be making about 20-30 valentines, along with cupcakes and cookies. If you live close to a nursing home, you can consider doing this as well. Remember to do something for yourself or for another, and remember that you only get one chance at life, so make it a good one! Be the change you want to see in the world. 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