



See Our ~~ds~~Ability

December 7, 2020

Good morning members,

I hope to find you well this morning and I hope you had a beautiful week/weekend. I am still looking for resources for you guys, and will be sending them out as soon as possible! Just to let you know, our offices will be **closed** on **Wednesday December 23rd until Monday the 28th**, and again **from December 30th - January 4th**. I am hoping to move on from 2020 and have a good year. Whatever 2021 brings, we will have to deal with it. I am hoping by spring we will be back to normal. Please continue to think positive, and be there for those who need it.

What are your Christmas plans? Whatever they may be, I hope that everyone stays safe and enjoys their Holiday. Please **be smart** about what you do, and **avoid large gatherings to the best of your ability**. As much as we would like this virus to be over with, we need to remember that it is not, and that **our health should come first**. Please keep an eye on your mental health this holiday, and those around you. Keep yourself entertained with a house project, a new recipe, or whatever makes you happy. I will be making cookies this Christmas, and will be working on a thousand-piece puzzle. Get in the spirit, put up some decorations, and enjoy yourself! If you are having troubles finding ways to keep yourself busy, or if you just need someone to talk to, please do not hesitate to reach out. I understand that with unsure times comes anxiety, and I want you to know that I am here for you through it all.

I thank you all for reading my letter, and I hope that you have a blessed week. Remember to do something nice for another person, and to love yourself. If we do not love ourselves, we cannot love one another!

Please feel free to reach out to me or someone else who can help you. 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