

May 10, 2021



Good morning members,

I hope to find you well. I hope you had a beautiful Mother's Day and were able to do something special for yourself or for your mother. I am a mother to my cats and celebrated with some Cornish Hen in the crock pot. I bought myself some flowers and my kitty had a bit of Cornish Hen as well. I spoke with my mother on the phone and wished her a happy Mother's Day. I went to Bayshore and Trader Joes and got a few things for myself and stopped into Barnes & Noble. I enjoyed a cinnamon latte, and half of a cupcake as well. I learned that there is a lot to do on Mother's Day, and I made the best of it. My kitty has been helpful getting me through this pandemic and it has been nice to have some company.

On another note, COVID-19 is still here. My golf coach recently lost his cousin to a battle with COVID. Please continue to take it seriously and be cautious. It is important to be extra careful if you already have existing medical problems. Two big signs of COVID-19 are a fever and Diarrhea (the runs.) If you experience these symptoms, I would check in with your doctor. You can call any clinic and they can tell you if you should come in. In the meantime, please continue to wear a mask, wash your hands, and make smart decisions. I also hope everyone is taking good care of their mental health. With people out of work, I know that mental health issues are on the rise.

There are jobs out there for everyone, and if you are interested in getting a job, I can help you look. There are coaches out there that can help you if you need it. I have a Job Coach from TransCen Inc. and am thankful for my services. It would be difficult to do my job without them. To everyone reading my letter, it is time for all of us to get back into the swing of things. We need people back to work and making daily accomplishments.

Our Employment First Conference is coming up and is free to join. Please join us if you are available! This is not just for the Milwaukee area, but is statewide. Having a job can help with your mental health as it keeps you busy and helps you set goals. Continue your path to work and stay productive. Earn some money, or volunteer if you are not ready to start working yet. I got myself into many doors by volunteering and it provides a great help.

Remember that in order to love others, you need to love yourself first. Be the change that you want to see in the world. Thank you for reading my letter, and I wish you all a blessed week. You can call my cell phone @ 414-852-6462 8:00am - 5:00pm, 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