



See Our ~~ds~~Ability

November 16, 2020

Good morning members,

I hope that everybody had a nice week last week, and enjoyed the beautiful weather. I know it can be hard going from 70 degrees down to 40, and I hope that you are handling the weather shock well. I also hope you were able to do something nice for yourself this last week. I took it easy myself all weekend, and had a nice relaxing Saturday. I did a lot of cooking on Sunday where I made pork chops, and even treated myself to some apple pie. I have been keeping an eye on COVID-19 cases, and am still seeing them rise. As of right now there are currently 18 people being treated at the State Fair site as hospitals are overfilled and understaffed. There are a lot of people in the Intensive Care Unit, and I pray that they come out safely.

As we continue to move through these unsure times, I ask you to stay patient, and continue doing your best to follow the set guidelines. Make sure that you are washing your hands before going anywhere, before eating anything, and when returning home. Be careful with who you allow into your household, and keep your exposure as limited as possible. Wash your dishes as you use them, and don't let them pile up. The cleaner you keep your house, the safer you keep yourself. I will not be doing any traveling outside of the house myself, except for getting necessary groceries, and attending my Physical Therapy appointments. They keep it very clean at Physical Therapy, and do not allow more than 2 people at a time.

Please make sure that you are not putting yourself at risk with the places you are going. When I get home from leaving the house, I make sure to wash my hands and face, and take my shoes off. Find activities to do around the house, and keep yourself busy. Thanksgiving and Christmas are going to be quite different this year, and that is something that we just need to accept. I hope that you are all still able to enjoy your holiday, and make the best of it. Make sure to keep an eye on your mental health, and to reach out to somebody if you need anything. I will not be

available to talk on Thanksgiving, but I recommend reaching out to the Cope line or the 1800 Suicide Hotline if you are in need of help.

People First Wisconsin will be closed at 12:00pm on Wednesday next week, and will open back up at 8:00am the following Monday. Thank you for taking the time to read my letter, and I wish you all a blessed week. You can call my cell phone @ 414-852-6462 8:00am - 7:00pm Monday through Friday. 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