



See Our ~~ds~~Ability

November 30, 2020

Good morning members,

I hope you had a very blessed Thanksgiving, and were able to keep yourself safe and social distanced. I had a great time with my family and friends over zoom, and had some nice phone calls. It sure wasn't the same as usual, but I made the best out of it. I worked on a little Thanksgiving project, played with my kittys, enjoyed some good food, and even let my kitty enjoy some turkey and dressing as well. She is now a soul food kitty. I hope you guys have some fun stories, and were able to have a great holiday.

**As for COVID-19, numbers are still high with hospitals full to capacity, and a lot of patients in the ICU.** Please make sure to Inform yourself, watch the news, pay attention to the Governor, and **follow the guidelines to the best of your ability.** Racine is currently back in lock down right now due to a lack of following guidelines. Be happy if you are not locked down right now, as that is the last thing we want. I hope the best for Racine, and for everyone who is affected by this.

As we move forward, please remember to keep your hands washed, take your shoes off in the house, and to keep the space around you clean. If you are experiencing **a loss of taste or smell, call your doctor first and go from there.** This is a common symptom of COVID-19, and should not be ignored. If you have some extra time on your hands, I recommend reading Saturday's paper from November 28th. This paper focuses on how the pandemic has added to the mental health crisis in the county of Milwaukee. I found this a very informative read, and learned a lot from it. We have also been seeing a spike in shootings all over this year. No matter the situation, we should never resort to violence.

**If you are in crisis, please** do not hesitate to **reach out to somebody**. I know that everybody's mental health has been challenged this year, and I want you to know that you are not alone.

This week I will be taking some time to research local food pantries in Milwaukee, and will be posting them in my next week's letter. I will be looking into getting more resources for those who need them, and will be donating food to the hunger task force, as well as clothes. If we all try our best to be there for one another, I believe that we will get through this. It is so important to be there for your neighbors, as you never know what the person next to you may be going through. I wish you all a very happy week. I hope that you are able to do something nice for yourself and for another, and remember that if you don't love yourself you cannot love anyone else.

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