



Good morning members,

I hope to find you well on this sunny first day of March. It is going to be a great month. It will be one year in a couple weeks that we have been in quarantine. I do not plan on celebrating that, but we are above water, and were here. We need to pray for the people that have gone before us, as we have lost a lot of people to COVID-19. Despite what we have been through, we must be thankful for where we have come. We have been in this together since day one, and I will remain by your side no matter what. Once people receive their vaccinations, I think we may be able to eventually get back to a normal life. We don't know when things will be back to normal, but in the meanwhile we must continue to live our lives as positively as we can.

The snow is melting, and spring is on its way. I am already hearing birds chirping and cannot wait to get back outside. There is a lot to be thankful for. This morning I was feeling a little bit down and questioning how I am doing things and if they are being done right. Being sick last week seemed to throw my whole system out of whack, along with my mindset. I am feeling much better this week though and am on the mend. I will try as hard as I can this week to do the best I can and to persevere through all challenges. If you ever experience similar thoughts, try to take a step back and cut yourself some slack. COVID-19 has gotten to all of us. I am sick of being cooped up in the house all the time, and it is getting old. If I can be honest with myself, I can be honest with you, and I must say that this pandemic has really gotten to me. I like to be honest and truthful, and I will admit that it has been quite the challenge this last year. I have done all I can do to help my advocates and my members and will continue to do so. When I get sick or tired, I tend to get crabby and short with people unintentionally. This is something that I have been working on, and I appreciate your patience.

The sun is out today, and the temperature will be in the 40's this week. Yay!! I am excited to catch some fresh air, and to get some exercise. I will be taking a nice long walk today. Walking

is very good for you, even if it is just 2 blocks. I am also going to work out with a friend through zoom. If your brain is not exercised it can be much harder to think straight. Make sure to do something nice for yourself this week, and for another. I am really looking forward to one of my favorite holidays coming up, St. Patrick's Day. I am going to decorate my apartment for the holiday and drink some green kool aid.

FYI, there is a State Superintendent of Public Instruction Candidate Form that will be put out on March 4th. If you are interested in filling this out and have any questions you can call Disability Rights and they will walk you through it. You can reach the DRW Vote Hotline at 844 DIS-VOTE. Also, if you have not signed up for Disability Advocacy Day and need help getting signed up, please reach out to our Office Manager, Kate Rinehart. It is free and virtual. Thank you for your attention on this.

Remember that if you do not love yourself, you cannot love anyone else. We only get one chance at life. I 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. 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