

October 25, 2021



Good Morning Members,

It has been two weeks since I last talked to you. I hope you were able to enjoy the Self-Determination Conference. I thought it was very good. I learned so much at this year's conference. We need to have a **shout out to Fil Clissa, and their staff for putting this conference on** virtually. **If you have a moment please reach out to Fil and tell her thank you.** I loved the sessions that I did. There was a person from England. I think my keynote went well and telling my story helped me reflect on my past and my time now.

I also celebrated my birthday on the kick off of the conference. I had a great time celebrating and I am another year older. I am still continuing my celebrations this week and this following weekend because of the busy week I had. **I get to celebrate with friends that I wasn't able to celebrate with. We are moving into November now and will be able to celebrate Thanksgiving.** I will be going on a small vacation for the holiday and I am looking forward to it. It will be a small group of us celebrating the holiday.

I would also like to know what you are doing, so something I would like to start between now and December is to have members email me positive things that they will be doing. I will get back to you weekly as I can. Also, **if you have concerns please reach out to me as well** and I will do my best to provide help as

you need it. I can also see how Erin our advocate can help as well. I just want to be there for you and **will not share anything with others unless you want me.**

Covid is still here unfortunately. Keep being aware of how important it is to wear a mask and wash your hands. It is also flu season, so if you are sick please keep that in mind with going out. If you are able to get a booster shot for Covid please consider it. It is important to also get your flu shot. I plan on getting both in the next couple of weeks. I would **reach out to your doctor and ask them questions** if you need to **and schedule an appointment.**

I am wishing you all a blessed Monday. 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