



January 22, 2024

Good morning members,

I hope to find you well. We are coming up to the end of the month. January went so fast. There are a few holidays in the month of February. First of all, February 1st is the start of Black History Month and it's a really special holiday. I think Black History is for everyone. Enjoy looking up things about Black History. Valentine's day is also coming up! You don't have to think about Valentine's Day as love. On the 2nd of February it's Groundhog Day. I heard at the zoo they are going to use a penguin because the groundhog passed away. On the 12th, it's Lincoln's birthday and President's Day is on the 19th. Then we have Ash Wednesday, so if you are catholic this day is for you.

Now I want to talk to you about the weather. Here are some safety tips. Please be careful, remember to make sure to have your boots, warm coat, gloves, car keys and your cellphone. If you are a driver, you should make sure you have a blanket, a shovel, and food in your trunk. Just in case you were to get stranded. If you are travelling with your pets, make sure they are in their carrier, put your dogs in a seat belt, make sure they have a blanket. If you're travelling and you get stuck, your pets can freeze. Make sure the cats are in a carrier with blankets and a couple toys.

It's cold today and we have to make sure we take care of our pets. If you're taking your dog out, make sure they have some boots on. If they don't have boots, make sure you clean their paws of salt. If your dog is skinny, make sure to put a sweater on your dog. Always have your keys because if you get locked out of your house when it's cold, that's not good. Make a check list so that you can make sure you have everything you need before you leave your home. Always have an extra set of keys hidden somewhere so you can get back into your home. That is my suggestion for the winter.

Covid is still here. Make sure you are washing your hands. If you haven't gotten the covid shot, please do. If you are sick stay in. **If you are having any mental health crisis there are resources available to you.** You can

call the suicide hotline at 988. This is the time of year when you have to stay in a lot and the sun is not out very often. That can make you depressed and bored so make sure you have a good book to read, put together a puzzle, call friends. Don't isolate yourself because of the weather. Please feel free to call me or Nancy. Get some sun when you can.

Please Mark Your Calendars for Elections in 2024:

Spring Primary: February 20, 2024

Spring and Presidential Preference Election: April 2, 2024

Fall Partisan Primary: August 13, 2024

General Election: November 5, 2024

The Disability Vote Coalition website has a lot of helpful information:

<https://disabilityvote.org/>

They are hosting a **Lunch and Learn: Voting Rights & Local Elections on Tuesday, February 6th at noon over Zoom.** Here is the link to sign up:

https://us06web.zoom.us/meeting/register/tZlodeuhrjgoE9Ynl31dTZT6Fu1udZqrl_17#/registration

“My heart be brave, and do not falter so, nor utter more that deep, despairing wail. Thy way is very dark and drear I know, but do not let thy strength and courage fail; for certain as the raven-winged night is followed by the bright and blushing morn, thy coming morrow will be clear and bright; 'Tis darkest when the night is furthest worn. Look up, and out, beyond, surrounding clouds, and do not in thine own gross darkness grope, rise up, and casting off thy hind'ring shrouds, cling thou to this, and ever inspiring hope: Tho' thick the battle and tho' fierce the fight, there is a power making for the right.”

~James Weldon
Johnson

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin