

January 9th, 2023



Good Morning Members,

I hope to find you well this morning. I know it has been awhile since you heard from me because I was on break. I had a pretty good break other than a few sad events. I lost my mother and I lost a friend to a tragic car accident. How I am handling my trauma is by putting it in God's hands and it will be a long road, but I will get through this because I have a good support system. It is important to have friends and family during these types of time.

I will stay busy with work and that will help me keep going. Especially because through my work I get to advocate for others and I get to help other people which makes it worth it. There are more times that things like this will happen and you have to keep moving forward even when it is hard. It has been hard to stay positive, but for me that is something I am trying to keep doing.

Also, don't take your life for granted. This is something I have learned throughout life and in the past couple of weeks. That is

something I have learned from this. You don't know if you will be here tomorrow so do what you want to do that day, be kind, and never go to bed angry. If you have the chance to start a new day do it and keep going. I really try to tell others I love them when we say goodbye on the phone or in person because of things like this.

I now want to talk to you about influenza (flu). Please be careful if you are not feeling well or if you are out to be cautious of who you are with. You can still wear a mask if you have to be out but want to be careful. I have heard that a lot of people have not gotten their flu shots, but I was able to get mine back in October when you are recommended to get it. If you are really sick it is a good idea to stay home and get better.

I think getting your shots for the flu and COVID it can really make a difference of how sick you get and it will help keep others save from getting sick or getting hospitalized. If you know you are sick stay home and get better.

It is still winter even though we don't have snow. Most people are still stuck inside and isolated. It is that time to start taking down the Christmas decorations and getting ready for the New Year. I am happy that we have been able to see the sun for the last

couple of days. I don't think we have very many days of sun in December so this is nice. Try to get out here and there to keep moving and doing something even though I know it is cold it is good to still get out when you can. You can walk down your street or go in your yard for a few minutes a day.

Don't forget to check out our website for People First Wisconsin for events coming up! We have the meet-up tonight from 4:30pm-5:30pm and Thursday is from 6pm-7pm. On March 23rd we will be having a Disability Advocacy Day. Here you can go up to your state legislators about anything you want to see changed. If there is anything I missed please look at our website for updates:
<http://www.peoplefirstwisconsin.org/>

There is also voting in February. As a reminder that there is a primary election is on February 21st for Wisconsin. If you don't vote you can't complain. It is important for people with disabilities or anyone who is a minority to vote. Here is helpful information from The Disability Vote Coalition:

Voting in Person?

If you are voting in person, make sure you are prepared to vote!

- Check your polling place as it may have changed: <https://myvote.wi.gov/en-us/Find-My-Polling-Place>

- View your ballot and review candidate information: <https://www.vote411.org/wisconsin>
- Bring your photo ID. Information is on <https://bringit.wi.gov/>

If you have questions, contact the Disability Rights

Wisconsin Voter Hotline at: 1-844-347- 8683 or

email: info@disabilityvote.org

You can call my cell phone @ 414-852-6462 8:30am - 5:00pm, Monday - Thursday. If I am unable to take your call, I will call you back. You can reach the Suicide and Crisis Lifeline at 800-273-TALK (8255) or 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States. This is the website: <https://988lifeline.org/>

Please use this as an opportunity to reach out. There are too many people taking their lives, but there are so many of us including me that want to help you. You matter and even if you need to call me when I am not at work that is okay. I can help you call the hotline. I know this time of year can be difficult for many, but you are not alone.

Here is my first quote from Maya Angelou:

“What is a fear of living? It's being preeminently afraid of dying. It is not doing what you came here to do, out of timidity and spinelessness. The antidote is to take full responsibility for yourself - for the time you take up and the space you occupy. If you don't know what you're here to do, then just do some good.” Maya Angelou

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin