



See Our dsAbility

November 20, 2023

Good morning members,

I hope this finds you well. It's been a while! We are approaching Thanksgiving. I wanted to let you know that the office is going to be closed from Wednesday afternoon until Monday. If you would need anything you can call the 988 number for the mental health hotline. Me and my Operations Manager will not be available.

I know this is a hard time of year because of the holidays. Some people don't have family or just don't like the holidays. I just think if you're feeling down, I would not wait until it gets bad or you're feeling depressed. If you are celebrating Thanksgiving, reach out to your friends and family, especially if they live far. If you know how to make a turkey, make turkey or go somewhere with your friends or you can take yourself out for Thanksgiving. I'm not sure if it's too late to make a reservation but you can try.

I don't know if you're into Black Friday, but that can be fun and hectic. Be careful! There are scammers out there. There are scammers on the phone as well. If you have a purse, make sure it is secured. Be careful when you're in line and when using your credit card because there's a three-digit code on the back that people can get. I would say to use cash because it might be safer.

I would also say wear a mask because COVID is still out there, so wear a mask! I think I gave you enough safety precautions. If you need to reach out to me, I will be available a little bit. So, if you

need to talk, I will answer. But if it's something you can handle with 988, that would be good too.

I also want to ask you to please complete the Wisconsin Board for People with Developmental Disabilities (BPDD) Survey. The BPDD is a funder and supporter of People First. If you complete the survey, please let us know so we can enter your name in a drawing to win a gift card. Here is a link to the survey:

https://www.surveymonkey.com/r/2023SA_FMSurvey_Eng

I want to wish you a Happy Thanksgiving!

"The way a crow shook down on me. The dust of snow from a hemlock tree has given my heart a change of mood. And saved some part of a day I had rued."

~Robert Frost

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin