

April 17th, 2023



Good morning Members,

I hope to find you well. I will keep it short and sweet today. I had a lovely vacation, and it was a great time on my time off. I took a long bus ride, I went to Chicago, and had a lot of fun. I was able to go to the zoo on Thursday and I saw some relatives. Haha! That is a joke.

Life is too serious sometimes and you must be a little goofy. So, don't take life too seriously! I was also able to go to the symphony. It was very nice and relaxing. Friday it was a beautiful day, and I enjoyed the weather. Saturday was a good day for me. I got on the bus, and I took myself out to lunch. Sunday, I enjoyed going to church and relaxed at home to get ready for work. Now, I am back and ready to get to it.

Now time to talk about our health. I haven't heard a lot about COVID lately. I don't think it will ever go away, but now it is more manageable. People can get out more often now with less worry. The Special Olympics was back in action, and we had spring sports, there was basketball, skills, and swimming. It was so nice to see people back into sports because it is so important for our

mental health. It was nice to see people happy to be out and see their friends again. The weather last week for my vacation was amazing and was also nice for mental health! I was even wearing shorts last week and now I am in my winter coat. We are supposed to start tennis this week on Wednesday, but with the cold weather and rain I don't know if that will happen.

So, this tells you to appreciate every day that you are given. You even must appreciate the weather. The sun is most important because people are happier and more motivated. I know I am more motivated to do things when the sun is out. We are not promised tomorrow, I am not trying to preach about God, but it is important to acknowledge. Be thankful that you woke up with morning in a right mind.

I know sometimes we wake up and we are grumpy but ask why and see if you can turn it around. I make sure to tell others I love them and make others day because it is good to make others feel good and it makes me feel good. When you go to bed at night express your thanks for what you had or if needed say I'm sorry I had a bad day and try for a better day tomorrow. Members, you are the sunshine of my life and I am so happy to work at PFW to share that sunshine with you all.

If you are not feeling well and need something that can help relax you. I am really loving the symphony and it feels so relaxing to be

there. It lets you think and feel free to express yourself and just be in the moment.

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-6:30pm and Thursday is from 6pm-7:30pm. There is also the speaker series tomorrow from 11am-12pm. If there is anything I missed, please look at our website for updates:

<http://www.peoplefirstwisconsin.org/>

On April 20<sup>th</sup> we will be having a Community Conversation from 9-11am and I will be one of the speakers.

I know it can be hard out there and I know we all struggle at times. Be there for each other and reach out to someone that is a friend or family member. 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/>

Here is a quote today from Maya Angelou:

“Uh, uh, oh huh. O yea, freedom, uh huh. Uh huh.” - - Rainbow in the Cloud, The Wisdom and Spirit of Maya Angelou

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin