



See Our dsAbility

November 10, 2020

Good morning members,

I hope to find you well this morning. Did everybody vote last week? We have an outcome though we are still waiting on the rest of the votes to be counted, and we should have our new president soon. I know that it is nerve playing this waiting game, though I ask you to remain patient. We made a big difference this year at the voting polls, and the disability vote made some great strides, voting more in this election than ever. Now that we have voted, I will continue to give you updates when they come.

As for COVID-19, Numbers are still high, and people are still being hospitalized daily. Please make sure to be aware of any symptoms, and seek advice from your doctor if you have any concerns. It is also flu season right now so do not forget to get your flu shot. I just got mine recently. This can help prevent COVID-19 as well! Please continue to keep hands washed, your house clean, and limit your outside exposure as much as possible. Make sure to think of others when purchasing cleaning supplies, and do not get more than you need, because that only leaves less for the rest. Be sure to watch your diet, consume healthy foods, and keep up on your vitamin intake. Some healthy options could include spinach, broccoli, red peppers with hummus, and fruits and yogurt. I have learned a lot on how to stay healthy, and what foods to consume through the show Doctor Oz. I find this show very informational, and extremely helpful. Doctor Oz also provides updates on COVID-19 each week, and is a great source of information. I recommend tuning into his show whenever you can! You can find his episodes online at any time, and can always go back and watch it if you miss one.

With Thanksgiving coming up, I ask that you be careful with social gatherings. I would recommend keeping it as small as possible, and maybe even just getting together over zoom. I have found zoom to be so helpful, and convenient during this crisis. I will be adding some basic instructions in my next letter on how to use zoom for those who do not know how to, and would

like to start. Even if you are not able to be in the same room as your loved ones, you can still pick up a turkey and celebrate virtually. Enjoy some football, stay connected with your friends, and do something nice for someone else. Remember to love yourself first, and please be sure to keep up on your mental health. I wish you all a blessed week.

You can call my cell phone @ 414-852-6462 8:00am - 7:00pm Monday through 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