

December 5, 2022



Good Afternoon Members,

I hope to find you well today. It's getting close to the holidays. I know this letter is a little late, but things came up. I will have another letter out before I go on my Christmas vacation. We have made it to December, the last time I wrote to you we were in the voting season and celebrating Thanksgiving. So, this is the time of year we celebrate and get together with friends and family. If you are getting together with others please remember to be safe. The numbers for COVID are going up a little bit. There is also the flu and colds going around.

I recommend getting any vaccines for COVID and the flu. If you are not feeling well with being sick I would consider staying home, so you don't get others sick. I went to a restaurant yesterday and there was a machine that took my temperature and gave me something to clean my hands. I really liked that because it showed they want to make sure everyone is being safe in their restaurant. You might have little kids or babies around and they can get sick easier. RSV is a sickness that babies are getting a lot right now. If you aren't feeling well or even just to be on the safe side you shouldn't give babies kisses. I don't want to scare anyone from hanging out with their family, but if you are truly sick with a cough, sore throat, and sneezing you should consider staying home.

Now that the weather is getting colder, like today without having the sun out it is important to stay motivated. I know it can be hard, but get out and do something like a little walk. It is good for your mental health. In the house you can put up decorations if they aren't already up, make some cookies, or go Christmas shopping (if you celebrate.) You can also write out your Christmas cards if you do that. You want to stay at least a

little busy. We tend to get less motivated around the winter, cold months. You can call your friends and check in with them. Sometimes it is just a good thing to check on friends because they appreciated it. I know my friends and myself appreciate when I check in with them.

If you belong to a gym you can use that to get out of the house. In church yesterday we learned to be kind, check on your friends, and help somebody else. They always say to say thank you. It can go a long way even if it is something small that someone did for you. This is a busy time of the year with family, holiday parties, shopping, and going to a play. It can be stressful with so much going on even when it is fun. My line is still open if you need. I know it can be a lonely time of the year, so reach out to someone in your life. If you are lonely there are things you can go to. My church will be hosting a Christmas dinner for those that can't or don't have places to go over the holidays.

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. Our speaker series is on Tuesday at 11:00am.

I hope you have a very blessed week! 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 my quote from Maya Angelou: "Try to be a rainbow in someone's cloud."

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin