

June 7, 2021



See Our Ability

Good morning members,

I hope to find you well this morning. I hope you all survived the hot weather over the weekend! I had a great weekend myself. I took a trip to the bobblehead museum in Milwaukee and had a blast. I also enjoyed watching the Brewers win. I hope you all were able to do something fun for yourself this weekend.

As the weather gets hotter, I would like to share some tips to help make sure that you are taking good care of yourself. If you do not have air conditioning, try putting your blinds down and turning on a fan. Make sure you are drinking lots of water and try to stay away from things that dehydrate you, like soda. Dehydration can cause headaches, fatigue, and much more. If you are ever feeling thirsty, this means that you are already dehydrated! Make sure you are covering up with sunscreen if you are out in the sun. If you get sunburnt, try applying aloe on your skin to help it heal and to help with the pain. If you ever feel like you are overheating, try and take a cold shower or a bath. If you are on any kinds of medication that affect you with the heat, please consult your doctor.

Fruits can help cool you down as well. I really enjoy eating watermelon on a hot day. Today will be pretty humid, though with the sun down and the clouds out it shouldn't be too bad. Be careful staying out in the sun too long and find something in the house to do if you need to cool down.

In the morning before you have any coffee, you should have two glasses of ice water. This will help get your day started and give you the hydration you need. I like to add some lemon juice and a lime with my water to make it more refreshing. I then make myself an iced coffee and eat some breakfast. I like to add avocado to my eggs for breakfast. They are very healthy and taste delicious!

I hope these tips help you stay safe out in the heat! I thank you for reading my letter, and I hope you all have a blessed week.

You can call my cell phone @ 414-852-6462 8:00am - 5:00pm, Monday - 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