

January 6th, 2022



Good Morning Members,

I know it's been a couple weeks since I wrote to you. I hope you had a good holiday season. I know I had a very good holiday. I was able to see some friends and family. I had a friend visit me from Madison. We still took precautions and were in small groups and wearing masks. There are people still getting covid-- regardless of being vaccinated--and people that aren't vaccinated are filling up hospitals and being sick.

It is important to be vaccinated and then second it is important to get a booster shot. I can't tell you what to do, but these steps are important. I am continuing to wear a mask when I am out even when I am visiting with family and friends. I have been very good since this all started and I have been safe by taking precautions.

I cannot watch the news anymore because all the talk is about covid and it is making me depressed. Even though this issue is still going on it is important to stay safe and keep aware of the situation. I bought two covid kits just in case I need them. I am

fine, but I want to be prepared. I think it is important to continue to take care of ourselves by eating and drinking well.

There are many things to do at home such as baking, playing on the tablet, crafting, etc. There is a lot to do at home, so find things to keep you busy. It is also cold today, 13 degrees in Milwaukee at the moment. It may be colder or warmer where you are. Make sure to dress warm and be prepared because you don't want to get stuck outside. Have a coat, boots, hat, and have your keys with you just in case so you don't get accidentally locked out.

If you are feeling overwhelmed or depressed remember you can reach out to me, family, friends, or even the hotline to talk to someone. Something that is helping me is having a nice hot tea, reading a new book I got for Christmas, and not watching the news at certain times. Find something that can help your stress. That is all I have for this week.

My next letter will be out on January 20th. I will be out on the 17th for Martin Luther King Day. You can use this time to observe the best for all people and do something good for yourself that day. I am wishing you a happy day and happy week.

Please reach out to me if you need anything. I am wishing you all a blessed Monday. 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