



October 13th, 2023

Good morning members,

I hope to find you well this morning. I will be talking to you about how important it is to get your shots. I think it is very important you get your flu shot and there is a lot of places that are giving them out for free. Most insurances cover the flu shot but there is clinics in each area that will give them to you. In Milwaukee through my church, we have a clinic called Bread of Healing Clinic, so if you know anyone who doesn't have insurance, they will see people. You can call the church at 414-977-0001 and make an appointment.

Not only for the flu shot but just in case you have something comes up with your health, they will see you. There are no wrong doors they say. They have doctors and nurses there. If you're out of medicine or you can't get to medicine, they will help you figure that out. The other shot is the covid shot, very important to get. If you have put your guards down about covid, it's not gone. I know a few people who have gotten it. It's pretty mild but you need to get the covid shot. I don't recommend getting the covid and flu shot together. Get one and then wait a week and get the other.

The other shot is the RSV vaccine. It's only for people 50 and above. I know it's a lot of shots, but I'd rather get the shots and be here. Especially if you have asthma or heart problems. It is recommended the more you can keep yourself healthy the better. I know I'm talking about health a lot but I will keep talking about it. Now that we are headed into fall, I want to make sure you're taking care of yourself. I wouldn't recommend wearing shorts. It is only 40 degrees right now. Monday and Tuesday are the only mild days. Wednesday, Thursday, Friday there will be rain. I know some of our advocates drive and have to go to work.

I know it can be stressful. Make sure you have a rain coat and umbrella in

your car. I know that weather is changing and that's how we get sick. Make sure to work on your mental health. You have to stay in a lot. If you don't have a car, I wouldn't suggest going to the grocery store. Maybe Monday and Tuesday are good days to go. Make sure you're stocked up. They say it's important to get milk and eggs. If you have favorite movies, or Hallmark has a lot of fall movies on. Or the library has a lot of movies you can check out but you need a library card though. Instead of going to Barnes and Nobles.

I enjoy reading and painting and coloring. I know that people say coloring is for children but it's not. I also like to take magazines and cut pictures out or recipes. Something I like to do during the fall. I'm actually working this week. I have to go to a meeting so I'll be out in the rain. Hopefully I can work from home on Wednesday. Hopefully I can work from Zoom.

I just think that I gave you all that I can give you. Also, if your heat is not on yet, I would suggest you turn your heat on. I know that people are scared to turn on their heat because of the heating bill but I suggest you turn your heat to keep warm and avoid getting sick. If you don't want to turn your heat on that's okay too.

Here are little things to think about. If you're coming to the Self Determination Conference

- There will be a silent auction where you can bid for different prizes
- If you didn't know about bringing a basket, you can bring a basket to have raffled off. My basket will be a fall basket. I'm making a snowman basket. And then I'm making a basket with activities to do on a snowy night or fall night.

I think that's all. I talked a lot about health. I want people to have their health on a radar. I want to help save people's lives.

You can reach the Suicide and Crisis Lifeline by calling 988. This three-digit dialing code links callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline.) This is the website:

<https://988lifeline.org/>

Here is a poem from Robert Frost "Nature's first green is gold, Her hardest
hue to hold. Her early leaf's a flower; But only so an hour. Then leaf
subsides to leaf. So, Eden sank to grief, So dawn goes down to day.
Nothing gold can stay."

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin