



See Our dsAbility

Good morning members,

I hope to find you well. Now we've been into fall. Make sure you have:

- Hats
- Boots
- Gloves
- Purse
 - Keys
 - Phone (have available in case you get stranded)
 - Kleenex
 - Hand sanitizer
 - Mask (just in case)

For your car you should have:

- Blanket
- Shovel
- Food
- Salt
- Ice scraper
- Insurance card
- Emergency contacts
- Water

If you take your pets for a ride:

- Boots on the dog
- Blanket

- Food
- Dish for water and food
- Water

And you're all set!

The weather is supposed to be interesting this week. I would say if you don't have to go out stay in. The sun will be out, but it won't be as bright. It's supposed to snow tomorrow so be careful. People are starting to get ready for the holidays! Stay cozy and keep your pets cozy. If you must take your pet out during super cold days, no more than 10 minutes. Don't forget to turn your clocks back November 5th! It'll start getting dark at 4:30pm, which will be strange.

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/>. You can also call me; my line is open from 7:30am-8pm. If I am not available, I will always call you back. Otherwise, Have a great Monday. I'll write to you again in two weeks. Next letter comes out November 13th.

"Two roads diverged in a yellow wood, and sorry I could not travel both. And be one traveler, long I stood. And looked down one as far as I could. To where it bent in the undergrowth;"

~ Robert Frost

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin

October 30th, 2023