

November 4, 2021



Good Morning Members,

I hope to find you well. I want to ask you how your fall is going. My fall is going well. As I said in my last letter I am a year older and wiser. I put out in my letter last week that I want you to tell me something positive that you did for yourself last week. It is not mandatory but I want to be more engaged with you all. It could be as simple as going for a walk or baking. With COVID being here it is important for our mental health to keep in touch. This is the time of year that depression hits more people. The time will be changing on the 7th and it will be getting darker sooner like 4:30pm.

It affects people including me, so we have to adjust ourselves and try to do things earlier as opposed to later in the dark. There isn't going to be a lot of sun which I know affects my motivation at times so it is important to think ahead. Make sure to put your lights on if you will be home later. I make sure to have some good tea and activities in my house like puzzles or music. Think about some things you can do while at home; you can play some music, do yoga/exercise, cooking or baking, watch some fun Christmas movies on Hallmark.

You don't have to do any of this but it is important with the time and season change because you don't want to be stuck in bed or sleeping all the time. Seasonal affective disorder is a real thing that affects many people including me. I am working on getting a sun lamp to help with the transition and it will help me feel better. I just wanted to share that with you and don't feel bad if this is something that also affects you because it is very common for a lot of people.

COVID is still here. I will tell you the same thing I have been telling you for months. Wash your hands, wear a mask, and be safe. I am sure most of you have heard about Aaron Rogers and getting COVID. He said he was vaccinated and actually wasn't and now he has COVID and is putting his teammates at risk. What kind of message is he sending to those that look up to him like high school athletes? I think it is very irresponsible of him and the NFL. So be aware of your actions and be a good role model for those around you.

I am wishing you all a blessed Thursday. 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