



See Our dsAbility

December 11, 2023

Good morning members,

I hope to you find you well. Christmas is in two weeks. I hope you got all of your Christmas shopping done, your cookies baked, your gifts wrapped, and your menu ready to go. It's just a little funny joke to make you laugh in my letter today. For me, I do not have all of my gifts wrapped and I will be making cookies Thursday. Now I would like to talk to you about how stressful Christmas can be for some. That's why I put in a little fun joke in the beginning of this letter.

If you are feeling sad, depressed, lonely, or you just don't like Christmas at all and you need someone, please reach out to the 988-suicide line and talk to someone. Unfortunately, I will not be available. I will be off from the 22nd of December to the January 3rd. We will be closed from the 22nd of December through January 2nd. I want to make sure I leave you with a number that you can reach out to. I know it's a lonely season if you don't have family here or are not connected with family.

There's a lot of things you can do in Milwaukee. I know there will be a large dinner at the convention center on Christmas day, where they serve turkey and all the trimmings. Or you can watch some Christmas movies, make some cookies for yourself, call family, listen to Christmas music, or take a walk. That's what I can offer to you. See what kind of activities that are available where you are.

There might be free concerts. Reach out to your neighbors and wish them a Merry Christmas if you're close to your neighbors. I wish my neighbors a Merry Christmas because I am close to them. In closing, I would like to wish you a Happy Holidays. I will be in touch with you again on January 8th with a new letter.

"Christmas is a loving hug or roasting chestnuts on the rug. Christmas is one's first snow and wrapping presents up with bows. Christmas is sledding over the ice, and giving presents feels so nice. Christmas is a friend. I never want Christmas to end." ~ Maddy R. Kohler

Sincerely,

Cindy Bentley
Executive Director
People First Wisconsin