

December 6th, 2021



Good Morning Members,

I hope to find you well this morning. It is a cold morning. I don't know where you all live, but we have had some snow. Nothing serious, but it is very cold. I am going to give you some tips for the winter time. If you plan to take out the garbage or go for a walk outside **make sure to have a warm coat, gloves and a hat.** Also, have **warm boots** on. It is important to **make sure you have your keys and phone**, because you don't want to get stuck outside.

That has happened to me and thankfully I was able to ring a neighbor and they were able to let me in. **It is good to have your phone because you never know what might happen**, such as falling in the snow or slipping on the ice. If no one is around, you can call for someone close by like a friend or family member. If that doesn't work, you can call 911 or non-emergency in your area.

I am sorry that I have to keep talking about COVID, but I think it is important to keep you updated. So, there are about 1000 cases a day right now that I heard from the news. What I also heard is **most people that are getting COVID are not vaccinated.** So, I still recommend wearing a mask and washing your hands.

If you plan to travel for Christmas, whether you are vaccinated or not, **you will have to start having a negative COVID test.** This is for ***ALL* flights.** Not just international flights. Also, remember to do something for yourself that will lift up your spirits. Depression can be more common now because of the weather

and the sun isn't out as much. If it isn't too cold you can always try and get outside for a walk. **If you have lots of days where you are just laying around, I recommend calling someone, or calling the hotline.**

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