



September 15, 2021

Good Morning Members,

I hope to find you well. I know this may be getting boring, but I have to put this out in my letters. I heard that the **COVID numbers are going up, not down**. A lot of **kids are getting COVID now**. My coach works in a school and one of the classrooms had to send all the kids home. These are young kids that are getting this. It isn't just adults getting this and with kids getting it can be scary. I don't know how sick they get, if it's like adults or not.

Most schools are all back in person. I have a neighbor that works in a school and when their school gets to 10 cases the kids have to stay home for 10 days and they sterilize the school. The teachers will stay in the classroom to be able to teach. I think there are about 9 cases at her school right now already. Kids are not the best about wearing their masks all the time--so they are at risk.

I can't stress this enough to wash your hands and wear your mask. Wash them before and after eating, going to the bathroom, when you come home. I also leave my shoes at the door because shoes carry a lot of germs. I am not going to tell you something I don't know because it is always changing.

The CDC puts out a lot of information, but I don't want to tell you something that isn't accurate. I am just going based off my experience and talking with others. It is fall and I don't want to bore you with just COVID. To get your mind off of that you can decorate, make some fall crafts. I am all about the fall because I was born in the fall. I will decorate for fall and Halloween. Halloween is favorite holiday.

Mental health is important now and the time will be changing so it will be good to take care of yourself. If you know you are having an issue you can reach out to me. 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