

HELLO /
FROM
Matthew Jankowicz

Hope you all are doing okay out there ~~in~~ & in good health,
I have some new news on my left knee injury & our population
reduction in our prison & our cold showers.

I still exercise every day - especially my left leg (to try to
strengthen my muscles around my left knee, to give it more
support). The doctors here still refuse to help me. My knee is
still in a lot of pain 24/7. My left leg is half the size of my
right leg. All my muscles in my left leg have atrophy, even
though I'm exercising them every day. I take acetaminophen
& ibuprofen for pain. Wish me luck & pray for me. Thanks

I'm still waiting for a new celle. My old celle is still
here. My best friend Eugene Flock is going to court soon.
When he comes back, we are going to try to be celled. He's
a Christian too. He's a real nice guy, has a great sense
of humor & a great heart. Can you pray for me & Eugene
to become celled & for Eugene to do okay in court. Thanks.

Take care. You can write me or respond to my post. My
prayers are with you all. God Bless you. ☺

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