

Personal Journal

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9/16/19

No one can drive you crazy unless you give them the keys so drive on. It rained on Monday & Wednesday this week - early rain for this area. Hopefully its a sign for a lot of rain this year. I broke my sweat out Monday as the rain is coming from the North and this always a cold rain. They told us in advance we would have rain Monday starting about 9AM. - who pays attention to that, this is California - everything is always late besides its summer it'll just be a light rain : The rain started just before 9 and come down like it was coming out of a high pressure water hose - shortly after that the cold wind started : from my shoe to my beanie all was washed - nothing dry - not one spot - needless to say I didn't have to shower that day :)

9/18/19

The RN called me over yesterday (Tuesday) she said I wasn't taking one of my medications (crometasone) its a 200 mcg/inh inhaler - I take it every morning with the rest of my meds so now I'm suppose to take it in the evening to - I'll see : some of the RN's are slow and the lines are forever and getting upset or evicted is not good for my overall balance. My friend Cliff went to the store (canteen) yesterday - he tried to go Monday and stood there in the rain until noon : the canteen never opened - he managed to be number 11 in line - first run they picked up 10 lists then managed to do 30 lists from it - so then he got his list in and they shut the window for 45 minutes. Maybe I'm lucky I don't have the canteen I would have to say something and it wasn't be nice : I had to tell someone at dinner to keep his Stockholm ass away from me. We're looking to get more rain today - I hope so - I need a cool down something

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to calm me - a day free from agitation, excitement - tranquil & serene, peaceful quiet and free from disturbance
 Another blood draw at 6:45 :: I better start getting ready ::

9/19/19

I had a good day yesterday - got a few things done - I've been looking for something I want to paint. I went through a couple of boxes and ~~found~~ found some pictures to work from and I got some pattern out to make some cards to - I already have a barn with a house standing in front of it and mountains behind laid out on a 6"x9" canvas and a card set up of a rose and a hummingbird. I get cold fast now, went I went out to the dayroom my hands were ice cold - my blood is thin from the medication I take - I've lost over 50 lbs - something to do with lupus. My hands are already numb all the time - can't make a fist - hurts to close them, bend my finger - can't hold any weight in them. I wake up some morning and can't use them until I work the stiffness out today the finger joints hurt ::.

9/22/19

I overslept this morning - I was up and down all night - I don't know why I didn't drink anything after dinner except a few sips of water with my medication. I don't feel sleepy so I must have gotten some rest in the extra hour. I'm having a Colonoscopy done Thursday its been three years now since I've had one. I'm suppose to get one every year because of having colon cancer before. My Doctor has created such a large medical file for me over the years that he missed it so now he's trying to put it on auto. Good luck with that, the CMO wants paper work for everything now :: stop taking meds today except for the lupus & hip-C meds. Not much going on around here - the weather has cooled down - I'm not caring for that because

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of my blood being so thin from the medications I can't get warm most of the time, my hands feel like I've had them in ice water and they hurt and that's with the temps only down in the 10.5 ° I'm already wearing sweats I'm going to have to find me a new pair of gloves not going to be easy they stopped selling them in the canteen.

9-24-19

This has been one of the longest months I can remember and there's still another week left in it. Don't know why the days are so long right now there's nothing upsetting me :-((besides everything) :- We're on another lock-down so they can search B-yard - at least I've got a couple of books to read - my writing in the morning - reading after breakfast some painting in the afternoon - and t.v. in the evening. Most days I take a little nap between reading and painting - have to rest my eyes :- beside I got up around 4AM most days 2:30 the other morning trying to clear my throat passage so I could breathe after that my mind's racing to much to sleep. I got a message from the blog last night, imagine how desa. Got another blood draw today, arm still sore from the last one. I'm going to close off and get this out in today's mail. I do enjoy every message I receive it tell me there are still people who take the time to care - may your cup always be full.