

## Personal Journal

(2)

10/22/19

to look at all the polyarthropathy sites <sup>growth</sup> ~~spots~~ from the bottom of my feet to my forehead 😊 something to do with my lupus or lipid (even fat) in the blood. It is hard to get anything out of these doctor but now and then the nurses will say something. Every one thinks I might be dying because the nurses are way to nice to me 😊 like their grandfather - I tell them all they need to do is to be nice themselves and always smile (I do have a nice smile) and never say anything bad about anyone, even if you're thinking it. Before anything I have an early blood draw today. The nurse is still a little yellow from the last one and I'm not sure what this one is for.

10/23/19

We're on lock-down - modified program they like to call it here - that's so they don't have to bring trays to the cell but let us walk to the mess, (so nice of them) also if you have a chueat to go somewhere or someone calls for you they don't have to cuff you up and escort you - searching A yard - this week. I saw the rheumatologist yesterday - still nothing for the pain - he did put me back on steroids on top of the other medication. Other then they I didn't get much done - my right arm hurt from the finger tips to the shoulder it hurts like hell to bend it the elbow 😊 I'm going to try to make myself pain't later today writing ain't so hard once I've got my arm sit on the box 😊 Cell seems like it's getting colder, 'oh' did I tell you the foods bad. 😊 I can never see myself getting tire of hearing you say I love you or of telling you I love you - you have always been the love of my life. I got your letter first - way first ☺ It is still dark here when we go to breakfast maybe if they



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10/18/19

It is cold this morning. I almost didn't get out from under the blankets. I'm sitting here now dressed over my sweats, jacket on, gloves on (My friend Tony gave me a pair of gloves a couple of days ago because my finger hurt when they get cold, they help some :) They're tight enough on my fingers I can write with them to :) Time is going by pretty fast now. I've got a celly that's alright, at least while he's asleep - he's asleep right now :) I've told everyone how hard it is to find a good celly here - we're forced to spend way too much time together in a little space. Today has started out to be one of those days. Cold & tired, no water in the hot pot for coffee, then I couldn't find a pen :) the day's just beginning :)

10/21/19

Still cold but not as bad as it was a couple of days ago. I don't think it has warmed up any. I'm just getting use to the cold :) and I feel good this morning. Rumors all weekend about being locked up this week - everything from searching all the building to giving flu shots.

10/22/19

Gloves and all today, body's cold, I'm hurting everywhere, right foot both knees, right shoulder, elbow both hands - my right hand is numb and it hurts to bend the fingers just to hold the pen - left hand keeps locking up that is painful my chest feel like the time I got trapped between the truck and the trailer - makes me want to dust my boots off on James' backside just thinking about it. I have a duet for Telemeds today - not sure if it's for the rheumatologist or the pulmonary doctor I'm on the list to see both of them plus the Hip-C doctor & the dermatology - not sure what that ones for but one of the doctors wants to see



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10/23/19

turned the lights out in the mess the food would be easier to eat. My celly gets help to get ready for chow and starts talking "never stops" he's a good celly but I can't write with someone talking at me, hell I can barely write sitting here in the quiet even then I spend a lot of time in the dictionary.

10/26/19

Some morning I find it easier to get up, when I sit down to write the words just flow out - I think I have something to say but on days like today when I get up late I find I'm discombobulated the whole morning - it's like having a celly stand up over you talking trying to read what you're writing out the side of his eye. I need quiet to think - sometimes more than prison quiet - I need alone in the mind quiet. I got another note my love, looking at the dates the posting was fast, the downing of your message was fast on Monday the 21<sup>st</sup> and I got it Friday the 25<sup>th</sup> I've already started a letter & we're off lock down for the weekend - don't know what Monday will bring. Working on some cards right now, hard to do much at a time the way my right elbow and hand is hurting - it takes me all morning to write a few lines I'm stopping so much to run out the pain in my hand & elbow. I'm going to stop for now and get this out today. I want to tell everyone at BCB that they're doing a great job and thank them for caring enough to do it. And as for the one I love need I say anything & walking with you in the park on a warm morning sometime just before sunrise. I love the colors of fall.