

## Personal Journal

5/24/20

'shelter in place,' better known as lockdowns to us inside. If it seems that those of us inside are handling this with more grace and less angst than those in the outside world. Most of us on the inside are veterans of more than a few lockdowns and during those previous experiences we've become adept at passing time. Concentrating on positive parts of life (yes) even prisoners find positive situations. Keep a journal always available, good for venting and useful in increasing understanding of oneself. Write your family, your love ones - they want to hear from you, want to know you're alright. Never underestimate how much you mean to them, and now is a good time to let them know how much they mean to you. I got two comments from the blog Fridays. I want to thank SONA 186 for her comments. It always makes me feel good that someone ~~is~~ has read my poetry and enjoyed them - most of them are love poems, it's easy to write love poems when you're in love :)... I would like to thank nTroy for transcription and caring enough to give your time to others. I would also like to thank my Jannie for all the work she's put in on me over the years :)))). Weekends seem long even though every day is the same as the day before. Yesterday I walked in the afternoon.

## Personal journal

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5/24/20

The day before, 'Friday', I walked in the morning. Both days were warm and I walked and talked with the same people. Today and tomorrow we have no yard so maybe some dayroom maybe some painting I always look forward to a new day although there are ~~never~~ <sup>never</sup> any changes I always look forward to looking for them. Now I'm just repeating myself.

5/25/20

Today is Monday - I'm thinking, it's Sunday, can I do all my yesterdays over again?

Tuesday

5/26/20

I got a celly yesterday - wasn't looking for that. See how long it last - he seems to be alright but I was looking to be single celled for awhile I knew I was getting a celly but a few weeks would have been nice. Just under one hundred yesterday and looking for it to be over a hundred the rest of the week 107° Thursday. It's not so bad in the cell as long as the fans are on. I have a docat for 10:30 to see the R.N. to get the dressing change on my left shoulder - she just wants to look at it 'measure it' to see if it's healing I think it is. I change it everyday and have to have people put a new bandage on it as I can't even see it and they tell me it's getting smaller. No yard today, no dayroom until tonight - tomorrow - yard and dayroom at the same time. I have

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to make a call so I'd do dayroom first & Rumors  
 They said visiting will resume on the first  
 of July - six feet distancing by appointments  
 only - I think two hours per visit better than  
 nothing. They have cases of the virus in every  
 prison but this one they are now moving people  
 around transferring to other prisons I know we  
 got two people in last night - they say it's to  
 make room for distancing - sounds to me like  
~~they~~ they want to spread it around to all  
 prisons - just saying.

Thursday

5/28/20

Almost the end of May - it's been over a 100°  
 here all week and looks like more of the same for  
 the rest of the month - Not having any cool off days  
 so the cell don't cool off until late in the night  
 It don't bother me as much as it use to since  
 I dropped all that weight but my new celly is feeling  
 it. Sorry I wasn't able to connect with you  
 my love & I'll write you soon. It's already starting  
 to warm up and it ain't even six o'clock yet :-  
 I had a blood draw yesterday - the RN took about  
 9 vials at least a pint. I think this one is for  
 Rheumatology or Pulmonary; I'm not sure they have  
 me down to see a bunch of tele-med doctor and  
 are starting back up in June. I'm going to close this  
 off and get it in the mail today. Thank everyone  
 for their time and stay safe.