

x3ab

## Personal Journal

8/26/2020

8/20/2020

I got your blog late last night, just knowing that you are well makes me feel better. I'm spending way to much time on my bed - that's where most of my aches are coming from now. I've got no room to get up and move around much unfortunately I have a cell and there is only room for one person at a time to be on the floor. So I go by the old prison rule only one at a time on the floor. The cell I have now understands that - I've had those that didn't. We did get 45 minutes of yard yesterday - better than nothing. The smoke was thick - we're lucky we already have to wear mask. I can taste it in the cell this morning <sup>the smoke</sup> and now that it's light outside I can see it hanging in the trees and in the hills east of us. The whole of Northern California seems to be on fire mostly started by lighting from a freak storm over the last weekend. The temperatures have dropped down into the high 90's, 98, 99, the last day or so almost feels cold after the last week, it's supposed to be going back up tomorrow. 8:30 already. I've been getting up late not sleeping well then unable to keep my eyes open during the day boredow I think - it could be depression but I don't feel depressed. I've been putting weight back on drinking all those boosts. I don't know how much - I have a doctor to see the RN at 10AM she'll weight me. I don't want

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8/20/2020 to put on much weight I just don't want to continue losing it. The Boost also has me feeling more energy in the mornings to bad I can't get out and burn it off. Still no dayroom because of the positive cases in 'C' section. There are a lot less of them now maybe back down to 10 or 12. I heard that one old man who lived down the tier die in the hospital but that's just off the rumor mill. They're letting us have phone calls again so I will try to call my love when I can. If you're not home or not up to answering I understand. Set my calling let you know that I love you and I'm doing alright. and you're always on my mind in my heart.

8/22/2020 Happy Birthday to you, happy birthday to you, happy Saturday birthday my dear love happy birthday to you. I love you today the day that brings another year of holding you in my heart - rest your head upon my chest love and listen to my heart beat. I haven't did any painting in awhile I think I'll start one today. I did read some yesterday - a National Geographic. A lot of good stories in. N.G.'s. This one was mostly about parks. Daydream about having you with me down in South America chasing the vultures - Remember when? I love you just as much now as I did when you were 17 more with a love that has lasted forever and will last forever after. I have a print out on Supus 'Systemic Supus'

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Erythematosus' an autoimmune disease. It can damage the skin, joints, blood vessels, brain, kidneys, lungs, heart, liver, and other internal organs. It causes pain, irritation, and inflammation. Symptoms are joint pain & swelling, fever, fatigue, unusual weight loss or gain, skin rashes like the butterfly rash I have over my nose and cheeks after 45 minutes of sun yesterday, shortness of breath, chest pain, frequent urination, mental changes, hair loss & swollen and tender lymph nodes, and swelling of the hands and feet. Symptoms come and go. Like I said I'm in remission right now. Lupus is diagnosed based on symptoms, medical history, physical exam and tests - Blood tests - Urine tests - Chest X-RAY - Skin & kidney biopsy. There is no cure for this condition. A combination of medicines over time can keep it in remission and help prevent damage to the heart, lungs, kidneys, and other organs. My eyes are burning from the smoke in the air. California is on fire some of the larger fires they've ever had around here, and they counted 27 of them yesterday. It make me labor for air as the smoke smells linger in the air. Everyone stay safe and my love already started a letter. I am well, I would say the food is bad worse then ever but I no longer eat it."