

Personal Journal

11/20/2020

I woke up with one hell of a headache. The heater came on some ~~time~~ time during the night, I had put a blanket over me and turned off the fan when I went to bed - now I have this headache and an upset stomach - now I just want to get outside where it looks cold - it'll take all day for these fans to cool the cell down - it's almost six now and I have group between 7-9 A.M. - then I've got day-room this morning - try to call my love and get a hair cut. The last two or three times I had morning dayroom I was going to call but each time I was called out for trips to the Doctor's for treatment. The drug medication might help with the headache - one can only hope.

11/21/2020

I was able to talk to my love yesterday so if my smile is shining through you can understand why. I am getting better medical care than I could afford if I were out. I'm seeing a doctor getting treatments and tests every week. Let me assure you I don't believe everyone here gets this level of care. There are some people that are lucky to get any treatment at all - they are always demanding and cursing the nurses out even when the nurses are going out of their way to help - they can't just give you something only the doctors can do that but they do get on the phone to the doctor and try to help you - the doctors are going to listen to the nurse a lot faster than they

Personal Journal

(2)

11/22/2020

will you and they would rather do what the nurse ask than to see you. Their believe is that we're all just trying to get drugs - I get drug through my drug program so any drugs they give me will be counter acted. Most of the doctors here just say no when it comes to drugs even for cancer. Not to say there aren't A-hole nurses it's just that ^{most} of ~~all~~ they treat me like grandpa - maybe it's the big smile I have or my soft talking.

11/23/2020

When Welma Mankiller was younger she looked almost like you when you were her age. Back in the sixties before she became Cherokee chief. She was staying at Punky Mansweaty's. The prison (MCSP) don't know about other prisons, but we are going to start getting video visits. Each inmate will be allowed one free 30 minute video visit every 30 days with an approved visitor. I only have one approved visitor so I'm alright there. It is warm in the cell right now - heater is on ☺ it looks a little cold out - not freezing or wet but enough to make my fingers hurt. I'm having trouble remembering things - names mostly. Watching football yesterday the QB piked the ball and the clock stopped I couldn't understand it and voiced it to my Celly - he told me it always stops when they pike it that's the reason they piked it. I sit there for awhile thinking about

Personal Journal

(3)

11/23/2020 it before the kneel down came to mind and I remembered it. This is the kind of forgetfulness that worries me I would hate to be in one of these places and not know who I am and where I'm at. 😊

11/24/2020 I started a new Therapeutic Diet Monday. Pureed meals two Boosts a day - jello, ^{cust}pudding cups - V8 juice other soft foods then there's the Pureed Dinner - it taste as bad as it sounds, I wouldn't have ate most of it if it wasn't pureed 😊 some of it if I heat it up it is eatable 😊 I saw the Throat Doctor Tuesday - he's going to have a ballon put down my throat and try to open up the muscles but other then that he said I might have to be on some kind of special diet for the rest of my life. Thanksgiving sucks for me 😊 I was in some bad pain most of the week. Wednesday the Doctor Ash increased the Subopone 4 mg and I'm feeling good now 😊 And she said I would more then likely be on the Subopone the rest of my life. It helps with the pain so I can do this 😊 Everything is looking up. Falling behind in the group because I'm out on transport for medical so much and there was the two weeks I was on CTQ but no matter what I'll have to do 52 weeks making it up at the end. I'm going to close for now and get this out today - already Sunday. Everyone take care and thank you all for caring. The food is bad - I just don't have to eat it 😊 😊 😊