

Personal Journal

1/12/2021

I'm in a little pain this morning mostly aches I would guess. Can't seem to close my hands at all, knees & shoulders hurt. I'm waiting for an appointment with the arthritis/lupus doctor on telemeds it keeps getting postponed. I did see the Dermatologist doctor on telemed yesterday about my skin cancer, he said there was no emergency left now and he was told by COC to wait until after the Covid to see any non emergency. Good news! If I complain to much about my breathing my oxygen level and they ~~test~~^{stage} have to put me on oxygen I will be transferred to a hospital, Stockton Prison Hospital. I want to go but I want to wait until after the Covid. Things have turned cold here - not freezing but low 40s in the morning, last night I had to cover up early and fell asleep early. If I sleep to much I'm tired when I'm trying to get up in the morning.

1/15/2021

As of Thursday we're back on quarantine. My friend Joker showed a positive. Could be a false positive but whatever it turns ^{out} to be they're rushing to put us on lockdown and slow about letting us back up. They are testing us two or three times a week, this quarantine life is really boring I'm not doing anything to write about. Not having any real conversations. My celly talks a lot about nothing - mostly complaining - I don't listen - trying to keep a positive attitude and that

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is hard to do in a place filled with so much negative. It is good to have someone that loves you holding on to you at times like this.

Jokers had the virus once back with the first group ^{where} we were lockdown. I guess this is prove that you can catch it more than once. I got a response yesterday to a request to medical to change my boost to 2 per day. The answer was that on 1/08/2021 my PCP had changed my boost to 2 per day, twice a day, so essentially 4 per day. 😊 This action is based on detailed clinical decision-making. Chart was reviewed and due to ^{the} COVID-19 pandemic for high impact in CCHCS, this non-urgent visit was resolved with PCPN review and direction from CDCR/CCHCS; thereby decreasing the risk of infection and assist in following social distancing recommendations to prevent the spread of COVID-19. "Thank you for this information." "Now I have a headache. Could you please send me some aspirin?" "thank you again." 😊

1/17/2021

Another person was taken to the gym yesterday, another positive my friend Dizzy, this is his second time to, so as of today we have two week of quarantine to do. 😊 don't you just love it. I need to get more walking exercise. I'm thinking about ~~the~~ pacing the floor after breakfast while my celly is napping. 😊 as long as I quiet and don't wake him up as long as I'm not disturbing him.

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while he's sleeping and I won't do it while he's relaxing trying to watch t.v. or read. I know he said it won't bother him but I know it would bother me for someone to walk back and forth over me when I'm trying to relax.

1/21/2021

Got mail yesterday, one from Life Support Alliance and Blogs from BTB. I want to thank smartgirl 445^{2r42} & lindseymorgan^{q86h} for their comments I enjoy reading them, stay well and continue on the caring path. LSA is a group working to help lifers get out - they do a California Newsletter for Lifers. Telling people of new laws and what they want from you at the parole hearing. They also come in and teach classes on how to present yourself to the board what they expect from you what you have to do to become eligible. They try to help those who want to get help. I go back in 4 years I'm working on it - I'm ready and everyone think they're going to put me out into a hospice of some kind and if I don't like that oh well enjoy your life here 😊 still a long ways off we'll see then I already need someone to take care of me/watch over me 😊. I want to get this in the mail today. I'm going to try to call on the 26th. Everyone stay good and take care, I'm looking to getting the Covid shot soon.

Steve with a smile.