

Personal Journal

5/10/21

So on Thursday May 5th I when out to St. Joseph Hospital and saw the Pulmonary Doctor (2.name) She did the breathing test and the six minute walk. My oxygen level dropped down to 75% (Bad) on Friday May 6th at 2 P.M. They call me to medical and give me the Inogen One G5 Oxygen Concentrator. It has been ~~was~~ working very well for my oxygen levels-being able to breath better when I'm walking. Nothing said about the transfer to Stockton this is the first one of these we've seen here - have to wait and see now. The area around Saint Joseph is beautiful - the ^{water} dock front, the parks, the hospital all the other building around. On ^{Monday} 5/10/2021 7:30 AM

-11-

I got a 24hr. Covid test done because I go out on transportation almost every week. On Tuesday 6:45 AM I when to c-lab for blood draw. Sleep + Rest, Nutrition, Exercise, Relax + have fun, just do it, Do it everyday + Laugh,

5/25/21

As you can see I haven't written anything in awhile. Even with the Oxygen Concentrator I'm still have trouble breathing - feeling pain in my chest and the Arthritis + Dupus has my joints hurting ;); fingers are killing me. I was out for another blood test this morning. I feel a little better today enough to write and try to call: it even hurt to wait on the phone and you know me I'll try to call my love every day ;). I'll try to go out again this afternoon when I go out to work. I can't even set the floor locker up on my bed to use as a table so I'm using a drawing board as a writing board it might as well get some kind of use. I got so much I need/want to write about but I'm having a hard time remembering it. I am going to try to write enough to get

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2

this out by the end of the week-end. I eat a little more today I've lost more weight down to 170 or under - I'm eating - just a bowl of cereal or oatmeal, ~~toast~~^{toast} + crackers - been eating a little more but my stomach upset if I eat much. I'm tired all the time and I sleep a lot - the doctor tells me it will get better - the oxygen has helped some but I'm still short on breathe a lot of the time.

I don't move around much. I don't see the Lung Doctor until September so I have no idea ~~if~~^{if} when I'm going to Stockton or if I'm going; so about the mess

5/27/21

There's not much going on here, the weather is warming up way to much for me - the news says it's going to hit 104° Monday - I can pass on that it's not even June! I'm going to get this in the mail today so my love will know I'm alright. I'll try to call tomorrow - we need to set up a time line: when: where: We should have the tablets here before the end of July - not sure how that's going to work but it should make it easier. I am starting to feel a little better maybe I'll be able to pick things up now. I'll try to start a new page tomorrow. I do like to write but I also like to hear back once in awhile. Everyone take care. Everyone here stops to say hi and ask how I'm doing. It makes me feel good that people are concerned, right back at you.