

2/17 - 1st Shower - Agnes assists
Night of 2/17 got up in wheelchair 2:30 - 3:30 AM

2/19/2 Emily gave advice in regards for me to look good while
under load and I liked them up into bed. Did it!

2/20 Able to push on gym rest + push my legs down to floor! <sup>Don't let me
continue</sup>
work w/ crutches first time. Hard
met w/ Sue of Solutions re their services. Hard to understand how that would help

2/21 work w/ short & regular crutches. Challenging

Got dressed in real socks, pants & shoes! No help needed for that
No underwear yet.

Discussion w/ Dr Rebecca Gordon re my test results. Did well on most test
concerns.

- 1) Those 40 hours of scrambled mind
- 2) Obstructions of therapists of mistakes & make me be seeing things
that aren't a problem. Eg Becky Fritz said I introduced her to Pete
& his. I made that out of mistake normally
- 3) Surviving like I can & for fun. Eg. cartoon sequence test

2/22 Field trip to Solution

Used hallway toilet w/o asking or telling

2/24 massage to erection OK

2/25 w/ coaching by Jo - able to get up from flat bed (grab part legs + pull)

~~2/25~~ Pool therapy! One hour w/ Rene. Can walk w/o limits! Lower sword.
Swim on back. Do resistance challenge w/ paddles

2/26 Pool again! Some real stretching of left arm now - great pain when I
got to room.

Room - w/ David Wright - no more night disturbances. Every 2 hours lights on +
too much noise

2/27 Home visit. Red's challenge, got wheelchair from Barbara at visiting nurse (w/ Becky)

Met w/ Kris Kallman. Night: Full moon. At sleep. Fighting over of burping + indigestion
relax fixed.

2/28 First time: Got up w/ walker, washed, brushed, floored + shaved all on one leg! Hard to believe
At 9:15 pain came to ribs. Had to get in bed.

Dinner w/ Vagdas - Chyrie (Empire Palace? Las Vegas / Palace). Very thorough dinner
pain from ribs was terrible. Squirrels. Then got better. Used walker

- 3/1 New Room not - Rachel Pop
Stays w/ Betty (3/1 - I think) "Up with good, down w/ bad"
(Good go to heaven)
- 3/2 Started to get diarrhea in afternoon/evening. Only had one Lortab in morning & no others. Can't give me pepto bismol! Not even if I set it myself!
At 11 PM when Roberts came on I asked for & rec'd Lortab (as sub-diarrhea, but didn't say flat!)
Came up w/ rocking strategy to set y from flat
Visitors: Ashleigh, Ralph...
- 3/3 Visitors: Jenner Hansen, Brad Henner, Mena Carliah, Dave Besser, Gary Wiseman.
Lisa Adkins & her male friend. Then Barbara came soon after they left & I was
Fell asleep during 60 minutes. Visitors tired me; no time for nap in bed
- 3/4 Snorkeling in the pool
Laundry - carried it with crutches!
Jo & Emily each independently approved rocking to get up from flat bed.
Jo concerned about force on pelvis. Emily thinks no problem. Had not seen this method
I suggested they might make it a solution for others to try
- 3/5 Al Sladek took me to fire station, to vote in Birch park & to hand out miles 11:30-1:10
After dinner, Ade got me at 6:40 PM to go to YFV talk w/ Sam Clark at Fullerton
back out after 9 PM; had to wait to get
- 3/6 Strange discussion w/ Steve Rabin re release
3:30 left in van. At Krista argument over prescription coverage & credit card
24:45 Have, within a few minutes, clut psip
24:40 Called Rehab, talked to Wendie. Said to take Vicodin. Did. Also took a Calium
pill in case it is 991
2:5 PM Call from Chris at Nursing Service, "You don't sound too good". Can barely talk.
Asks kind of questions. In a few minutes, sirens & fire crew. Eko. OK.
Another few minutes, ambulance... and pain vanishes suddenly!
5:25 See release not to go to hospital
5:30 Barbara arrives. She sets Rachel, Ben & dinner stuff (chicken & corn)
from Albertson
I made dinner for both w/ no assistance! Pain is bad in ribs.
Needed her to set shoes of water
- 3/7 2:55 AM Barbara left
8:00 AM Chris arrives. Checks me & does physical therapy. Blood pressure 145/85, sitting, steady
re. room spin like
noon Pete took me to ~~the~~ driveway, to lunch, to get Teflon tape. He installed a bar bar
Learned of how BS 4 plus flat legs we out.
2 PM Called Nancy Sandberg. Fell down & leg hurt! She arrived at 2:40
She set shower curtain, rail, Langers

3/7 5:45 Made spaghetti & sausage & salad dinner just for me. Rib pain bad after
7:15 Barbara arrives & bit late. I was a bit concerned. Took Vivadin
watched Bill Nye's video. Pain never let up much. She massaged it ~~out~~
8:30 went to bed asleep. Barbara stayed & waited for suble then left.

3/8 2:15 AM Got up & went to kitchen table & read paper for 1/2 hour or so.
6:30 AM Took Celebrex & Vivadin
7:45 Got up, dressed, brushed teeth.
Started laundry! Breakfast, hung up laundry (charts). Put out in drier.
9:42 went out w/ wheel chair headed into Arch Park
9:48 Got to Santa Felicia
9:55 Got to Albertopolis. Bought paper & letters
10:03 Left Albertopolis. Headed along Santa Fe, then Phelps then Mills
10:16 Home! wrote letter/card to Rehab folks.
Fritz took me to lunch at Mrs Pyhaly. Saw Bennett et al.
Made dinner w/ Barbara doing all the work. Crab, corn & sealed
Real sex.

3/9 wrote up First 40 hours in FIREB. TXT. Peter said I brought ^{highly detailed} ^{own book from} ^{my office}
Rolled to Baja Grill w/ Barbara walking along side. She wheeled me by ^{two}
short steep sections.
Went to have Dept & bought Glase deadbolt, a \$25. Frank - older guy
works here: "I don't like people being hit by cars". He made three copies
of the keys for free!
Slept 3 PM - 5:20 after Roger Wilner stopped by to visit.
Installed deadbolt!
I did almost all dinner prep for both, sitting in high chair, Barbara helped &
but w/ fetching vegetables & pouring rice/water in cooker.

3/10 Able to do 20 reps of left leg lift to side lying on bed!
Showered myself! Lots of time on lie. Looking for "Py Bowel". Egg roll lunch
Rolled myself to Home Depot to make 4 copies of keys.
On to Borders, Air di France. Chocolate w/ fruit at Anna's Bakery
Barbara came by at 4:30 to say she isn't so out to Peter.
5 PM. Pete picks me up & takes me to his place. Driven w/ carry. Steps OK.
Dinner w/ parents Olga & Paul.

3/11 Chris Grant at 8 AM. Up stairs to Wendy. One barney. Down stairs & soap.
He agrees hospital bed not necessary now. Says I'm doing well. That's no there.
One thing: Left leg slide - much harder 1/12 flat. Only way that matters.
Called Swallow re tomorrow. Cancelled! Rescheduled for 3/20
John De Groot called 12:15.
Frederica 12:30 & takes me to Puerto Plata.

3/12 Showed myself again
 First: Liberald glass lower window in shower!
 Stopped the car started right up after 5 weeks!
 Moved into driveway & loaded off.
 Slowly drove on Miller's bumper crescent. Paying rent - back out - ~~the~~
 Whiffen - whiffen. 21 mile
 Had to back up, turning but shoves n.b. Bot several maneuvers to back in.
 Pete took me to Roperth, Va to Vas.
 Morris: made more about delirium/impressions of 1st week or so

3/13 Laundry in the morning.
 Karen Portman called over & we went to lunch at MKs. Ten to 5 style
 At 5:35 I was setting dinner together. I felt what seemed like
 a hunger pang. Then it turned early. It was the scary chest pain
 For some reason I wanted a couple of n.b.s. Then took the 13000
 I could still speak. It took about 5 minutes to go away
 Theat: Maybe part of the matter 11 going too long between early.
 That is not my usual half. Should do such in afternoon

3/14 Showered. Physical therapy w/dana. New challenges. Did stairs w/crutch trail.
 My grade in New-Press
 Fry Russell came by w/ 500 draft after I talked/per on the phone.
 Dave Beeger came by at 11:50am. Brought back n.g.
 Got pizza at Gino's. Good salad, 1320. Ice cream w/out fudge of
 McCorrells. Driver used to be 101 deli owner!
 Then to Alber-Holls. Then to get cap'n of paper from paper (card, felt
 need to go, which passed. But carried grocery bags.
 Home at 2pm. Sunday had some dinner at back/barely made it.
 Forked grade to email list & PE fields after fishing out back
 Crack HTML locker New-Press file. On the near side does
 subscriber check.
 OT w/ Theo sets. So directly recovered! Archbold & spray.
 Her husband is a security lawyer now in LA. He thinks still in
 almost in the right.
 I gave master display at 5:35 as I am assuming has email!
 Jonathan & Mrs arrive at 8pm. Pay off \$500 & we call it even.

3/15 Last night I slept from $\approx$ 11:30 PM - 4:40 AM
then from $\approx$ 5 AM - 7:45 AM. That's about 8 hours in

just two segments!
I decided to take Celebrex but not Vicodin when I woke up.
Not too bad with some sore pain back but tolerable.

I did decide to take Pepcid before breakfast the
as the digester was getting things - It did help

Charles & Bill H picked me up $\approx$ noon & took me to meet Chris Proctor
at Applethorn. Union portable but tolerable. So 4 hours at times.

Oddly, I felt more dressed than usual. I felt my speech
was odd & I felt sleepy. Maybe the pain was easier
enough to feel sleepy.

At 1:30 back home, slept. Woke up at 2:30 to call from Steve at
Mr Galligan asking for appt change to 8 AM. Declined. Felt too tired.
Didn't actually get up. Woke up again at 3:30 (didn't
remember falling asleep again) to call Lou Keith at GPS
explaining weird HP proxy situation (no tracking #s, just
2000 pieces locally)

Got up & started to set things together to start answering
cards & thanking people (sending cards & copies of my
article). Working w/ scanning article & printing it out $\approx$ 4 PM.

At 5:25 finally headed out to mail facility in wheelchair.
Cold, windy and scary with all the traffic. I realize how I
got to Starke at just the time I was hit, wearing blue
windbreaker & orange safety vest on my chest (backwards?)
Feeling rather angry & defiant. But still being safe.

Took 10 minutes each way. Back at 5:46.

Skipped evening Vicodin. Harder. Risking dinner time. Felt very
weary & had to take breaks.

At $\approx$ 7 PM, after dinner, felt surge of chest thing. Took Peppax &
it stopped & I pooped.

Getting concerned w/ nothing from Mrs Galligan at 4:15 or so called Secretary
firmly saying she can't help.

2/16 * Last night - Hard to fall asleep. Can't get comfortable and keep wanting to move around.

Norvis - went right to work on replying to cards.

Also re-did scan of article. Was 300 ptt. Now did 1200 DPI and managed to cut + gate in real world so it didn't have to be reduced.

Threshold for 1-bit scan scan at 65 words for newspaper.

At the time I was done w/ that and 8 cards it was about noon and the mail carrier had already come + gone.

Rollled out in there wind to mail center. Scamp but later bed as it was rush hour yesterday!

Lunch (weird egg rolls Bird bought + creased corn) then slept $\approx 1:50 - 3:10$.

Rollled to Albarbion's. First, took 2 more left but not after pooping. Two segments (first ≈ 20 min)

At 4:30 remembered to eat a pear. Should have done it before stopping.

In sight: "What is the last thing you remember?" If I had been asked that in the ICH I have no idea what I would have said!

No vicodin's yesterday or today - until 8:30 PM today.

I need a break! Took one.

* Also last night - Left leg + foot were exceptionally cold + couldn't get them warm.

Tonight - seems to be doing that again.

3/17 Last night - Except for cold leg, not so hard falling asleep (9:40 PM)

Slept in shorter segments $\approx 1 - 2$ hours each until 2:30 AM.

Sat up on edge of bed. Back in bed.

Discovered something huge:

I could roll onto my right side!

1) Had to keep knees bent close to my body on set pelvis position

2) Rib position would begin in about 3 minutes, maybe less.

Problem: Then I couldn't fall asleep again on my back! Took what seemed to be a big bre. Had long dream which ended in a nightmareish bus ride in PC where the driver wouldn't wait for my parents to catch up to the bus. I had run ahead to catch it + he took off w/ me. I began cutting things w/ wire cutters. Then he wouldn't let me off.

Woke up ≈ 6 AM

→ Long conversation w/ Terry Celamita re their prison work. Out to Albarbion's before rain. Cold + windy. Berlene came home. Made dinner (chump)

3/18 Last night: First half Ok. Second half harder.

Rolling on right side not useful. Only for short time.

Actually seems to make it harder to so back to sleep on my back.
Nurse came early & took me to Dr. O'Gallagher. Got there at 9 AM. Didn't
finish until about 11 AM. First saw him around 9:45 (9:30 approx)

Had lot of questions. Threw out the only deal w/ stuff from 20
wait down. But warned ribs can take 6 months to heal. Argh!
Good news: Can go to 50% weight leaving now on left leg

75% on _____ and 100% on 4/5 (mean can walk)

What does 50% mean? Should mean I can stand on both legs, no?

Makes me nervous. He said I should put more weight on it
that is a good thing

Said I am a typical engineer with my list of questions & wanting
everything explained. Ok.

Had show some x-rays from across the room. Heard recording of
description of me that was sad.

One pelvic bone is broken at the "ilial joint"

Claims I have broken ribs on the right side, too.

Delayed lunch thinking I would meet Irene; she left mess in the morning
Slept from 22-4 PM

Confirmed Easy - Lift trip for tomorrow. Doesn't sound great.

Made lamb chops dinner. Talked to Frank on the phone

Watched "Independence Day" - 8:30 - 11:30 PM

Stayed up reading somehow until about 12:30 AM

3/19 Woke up at 5:20 AM. Got up, pooped (hadn't yesterday). Dressed

Started laundry at 5:50 AM. ~~Yesterday~~

Yesterday I realized I haven't been waking up/getting up during
the night to pee. Maybe it is since I stopped taking Vicodin.
I also don't wake up feeling thirsty.

By 7:50 AM I had finished breakfast, hanging up laundry, drying
laundry & putting that away.

Slept from then only until 9:10 AM. Dream of someone (friend)

helping me around the house... and leaning my bed stripped and we look disheveled.
Barbara came for dinner. Had to take Vicodin for back pain.
1st day back at Rehab. Deborah gave Easy left ride

3/20 Slept last night $\approx$ 11:15 to $\approx$ 7:15 today

Nena called at 8:38 to ask about my address!

She arrived at exactly 9 AM to pick me up for 9 AM appt.

Drive on Hillier for the whole way in the slow lane. Old truck

Got there at 9:15. No one asked or said a word. That took me.

Dr. Svedow:

1) Agreed w/ Hatal Hernig, Acid reflex test prescribed over the counter meds, whatever is cheapest

2) Ribs will hurt for months. "Every breath is a trauma"

Activity only limited by pain

3) Call car insurance, Need insurance or will have big bills

4) Wrote name of lawyer, Shook head at Callmer's name

5) No help offered for sleep or rolling issue. It just sucks.

Called Nena at $\approx$ 9:40 and she came quickly. Took Alex away.

Called Farmer's. Seems that Alex might help.

Lunch w/ Irene + hyperactive + sick Alex. (Chined) ($\approx$ 12:45 - 1:45)

Slept from $\approx$ 2:30 - 3:30 PM

Barbara came over $\approx$ 7-8:30 Took Vicodin for really bad rib pain

Earlier in day - took Pepto Bismol for diarrhea

3/21 Last night, slept $\approx$ 2 AM to $\approx$ 7 AM

Woke up feeling notably less pain!

Jesus called & recommended a new lawyer - Brad Thomas

My insurance person called & said they'd pay for car but nothing else wouldn't challenge report. "This is a like town."

Last morning - went to Rite-Aid. Chose generic Pepcid. Pharmacist said all are $\approx$ same but maybe Pepcid is better

Took Pepcid at Noon & $\approx$ 8 PM

After Pete took me to lunch, obtained blocks from Home Depot & he put them under head of bed.

Slept from $\approx$ 2:30 - 4:30

Rare Pepto Bismol at time of taking fiber $\approx$ 5 PM.

Woke up at 4:30 w/ diarrhea

3/22 (weds 3/22) Easy lift today ~ 8:50 (Gilbert). No orders. Relat of 9:15 or so

Visited some folks here. Stephanie had not seen my card. To bed.
Ranet Roy still in care room. Wait-a-lie for a few minutes in escape room.
Had to pay \$15 to Dr Smith for sex
Robert can me late ~ 9:50. She thinks room spr is due to something
w/ my neck. Says she drank a woman w/ broken public room & she
has special treatment for me.

Picked up there at 10:33 by Jerry in an Easy-Lift car (Tavus)
Bill Hertzo's picked me up for lunch ~ 12:40. Wait for that food.
Bad pair here. Took vicodin (1)

Called Sullivan - Raymond. I interrupted. Scanned report. Put it aside. He
still wanted it fixed. Did so by prints to audit driver from. Another
he called back ~ 6:30 + said he'd set back to me early next week
Barbara came over ~ 6:15 and I made temporary change
We did sex with no eventually on top. Slept ~ 9:30 - midnigh this side
went on on cond. ~~Wright~~

3/23 we got up ~ 7:30 perhaps. Raining in the morning. She went to Trader Joe's & recorded

We went to lunch at Camino Real Cafe. Got back ribs.

Ten for ice cream. Ten to style.

Ten to foretation. She caused my little math or her childer.
Slept ~ 3:30 - 4:30. He left ~ 4:30. I was turned!
I made post-bitch once, asked for me. Watched "Barkhouse"
Barbara returned ~ 8:30. We went to bed around 9:30
Report of previous night sex.

But I couldn't fall asleep. Felt like "underniglyg spore"
Finally got up at 11:30 + went to bed. Read until after midnight
then seemed to sleep. Woke up at 1:15 AM. Then back to bed
I woke up at ~ 6:30 AM + got up soon after. Showered + had breakfast alone
Barbara got up much later. Ate breakfast + left ~ 9:45.

At 9:40 Gert arrived from Steve Mann's Dmng school. I told him I may have
recovery + divided after problems. He didn't shake with there
we drove. Around my little ones, over to Albert's (parking) Hollis to
Postman. On to seeing from Postman to Linda. Don Hollis. Back home
Linda's back for baby hurt in his. Back at 10:30 or so. Said I did fine.

24 cont At 11:38 I walked w/ crutches to bus stop at Whitham and Stoker.
Got there at 11:48 (went via Backclay).

Returned via Mills Way front. Home at 11:59. Felt like my limit.
Bunkered around 12:05, we rolled to Chinese restaurant via Big Box.

Block vicodin $\approx$ 1 PM due to rib pain.

Home ~ 2 PM. In bed w/ h/ g/ w/ at 3:30. Not clear & slept incl. Sk left
At 5:15, went to the hospital at 5:15.

At 5:15 went to the park w/ my kite. Fierce wind gets

Got kite up easily but it would suddenly turn the head down.

At about 6 pm headed home.

side parts (mini revolis) and sealed for dinner

Barling came back at 8:20 PM. Told $\approx 10:30$.

3/25 Up around 6:30 AM, wake up a bit late. Hand
Did laundry. Problem w/ too much crudy soap - probably from previous user

Had to do extrinsic cycle

No DT folks for lunch. Pete offered dinner. Karen buy.

Called Nellis. Can give stuff by report. But have report 4/9

Rode lunch. Bed at 1:45. Woke up at 2:30. Started to get up.

Looked at watch. 3 PM. Had fallen asleep. Now really should set up.
" " " 4 PM! " " " not set up.

Did walk: Mills → Phelps → Storace → Whitber → Mills

Felt tiring from fb stex. Left at 4:22. Returned at 4:45

Pete arrived at 5pm + took me to new Red Pepper Chinese. Back at 6pm.

Barbara came soon after. We watch 6:30 news & talked, she left soon after.

Called parents 7:30 - 8:30, Ten Brother 8:30 - 9

3/26 sleep last night - bsd. Barbers not here. Couldn't get comfortable lie still

At 12:50 got up + got Scientific American. Had light on.

Instantly it was 1:40 & I realized I had fallen asleep w/ light on without

Even picking the magazine! Turned off light. Slept in two separate beds 6:15 am

At 6:15 turned on my right side. I immediately felt chest pain.

Immediately rolled onto my back again + pain turned to gas + dissipated

Busy working. Showered. Breakfast. John de Vries called

went to Albert's in wheelchair $\approx 10:50$ to $11:30$. As I opened the door

Pulverman was calling. Talked for almost 1/2 ~~hour~~ hour w/ some friends.

He rejected community design issues. Stay w/ insurance.

Barbara arrived 1:05 & for lunch. I drove. Arrived 1:25 at Rehab. She stayed.

Heavy-duty PT for on board w/ Roberts, Whinston, SGC crew & on COCC & X-Ship.

was asked to push legs against bar. To reposition collar movement.

She had to lie on left side!

3/26 cont. Three shopping trips to Ralph's, Gelman's + Vons - Temples.
Home at 5:30 PM. Pain really bad. Took Celebrex + Vicodin & lay on couch.
Didn't improve. Made dinner in pain + skinned psis. Long & slow.
Didn't finish until about 7 PM. Pain bad. At a 6-8 level. (Pearl said to record numbers)
At around 8:15 the pain suddenly vanished.

3/27 Slept fairly well night before. Naps are a problem, perhaps.
Took Vicodin around lunch time. Amazingly, this caused dry
mouth & peeing night of 3/27!
Lunch w/ Steve Nankakis. To Korean place. Met Jeff Elings + Adrienne
his latest Asian friend.
At 2:30 I used crutches to walk to \$Bank!
It took about 15-20 minutes, no stopping.
Numb problem was my hands were getting "polished" so handles slipped!
Went to K & B Toys in vain search for kite string reel. Set about 3-4 hrs. on
my hard bench.
Started back at 3:04. Stopped on 1st park bench 3:12-3:16. Home at 3:22
Raymond Fulverman came just after 4 PM and stayed until 6 PM.
Barbara came at ~~6:00~~ 6:03 & Long Badach came soon after to take
us to Beverly & George's place for dinner. (passover)
Dinner was pleasant. Other guests were Shirley & Sam. Shirley - child librarian
at SB Library.
It was painful to sit so long. At three points I stood by my chair.
We left at 9:30 PM
To bed after 10 PM.

3/28 Didn't sleep too well last night. Not the worst either. I was able to
actually sleep a bit on each side. Still, Barbara complained
and went to the couch in the middle of the night
Up at 7:15 or so. Showered. Barbara left
At 10:40 I walked to the bus stop (arrived at 10:45).
Took #12 toward UCSB. Walked straight to kite shop. Visited w/ Vandana
for about 15 minutes, standing the whole time.
Went to Japanese place close by. Terryaki chicken really bad - fat, skin, etc.
Walked to bus terminal & took #3. Had forgotten to ask for a transfer
Pretty long walk from 1st college stop to Rehab. #11 was actually set down
played "Taboo" w/ Nancy Sweet. Also had her lecture & I took notes.
Then I think I did well on both.

Home at 2:20. Mom + Dad at hospital for Mom's infection.
1) wore contacts all day today. trouble w/ near vision. No discomfort.
2) Dreamt last night that I kept walking & forgetting to use crutches. Some dream as the
last time the 20 weight bearings changed.

3/29 (4/1) when I got back from therapy at ≈ 11 AM (Dolores drove Easy left both ways) called Karen, not here. Then Irene called & invited me to lunch. She & Sophia & I went to Appellani.
Night: Sex w/ Barbara. Bad night trying to sleep. Up in living room 11:30-2:30 AM watching TV.

3/30 Juggling Festival!
Took a nap from $\approx 1:30$ -2:30 (set alarm) ↓ wake to alarm
Headed out to bus stop at 2:40. When I got there I realized neither the 23 nor the 12 would come until 3:30. Arrgh!
Put out thumb, no one on Stouck could stop.
Finally, made eye contact w/ 22 year old City College student in an old car, turning right from Whittier to Stouck. He gave me a ride to Rob Gym. ≈ 3 PM.
Greeting lots of people. Did balls. Passed balls with Ed Jack Custodio
Then passed clubs with him for a bit. Began to hurt
Had taken Vicodin before coming over
Took bus back home at 5 PM. Had asked Lois (Lois + Mark - Rubber Man) to pick me up for evening show. 5:45 PM
Made dinner for Barbara & me at ~~6 PM~~ (temporarily sleeping)
Lois & Mark arrived on the street at 7 PM to take us to Public Room
Not until right after that left us about 7 rows back.
Home around 10 PM. Sleep.
Slept quite well. Even able to sleep on sides
Typical: 30 minutes on right side, 1 hour on left side!

3/31 Low + base breakfast w/ Barbara
Went to Rite Aid + Albertson's $\approx 10:30$ -11:45
Egg roll lunch. Set alarm for ≈ 1 hour & slept.
Woke up after 50 minutes (1:50).
Caught bus at 2:25 to Rob Gym
Did more juggling 2:30-4:45. Passing w/ Mark Collier. Lee of Santa Rosa
Long (sleeping) conversation w/ Sam. Sam gave me ride home thru
"Lost Dog w/ Santa Claus"
Lent + chaps dinner for Barbara & me. Bed $\approx 4:30$ PM

4/1 Sleep last night not too bad. Barbara stayed in bed all night.
At 5:30 AM or so went to pop. Back to bed.
Only real sleep: On side.

I could lie on my back & visualize the bed floats
through the sky. But I couldn't fall asleep!

Took Easy Lift (Deborah w/ passenger Mary Lou) to Rehal
Did Retro staff.

Speech w/ Joanne Gannin. OT w/ Pearl. PT cancelled - Roberts sick.
Played w/ computer to get Nistone on it & to make it x pull
reachable from Start Menu

Ride back w/ Vincent. Home 11:50

Called Pete. Got fax stuff together.

Pete arrived $\approx$ 12:40, went to Woody's. Then Nellie (d. g. g.)
Dr. Beerman here & we left

Slept $\approx$ 3:30 - 5 PM. No alarm

Got in bed at 9:30. Lights off at 10 PM. Could not sleep.

At 11:30 or so tried more reading. would get sleep, but at 1:15
off would be awake.

Finally, just left lights on & tried to sleep.

At 1:30 AM turned off lights & slept

4/2 up at 7 AM. Trimmed beard & colored it for the first time. Visiting
at 8:30 AM

Left at 9:41. Got to bus stop at 9:50. Took bus to La Peters

Talked to Ken Schmidt & Roser Wilner

Took elevator to office. Mostly talked to visitors to my office

Phil May entered by plant & filled water for

Lunch w/ Irene, Marion, Pete ~~and~~. Two cars. Drew broke foot flyme!

Aufg! dealing at Christ. Pharmacy closed 1-1:30. Still not open at 1:40

I yelled at cut service

Awaked sleep. started laundry. went to market. Packed back w/ 4 bags of
stuff plus Easter Lily!

Called Mohn

Barbara arrived $\approx$ 6 PM. Made steamed clams, corn & scallops. Clams here for
Barbara
She brought cookies!

4/3 last night - went to bed about 10 PM.

Slept pretty well until about 7 AM.

Picked up by Deborah - Easy Lift at 8:45

Claudia now speech therapist. First time a therapist was late.

Bryg! explained Claudia is neurologist to pediatric at 9:37

Did word generators for Bsd, worst. The letter "c" only came up

with "couscous" & "kept". Kept coming up w/ "c" words to reject.

Did lecture/note on DC. Did well.

Computer game "Odd one out". Challenges

PT w/ John. He did massage.

On missing leg muscle, important to keep feet pointed distally.

Then did foot/arm pedal machine for first time. Struck

Made lunch after Deborah took care. Just as I started to

eat, Sandra called! Aunt Sandra!

I looked on Pink Page, looked for the first five since Tim's boys

I think. Did that for perhaps two hours today.

At 4:30 I walked to the ATM. The sun came out for the first time

in a week. I had much more energy & speed than last time.

Went through some of the clips I stuck this afternoon. Took 5

videos in around 3:30 to help.

Now in bed at 10:30 PM

Had taken nap on the couch from 1:50 - 2:50

Robert Moore - Nurse

Karl Sandin

Becky (A) - ^{Engr} Plaster

Australia

Carlos (A) - Transp from Cottage (out)

Steve North - care mgr

Lorraine - Nurse (2 Lorraine's)

Jane - Nurse

Franco

Rebecca Gardner - Neuro Psychologist

Stephanie Simko -

Therapist
Nurse

Aghes

Steven

Traveling Nurse

Rene

Rec Therapist

Dr David Wright & Kaye

Patent & wife

Lisa x 2

Nurses

Emily Horvath

Occup Ther

Elaine Sears

Speech Therapist

Dave and Dowd

Care Routes - lent paper 3/6

Roberta

Night nurse

Jo

OT
Nurse - at retirement

3/8

Florence

Naighe }

Glenn }

10th/11 (KK)

staff - beautiful & sweet L sing - chest pain could be
hiatal hernia

Cyclist

Nsg retrieval - 555

Skip Fund #

Skip Bookends * twice

Repeat Current Pres *

Replay All Nsgs 1

Save Nsgs 2

Erase Nsgs 3

Really helpful at College

Alicia - let Irene read file

Erin

Beatrice - Got we thru delusions

Ruth - From Ilbilo

Franisco Ventura - Dominican

Michelle - ICH Nurse