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10:00 A.M.

Dear Family:

How are y'all? Fine, I hope! I remember when all of Grandma's letters began like this one! I can understand why - after old Arthur this moves in on a body, ~~you~~ ^I try to get the most said in the fewest words, usually. (But I can't seem to quit writing, once I start 😊)

I'm not at all sure anyone can read it - doesn't even make sense to me after the writing gets cold, sometimes. Two of my best friends and "sisters-in-Christ" began being treated for "dementia" + are now in nursing homes with Alzheimers disease - about like Grandma was, the last two years she lived, so I don't like it when I try to "edit" a letter + have to "think" before I can figure out what I tried to say! (If my Dr. ^{ever} says "dementia" I'll kick him + change Dr's! ☹).

Nina (Williams) is four years older than I am - + had Parkinson's Disease for the last 10 years; but the dementia was diagnosed about 5 years ago. Evelyn was born the same day I was - and she was diagnosed about 2 weeks ago. In her case, I think her sister + her daughter are the main cause - both wanted "power-of-attorney" and both nagging her. They want to sell her house, but have out-forded themselves by putting her in a nursing home - now the state will get every cent she has - all will be paid on her "upkeep" before the State + ^{Federal} Government programs kick in. I don't even want to talk to either of them - she called me every day while she was in Tulsa Hospital + sounds as rational as she ever did. She was always quick to flare up; easy to anger - ^{and quick to have her "say"} ~~inflamed up~~ - but when she got over it she was quick to apologize, generous, + very caring.

Neither her sister, nor her daughter, cared enough to go + help her - but would phone often + tell her what she "ought" to do, so the other one "wouldn't get anything." She had emphysema + had to have portable oxygen with her all the time, the past 8 years. Has diabetes (which she still doesn't control) Congestive heart failure, is almost blind - all are stressful (each ^{ailment} one aggravates or intensifies the other) and yes, she smoked; she could/would not stay on a diet - but every time either of them called, she ended up "starving" - + most things a person can "grab 'n eat" (already prepared) is a "No-No". I don't buy the things I'm not supposed to eat, on purpose - then I can't get upset + eat them.

But bought all kinds of "No-No" things, occasionally I ate some, too. (If they're not here, I can't 😊.)

My latest test results say I'm "in pretty good shape, for the shape I'm in" which I was glad to hear! I have to work on Cholesterol + triglycerides - but that's been a problem since 1987. I take my medication + try to get them lower but never have gotten them as low as they should be.

When it is humid, or stormy, breathing becomes a struggle, but I've learned "symptoms" and start taking care to take nitrostat early, so it doesn't get bad enough to go to the emergency room (so far.) I don't know how snow + sleet will affect me, yet - but I expect the symptoms + treatment will be about the same. ^{Barometric} ~~Barometric~~ pressure seems to be a big factor in triggering the attacks - No Dr. ever told either of us that, so maybe I'm the only one troubled by it - but I've read that it affects arthritis up to 400 miles away - in my case it also affects my breathing. I remember it affecting Aunt

Shirley, too - though I didn't connect the two then - maybe because she had asthma, I didn't think it was related to her heart. Grandma had asthma + "heart trouble" but the Dr's never said what kind - the diabetes and "hardening of the arteries" seemed to be their main concern about her. Grandpa died of Congestive heart failure - I have no idea what the Morris family had. But we definitely have a history of heart + lung problems on both sides of our grandparents (More and Lewallen) diabetes in Grandma's.

I don't remember Grandpa ever going to a Dr. before they divorced - Grandma did all the "doctoring" with herbs, bark tea, and "salves" she made. She used a lot of camphor + Vicks, but her treatment for colds, flu, pneumonia, was a "poultice" of flannel ("cutting") cloth + a mixture of kerosene + lard, or kerosene + turpentine - burnt the skin like fire! I remember once when Uncle Willie was sick she put "mustard plasters" on his chest - when she took them off, the hair came too! That was the only time I ever saw Uncle Willie mad - he came out of that bed, yelling like "bloody murder"! (I didn't blame him - I'd experienced mustard plasters being ripped off + I didn't have hair on my chest, but it sure was painful.)

He was always quiet + always kind when I was around him, so I always looked up to him as a special person. Aunt Celia was like a saint, to me - + all of my memories of her are vivid. To me, she is still the one I'd go to for advice, if I could.

The weather here has been so pretty + felt so good for about 3 days, I have a hard time making "me" stay inside! They say it will be in the 80's tomorrow + Sunday, but it's hard to believe that today! The air conditioner hasn't come on since Tues.!

The kids all "O.K.," they say. Kandy is a diabetic now, they have her on some new medication I never heard of (oral) + I'm old-fashioned, I know - but I do not approve of being a guinea pig for research (experimental medicine, to me.) My days of telling them what to do (or spanking them 😊) are over - + at age 51 if she doesn't have better sense, I'll just try to keep my mouth shut!

Her book is "in production" (being printed?) + they've asked her to write a second one (sequel?). It's in the Spring Catalog + says it will be released in May. They want her to go to a convention in New Orleans next summer - to sign autographs. I thought "if they have gotten new Orleans out of ^{ozone} the effects of Georges" - but didn't say a word!

Alex is enjoying Kindergarten - + doing well. I got to keep her last Sat. + we had a great day. It was nice enough I sat on the patio + she played in "Alex's Park" - Bob's name for our backyard. Then they brought her by after school yesterday, to bring me a "School" picture 😊 She has that "Johnson Gap" between her two front teeth - puts her finger on it + grins - knowing I'll say "YEp! The Johnson Gap, like Bob!" Kandy; Josh; Wig; Betty, + Bob's daddy all had it. (Kandy had Josh's changed - now his teeth are so straight; even; no gap, they look artificial!) Pretty smile; though I like the gap. 😊

I'd better get this in the box! Hope all of you are well + life is good.

Love + Prayers,
Father