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I can "see" I never did mail this letter - Will add enough scribbling to bring it up-to-date!

I spend a half a day doing an hour's "chores" - the lady is here with my lunch by 11:30 A.M. & I've been "busy" all that time getting showered; dressed; taking my blood sugar & before breakfast medication; fixing breakfast & eating; taking after breakfast meds - I don't make my bed, I do what Alex calls "spread" my bed - and am exhausted! I "rest" after lunch - and if I'm able, clean out a drawer & "sort" contents. I can't "Make Me" throw much away, so I'm "getting nowhere fast!"

Yesterday I decided to go outside - usually don't do that when I'm alone - I wrapped the faucet on the North side of the house. Later, after "resting," I took the garden hoses off the faucet on the patio - we didn't get that done last winter. I rolled the 2 hoses up & put them under the glider - maybe I'll get that faucet covered today.

The lady comes to clean today - 2:30 p.m. to 4:30 p.m. I've been "cleaning shelves & bins" in the refrigerator so long I thought I'd never finish! but finally did, yesterday.

The freezer quit working last week (or maybe it was the week before?) so I spent 3 days emptying it - had a new mop head, so instead of "stooping" to clean the freezer out, I used soda^{water} & the clean mop. I'm going to give it to Dora's sister - their brother can fix it - and then I can keep the sweeper & shop-vac out there; won't have to go down (+ up) the step to get them. I can change the ^{heater} furnace (over)

filter now, too! All those things I did for 15 years - now, after 4 years of not being able to do them - I can manage to do, as long as I don't do too much at one time! The cleaning lady does the sweeping + mopping - things I still can't do. The organization she works for is called "Reaching Hands". They are 50% funded by United Way - the rest comes from donations of individuals; corporations; garage sales; chili suppers or other kinds of "suppers" + some churches donate. They assess your need for help, + your income/outgo - I just pay \$3.00 a week + she comes every Thursday. (Oh, yes - she has cleaned the tile in the bathroom + cleans the tub + stool. I can't do much (yet) that requires using "scrub" power of my arms - + most of the time, I can't reach above the 2nd shelf of the cabinets, nor stoop very long at a time. (I have this little "cultivator seat" stool Bob made + I can sit on it + do what I can reach without "stooping".) I still have dizzy times - especially if I move too fast - but am getting better. Since I don't have to cook the noon meal, I can do other things - I eat cereal + fruit for breakfast; frozen meals, or soup, sandwich, fruit (maybe chili or stew) in the evening. (Sometimes I just want cornbread + buttermilk ☺), I make cornbread, freeze most of it - each piece wrapped separately - some with meatloaf - stuffed peppers or eggplant - when I feel like "cooking", + the "side-by-side" freezer holds 4 or 5 weeks (or more) supply. Then I also buy canned meats - soups - + non-perishables, so the girls don't have to take me shopping but once a month (or 6 weeks). I'm "adjusting" + making progress physically, gradually. Praise the Lord - He is my source!

I'd better get this in the box - hope to see you soon!
I wish this beautiful autumn weather would last - afraid it won't, for long - but isn't it glorious?

Love + Prayers,
Esther