

### 1 JANUARY 2019, TUESDAY

Lettie came back from the hospital Rhett brought Anne's mother's clothes and she was sorting. I took a red vest. Went to an hour of Tai Chi. Christmas card from Clare Nell Harper. Watched new year's Eve in Vienna Opera house. Mildred told me it was on channel 7; made me think of the Hirschmanns. GRATEFUL that Lettie is back.

### 2 JANUARY 2019, WEDNESDAY

Went to SS at 10:30 AM. Cristina taught the class. I summarized events of 2018 and printed my journal entries. Summarized the year. Wasn't sure I could with the two columns but came out well. The Clancy book kept appearing on the table so I catalogued it. I've been sneezing. Carmin came to noon meal at 1:10 but came to evening meal early; I could watch most of the PBS news. Took Lettie her meal; said she was even a little hungry. Had piled the clothes in snuggler piles. I had a nap and did my walk.

GRATEFUL that Lettie seems to be feeling better.

### 3 JANUARY 2019, THURSDAY

While having a little rest Eric came; took the tree; sent the rest of my birthday candy from Boshards. Took Clive's last book. Wants to copy it; I've decided to give it to him. Schools started back today. The "Y" winter classes start Monday. Six paper backs left in the library; typed them up after I got back from the temple. Only four of us went to the temple. I did the rest of Wilma's initiatory and three others. Took Lettie her noon meal. Alicia had been through the clothes and despite the fact that Tuesday is the usual DI day Jesse took the rest of them today after he dropped us off at the temple. I presume. Carmen early for evening meal; took Lettie a plate and she came as she ended her walk when we were almost through eating. Read the last chapters of Helaman as I waited for the session to end. Was told some changes in endowment session.

GRATEFUL that Lettie seems to be feeling a little better.

### 4 JANUARY 2019, FRIDAY

Iona's 91<sup>st</sup> birthday; had trouble getting her card to stay up; she came to the door; having lunch with family. Washed a load of "whites"; went to the class on Depression. To see Lettie; new garments lined up on the table; frustrated. I went to Let's get wired. Lettie went to evening meal at 4:30; looking good. Totaled medical and total expenditures for year.

GRATEFUL for drawer full of clean garments.

### 5 JANUARY 2019M SATURDAY

Long wait for breakfast; late for exercise. Lettie stopped by before I'd finished reading the paper. Did come to noon meal; looked nice; one of the blouses from Rhett's mother-in law. Made chart for 2019 contributions; made check for January contributions. Mildred and I catalogued the seven books. Found another one on cart; catalogued it and typed it. Sonia Aycock stopped by with her daughter; says she's looking for a place to live. Doesn't drive anymore. Cold? Mucous annoying. Spent much of the afternoon on the couch. Gladys called. Finished her fruitcake! Thanked me for; asked about Lettie. They had been taken to see the sequel to Mary Poppins. E-mail from Grace Teh with a picture of her husband and I assume their daughter Keli who just returned from her mission.

GRATEFUL for e-mail from Grace and phone call from Gladys.

### 6 JANUARY 2019 THURSDAY, cvont., SUNDAY

Slept well. Lettie went to Sacrament meeting. Testimonies rather slow; Lanny and Theresa bore theirs. Went to Carolyn's study group but was late; had turned in hearing aids. Had to get them as she was using the microphone. E-mail from Grace; picture was of their daughter and Michael. Long nap.

6 JANUARY 2019, SUNDAY, cont.

Walked past Bob's 3-30 study class. Looked a little more conducive to sharing; sitting in a semicircle. Walk was a little skimpy of 30 minutes. Ruth stopped in today. Think she got Lettie to noon meal. Lettie ate evening meal early. Max Hansen's daughter left a beautiful New Year's card on my, Iona and I imagine all his neighbors. Two books left in library.  
GRATEFUL for Sunday.

7 JANUARY 2019, MONDAY

Have enjoyed taking a sliced orange to breakfast. This morning's was nice and sweet. Felt weak and a little faint during exercise; spent most of the morning on the couch. Lettie to noon meal. Went to Classic club: William Hurlstone. Wrote Blair; long overdue. Alicia changed battery in my call button. Plans a Sept 5<sup>th</sup> wedding. Gave Theresa the three boxes of raisins; seemed pleased. Checked with Fern re her daughter. Went to FHE; enthusiastic couple who went to England twice.  
GRATEFUL I finally got a letter off to Blair.

8 JANUARY 2019, TUESDAY

Bedside clock lost twenty minutes; later getting up. To Marianne's monthly meeting; nothing new. Walked about fifteen/twenty minutes. Wilma F. came with two of the funeral programs; beautiful picture of Shirley. She, and several others had a terrible time getting to Little Rock because of weather; canceled flights. She has lots of things to do in her house. Ruth took Lettie to the library. I went to Enhanced Care for the Hot Chocolate Bar. Good hot chocolate but too sweet for me. Sat by Glenna and across from Martha who were both originally where I am. Learned that Gloria Andersen has moved to enhanced Care and that Joyce and Keith are moving to Seville. Ethel doesn't want any visitors. Agnes told me and her DR table told Carmen.  
GRATEFUL to Wilma for funeral programs and details re her time in Arkansas.

9 JANUARY 2019, WEDNESDAY

Had a little time to read the BOM after breakfast; I love third Nephew when the Savior comes. RS; Patty Smart taught the lesson; little problem with computer but with Lany's help showed some beautiful pictures; short video. Lesson from a conference talk re taking the the name of Jesus Christ upon us. Stopped in to see Lettie after exercise; she was still in bed. No RS for her or Carmen. Did come to noon meal after Carmen and I got there; had an omelet; was glad to see her. A nap. Before RS; was a little late for RS. Longer one after lunch. Glad to get my bank statement. No outstanding checks.  
GRATEFUL that bank statement came.

10 JANUARY 2019, THURSDAY

Meant to get nails cut; Jessica not here so will wait until next Thursday. Lettie came down just as I was finishing an early lunch. Enjoyed the changes in the endowment; session a little shorter. Talked to

10 JANUARY 2019, Thursday, cont.

Ruby and daughter, Liz. The latter is in St. George. Sent a copy of Shirley's funeral program to Ruby. Will call Marta. E-mail from Regan. Trish on therapy twice a week. Trying to get rid of some papers, I'd like to rid of stacks on my desk. Went to hear the two brothers sing; hour seemed long. GRATEFUL to have been to the temple; liked the changes.

11 JANUARY 2019, FRIDAY

Excercised in class and thirty minute walk. Watched a little of the National Parks narrated by Robert Redford; couldn't hear very well; came home and had a two hour sleep. Auwe. Lettie got her B12 shot today. What a faithful friend Sara is. Eric stopped by with Clive's book and the Nahunta book. GRATEFUL to have Eric stop by.

12 JANUARY 2019, SATURDAY

Beautiful pictures of the Rome temple. In the Church news today. Lettie still in bed when I took her the paper. Read Clive's This Is My Life I Lived It. Thought I had read it but if I had I had forgotten most of it. Took a Too long a nap; Lettie brought back the Church News and said she was having her hair cut. Concerned about not being able to get Rachel. After she left I went for my walk; Saw her in the beauty shop. Theresa gave me some more stamps. She is concerned about Carla too. Don didn't do the papers today. Lettie ate evening meal early; I took her three of Wilma's rolls; her hair looked nice. Carmen came to evening meal at 5:55. Auwe. GRATEFUL to Theresa for sharing her stamps.

13 JANUARY 2019, SUNDAY

High Council day speaker. Well prepared talk. Alice gave me copies of Cameron and Mckay's letters. Came back and read paper and BOM; No Lettie for Sacrament meeting or noon meal. Called Rachel; her voice mail. Carmen late for meal; took paper to Lettie; was in bed but got up; said she was worried about Rachel. Carolyn didn't do a study group today. A not very restful nap. Sara came tonight to give Lettie her shot. She had just finished eating a good evening meal. Feel guilty that I didn't go to the afternoon study group. Long conversation with Mary Kay, Leland's wife. He has been having water retention problems. GRATEFUL for Sacrament meetings.

14 JANUARY 2019, MONDAY

Quick breakfast service with time to read in the BOM; went to the Winter Spices activity where we smelled and tried to guess ten spices. All smelled familiar but I couldn't really guess any of them No Lettie for noon meal. Went to Classic Club: Vasily Kalinnikov; never heard of him. Beautiful music with strings, flutes. E-mail from Grace. After a resstless nap walked; stopped in at Lettie's. When I got back I had a sweet letter from Blair. Don and Carolyn's niece and family are doing a musical performance tonight. I went; very talented family; a little long. GRATEFUL for Blair's sweet letter.

15 JANUARY 2019, TUESDAY

We did Yoga in our exercise class; obese lady led us. As gentle as the movements are interesting how tired I was when it was over. Went to Food Forum; said my say re baked potatoes and cookies. Did a load of whites. Crossword puzzle particularly challenging. A nap; fifteen minute walk. Lettie's doctor came to Jamestown today; Ruth was with Lettie. Long drawn out evening meal; took Lettie a banana. GRATEFUL for Drawer full of clean garments.

16 JANUARY 2019, WEDNESDAY

SS lesson by Delightra. Interesting comments re. Terry took the lid off Popes grape juice; took it to noon meal and poured out a cup and gave the rest to Lettie. Tasted it;; delicious as I anticipated. Janet came to eat with us so I left her to keep Carmen company. Blair sent a picture of Ann Marie and Jared's children with their aunt; beautiful children. Norm ;and Diane came for their Ministering . Cute little pot of flowers. gave her a couple of little pots and the socks I got in the mail today. Went to Lynda Davidson's program. Nice long E-mail from Paula.

GRATEFUL for letter from Paula.

17 JANUARY 2019, THURSDAY

Nails cut. Lettie in bed when I went in after and just getting up when I went in after my early noon meal. Sue wrote that Ramon is having surgery Monday; broke ankle in two places. To the temple; seven women and Terry Chang. I do like the changes. As I left the temple it was 4;15 so fifteen or so minutes shorter. Didn't get my endowment card back at the veil. Auwe. Gloria didn't do hers. Left it in the bus. Fortunately I saw it and Jesse was aware of it. Steven and Maria came for evening meal. Lettie joined us. Looked good. Steven and Maria brought me a Christmas box of Sees.

GRATEFUL to be in another endowment session.

18 JANUARY 2019, FRIDAY

Last night was not my best night. Wrote letters to Paula and Grace. In fact I wrote Grace twice; the first disappeared. Auwe. Started more quilts; Lettie showed an interest. Went to the last of Let's Get Wired . Didn't go to noon meal. To evening meal. Small load of wash including my Olympic vest, sweaters for tomorrow. Didn't walk; auwe..

GRATEFUL to get letters written.

19 JANUARY 2019, SATURDAY

Did a small batch of laundry; walked. Tied on the second quilt. Rachel bought Fish oil and multi vitamins/minerals for me. Said she had been anti social. Also brought some BIG muffins she made. Look delicious. E-mail from Grace. Lettie to noon meal; ate early evening. Ramon is having foot surgery Monday; visited with Iona.

GRATEFUL for Rachel shopping for me.

20 JANUARY 2019, SUNDAY

Lettie went to sacrament meeting; the two local sisters missionaries were our speakers. Lettie also came to noon meal. Went to the study group on John 1. Received a box of macadamia nut chocolates from Blair today. Wonder how long the package had been laying around. Diane Boshard gave the first of the Church's four volumn History of the Church. 699 pages. I read the conference by Elder Gay in preparation for RS. Taking upon Us the name of Jesus Christ.

GRATEFUL for Blair's thoughtfulness. Reading John 1.

21 JANUARY 2019, MONDAY

Went to Laughing Yoga class; so did Lettie. Light bulb burned out in lamp at end of love seat; so glad to find a good one in my junk drawer. Can't remember when one burned out. Not sure the bulb I have fits this lamp. Needed a new battery in my big clock; Jaux rehung it for me. Asked him about their baby. New quilt put up. Did fifteen or so tries; left Lettie there with Teresa threading needles when I came up about 4:30. read more in vol. 1 church history; little details I hadn't heard before. Joseph just got the plates. To classic club: Ernst Hoffman. F; a family from Hawaii.

GRATEFUL to Boshards for the first Vol. of 2018 Church history.

22 JANUARY 2019, TUESDAY

Went to the Floral co.'s demonstration; interesting. Learned the greenery that has lasted in Dorothy's daughter's bouquet is called lemon leaves. Another quilt finished. Lettie's tieing. /Ruth took her to the library. To Jesse's musical presentation. Most songs he wrote himself about individuals. Ten or so memory Care residents came. Have read the first part of Church history. Three of Joel Hirschmann's letters. Amazing young man. Brief note from Grace. To Mendelssohn 's Chorus; twelve men; two who have been with them for fifty years.

GRATEFUL for 2018 Church history.

23 JANUARY 2019, WEDNESDAY

RS and the priesthood brethren met together. Hutia gave the lesson; hard for her; looked beautiful. Lettie didn't go to RS ; helped finish the quilt. Did go to noon meal. Hair cut. Liz nee Haws called yesterday to say she and Ruby would be by this afternoon. Nice visit with them. Loaned Ruby Clive's book this is my life. I think it wonderful she is up to making the trip. Went to the pie tasting contest; six pies. To see a young couple dance together. I think she is the Activity Director in Memory Care; Couldn't understand much they said but they were very good.

GRATEFUL for: Ruby's visit.

24 JANUARY 2019, THURSDAY

Did about twenty minutes tying on the new quilt after breakfast. Amy Davy's part time nurse came for her six month check; she was very thorough re how I took my meds; showed her my medical history and list of meds. After she left I made a new list of meds by time of day Called re renewals of several prescriptions and had a call from VRX in SL. Problem with the one from Dr. parsons; the lady there was going to call them. Ate lunch alone; after I went to Lettie's and she was still in bed; no tape. Just left the paper and four of the coconut milk chews Blair sent. Nine of us to the temple. The session is about fifteen minutes shorter than before the changes. A long wait for a couple of attendees so we weren't back any sooner. I asked Blair in my thank you note last night re the age of AnnMarie's twin's age. He answered; they were five in November.

GRATEFUL for another temple session.

25 JANUARY 2019, FRIDAY

Computer not working -----27Jan 2019

28 JANUARY 2019, MONDAY

Alicia showed me her engagement ring, tiny and lovely. Hallie's husband rescued my computer since Conner wasn't coming in until noon. Did a few ties on the new (7<sup>th</sup>?) quilt. Typed up a book donated to the library (1950s Flashback to Fun ). Sue's blog up and Ramon's surgery went well; evidently not as extensive surgery as he has had in the past. To Classic Club: Henry Litoliff. Never heard of him.

1800's. Only three selections. A nap. Read/scanned more in Church history. Walked my thirty minutes in two parts. Threw away some Jamestown invoices and minutes of monthly meetings. Went to the piano recital; shorter than most.

GRATEFUL that the Feb. Ensign came.

29 JANUARY 2019, TUESDAY

Went to resident's meeting; Don again president, Carolyn secretary. Lettie getting quilt ready to hem. Came to both noon and evening meala Ruth took her to the library; brought my sanitary napkins and envelopes (too big) Brennen was with her. Went to new Resident Social. Typed up my new will and wrote it by hand; signed it but think I'm to sign it in front of a witness. A pretty picture card from Sue and Ramon reviewing their year.

30 JANUARY 2019, WEDNESDAY

Christina told me she and her husband are being released Sunday. I will miss her. Thought the branch president was in charge today (5<sup>th</sup> week.) but we had another SS class. Sue r. did a good job teaching. Rewrote my will leaving off my signature for Lisa to witness. Mailing the stamps to Abby and included a little note to Tina. Also a card to Gay Mitchell. Have neglected her. Couple of new blogs from Sue. A few ties on a new quilt; lost count of the number. Walked and got a terrible pain in my left thigh. Put in a work order to put what I hope is the right bulb in my floor lamp. Miss it immensely. Said goodbye to Fern Sevy who is moving tomorrow to a facility closer to her son in Lehi. I will miss her.

GRATEFUL for the years I've known Christina

31 JANUARY 2019, THURSDAY

Tied a few ties on the quilt after breakfast. Jessica did the exercise class. A rest before early noon meal. To the temple. Ten of us. When I got back found Clive's This IS MY LIFE on the door with a note from Liz. Theresa told me Carla had gone to Memory Care. Maintenance put a new bulb in my floor lamp. Wonderful light. Finished SAINTS Vol. 1; need to go back and reread places I skimmed too quickly. I got a check for \$25 that is a mystery. Amaryllis has three lovely blooms and another to go.

GRATEFUL for: lovely amaryllis; bulb in lamp

1 FEBRUARY 2019, FRIDAY

Tied a few ties on quilt; someone finished the other few and a new quilt is up. Lisa notarized my will. Gave copy to Wilma Fullmer when she came about ten. Planned to go to the Neuropathy health class but visited with her instead. Took the temple cards we did. Still doing work on her house. Lettie to noon meal. Cucumber sandwiches in Hospitality. An hour's rest and to Let's Get Wired. Walked a skimpy 30 minutes. Conner stopped by at noon meal before Carmen came and said there are three people who will be dying in the next few days. One Twyla and encouraged me to go see her. Brought in a hospital bed for her. Did go see her. Looked quite peaceful; alert to who I was. New blog from Sue S. ran off the library bibliography and put them in plastic to add to the notebook in the library. 197 books since 12 May 2018. Will go to the Mandoline performance tonight. Read Ch. 4 in Mathew and Luke 4 & 5; references in Come Follow me manual for the coming week.

GRATEFUL for Wilma's visit. For the bibliography ready for the library notebook.

2 FEBRUARY 2019, SATURDAY

Tied a few ties on the quilt; later learned not enough black yarn to finish it. Wrote birthday cards for Fern S., Pam and Wilma. Went to see Twila; someone there. She was asleep. Margiee didn't come to breakfast; later found out she was out of the building. Still later Teresa said she heard she broke her hip. I was with her when she tripped over Lynn's wheel chair yesterday. Asked her later in the day if she was all right and she said yes Notice on elevator that church is at 10:45 tomorrow. Hadn't realized Geri

2 FEBRUARY 2019, SATURDAY cont.

is having such bad memory problems. Carmen didn't come to eat until six. Auwe.  
GRATEFUL for: Compassionate people such as Iona.

3 FEBRUARY 2019, SUNDAY

Despite the signs of a Branch Presidency meeting at 10:30 /Sacrament meeting started at ten as usual; Branch Presidency was released and a new one put in. I will miss the 'old'. President Craney' his wife has been Stake RS Pres. They served in Moscow as Mission President 2007-20010. Bro. Druce is one of the counselors. I'm quite sure I have a UTI. Stopped in to see Twila; Sara, nurse, was with her. Said she thought she would be dying very shortly. Went to the Study group. I need to ask if I can keep my hearing aids I can't hear well enough to make a contribution. Wrote memo to Marianne and Jessica re 197 books that have been contributed to Jamestown in the last seven months. Went to last half hour of the LDS singers. Rachel is taking me to Insta Care at one tomorrow; bless her.  
GRATEFUL for Rachel

4 FEBRUARY 2019, MONDAY

Exercise and Laughing Yoga classes. Fell off my desk chair and had a struggle getting up; finger on right hand bruised. Rachel took me to Insta Care earlier than planned. Not too long wait but Dr. wanted me to have my finger exrayed; THAT took a long time. Didn't think it was broken; offered to put a splint on but I declined. New antibiotic. Got back about one; went straight to dining room; Carmine was just beginning; Lettie finished. Went to Classic Club; an Italian I'd never heard of; Melini Took an antibiotic with my meal later read shouldn't be taken within two hours of vitamins, milk products. Auwe. I think I'll take another at ten 10:30 tonight, and same in in the morning. Went to the Fireside; outgoing furnished lovely refreshments ; Hutia did a guava cake. New presidency each took three minutes to tell about himself. A BYU hiree, a retired Air Force man and an attorney. When I undressed found why my right foot was so sore around the toes: bruised, especially my little toe.  
GRATEFUL for our out going Branch Presidency.

5 FEBRUARY 2019, TUESDAY

Mammogram.

Wilma F. came for lunch; Chinese buffet. Lettie didn't come. She is continuing to hem finished quilts. Nap and to Activities Forum. Blog from Sue S. A change of boot for Ramon.  
GRATEFUL for Wilma Fullmer

6 FEBRUARY 2019, WEDNESDAY

Slept in as my alarm went off later; cleaner in wiping clock reset alarm time?? Dis a load of whites as I ate breakfast and did exercise class. Jessica directing; a real workout. To SS at 10:30; Bro. Druce teaching. Emphasized writing down impressions as we read the assigned scriptures. Made a chart for income, tax, medical for 2018 income tax. Lettie to noon meal. Christina gave me her book to read. About 275 pages. Walked; hadn't planned to do the 30 minutes but did. I'm glad. Twila still here. .Amaryllis third bloom on its way out. Has been a joy. Another blog from sue; made 240 wan tons for their Chinese new year's party. Forgot to take my antibiotic at 10:30. Auwe.  
GRATEFUL for: My walk.

7 FEBRUARY 2019, THURSDAY

Late to exercise. Read another chapter in Christina's book. Smooth reading. Long E-mail from Grace T. A nap before an early lunch. I'm wondering if the antibiotic is working. Temple day. Five women, 1man. Gloria urinated all over her wheel chair before the session. Jesse picked her up and took her  
7 FEBRUARY 2019, THURSDAY cont.

back to Jamestown.

GRATEFUL for Grace's letter.

8 FEBRUARY 2019, FRIDAY

Exercise and tied a few ties on the quilt; another finished. Lettie continues to bind. Nap; Late for lunch; Lettie had already eaten; Carmine just came as I got there. Does take her a long time to eat. Another blog from Sue S. went to Let's Get Wired and Grant's magic show. Changed into a skirt and went to the Valentine Ball; beautifully decorated. Got refreshment; looked around and came home. Started listing income, tax paid and medical cost for the year.

GRATEFUL for some fading of color in my finger.

9 FEBRUARY 2019, SATURDAY

Wrote paula; started but never finished letter to Grace. Tomorrow...Worked a little on income tax. A nap read some more in Christina's book. A nap; Twenty minute walk. Rachel stopped by with cheese crackers. Nice to see/visit with her. Hair beautiful. Carmine late, late to both meals. Patience, patience

GRATEFUL for Rachel's visit.

10 FEBRUARY 2019, SUNDAY

Sacrament meeting;; father and daughter speakers. Nap before 3:30 study group. No more Wednesday meetings. Wrote Grace T. Shared Rachel's last muffin with evening meal. Geri urinated in her chair during evening meal.

GRATEFUL for getting a letter off to Grace.

11 FEBRUARY 2019, MONDAY

Went to WalMart; only five of; no waiting for anyone; back in time to hear a little of the guitar performance of a new performer. A restless nap and did my walk. Hal Halverson sitting at the end of the hall on the south side in the sunshine. Such a kind, unassuming man. Finished antibiotic. Afraid I still have a UTI. Made an appointment to go to *Ista Care* in the morning. Tonight's cookies hard as a rock. Went to Classic Club: a Spainard Filipe Pedrell. Got bank statement; balanced. Lettie to two meals; seemed quite perky; is hemming another quilt. Saw Meegan as she stopped ot pick up Conner. A sweet young woman; baby due in June.

GRATEFUL for Lettie's interest/help with quilts.

12 FEBRUARY 2019, TUESDAY

Went to InstaCare; Dr. concerned about low blood pressure and he said I needed to go to the hospital; retook it and he gave me a prescription for Cipro. A concern if the infection had gone into bloodstream. Dr. Marshall's office called; they want to redo mammogram. RS social; fun Valentine party. Fifteen year old played her violin. E-mail from Grace T.

GRATEFUL for Ruth mindfulness of her mother.

13 FEBRUARY 2019, WEDNESDAY

Feeling miserable. RS. Robbie Druce did the lesson on elder Christofferson's conf. Talk. Norm B. wasn't here so I asked Conner and Zach to give me a blessing; they did; a lovely one. Long nap. Letter re my mammogram on the 5<sup>th</sup>. Scheduling called and I have an appointment on the 5<sup>th</sup> of March at noon. A long nap; walked about 25 minutes. Rachel brought cookies and a water bottle. Went to hear Bob Shorten; he's quite a showman. Think, I hope, I'm feeling a little better.

GRATEFUL for Conner and Jach giving me a blessing.



14 FEBRUARY 2019, THURSDAY,

After exercise rested until noon meal;; just before I got up Dianne B. came with a box of chocolates. Went to the temple; nine of us. Sat with Andrea Cranney, our new Br. Pres.'s wife. When I got home found a bag of chocolate covered nuts and a Valentine card from Betty J. When I checked missed calls message from Insta Care; nurse concerned re effectiveness of Cipro; may call for an additional Cipro from Edgemont Pharmacy. Said if I should feel worse should go to the hospital. Auwe. Several days of blogs from Sue S. Carla moving into Memory care tomorrow. Put her name on the Prayer Roll. Talked to Betty J. and Ruby. H.

GRATEFUL for the temple session and for visits with Ruby and Betty.

15 FEBRUARY 2019, FRIDAY

Thought I was feeling better when I got up; sick at my stomach as I ate breakfast. Did some ties on quilt before exercise. Helped with kits for homeless; done in ten minutes. Conner checked my computer. Went to a musical performance from local school; only about thirty minutes. Changed hearing aid batteries. Went to Let's Get Wired; only six there. Lettie came and got a number of chocolates. Carla went to Enhanced Care this afternoon. Norm said he cried. Been eating the chocolate dipped strawberries; Lettie gave me her and I go two from hospitality.

GRATEFUL that my blood pressure looked pretty good when the aid checked my vitals.

16 FEBRUARY 2019, SATURDAY

Did a load of whites including temple dress/slip. The hem of my dress drags as I get on and off the bus. McCall Weight, former waitress here came with Dove chocolates. What a sweetheart she is; she and her sister, Wilma and another couple of residents, sisters, and I did a skit with them "sisters"; she was on a mission with Elaine, Winnie's daughter's daughter. She works in the facility Fern S. moved to in Lehi and had a picture of the two of them. Talked to Gladys and Beb. Nellie Leighton is in the hospital. Concern as to whether she can make it to her 100<sup>th</sup> birthday party. Pam Werner's birthday: 63. GRATEFUL for feeling a bit better. For McCall.

17 FEBRUARY 2019, SUNDAY

Sick at my stomach. The Cranney's were our Sacramento speakers. Lettie was in the EV room when I got there about 9:40 this morning. Didn't stay for SS which lasted 25 minutes after Sacramento meeting. Delightra gave the SS lesson. Carmen was at the table with Lettie and both had already ordered when I got there for noon meal; consequently go home earlier than usual and had a nap before the study group on the chapters from COME FOLLOW ME manual. Wrote to Grace T. Must've deleted Regan's E-mail as I don't have a letter from him and so can't inquire about them.

GRATEFUL that I'm not nauseated anymore.

18 FEBRUARY 2019, MONDAY

Called Reed w. last night; he will come over Wed. at 5:00 PM re my income tax. Think he was a bit startled at request. Still miss Carla at breakfast. Thirty minutes between breakfast and exercise; worked on quilt. Noticed Hal H must've had a fall; face around nose, eyes, forehead bruised. Went to Classic Club: Albert Zabel, German, beautiful harp music and harps. Six more Cipro from Edgemont Pharmacy About two-thirds through Christina's book.

GRATEFUL to get the Cipro delivered.

19 FEBRUARY 2019, TUESDAY

Did twenty or so ties on quilt before exercise. Went to Food Forum. Waitress spilt Carmen's lunch and water; water drenched me a bit. Had finished eating so put my sweat shirt in the driver and when I put it back on was cozy warm, and dry. Went to Fix It at two and had the handles on my walker "firmed

19 FEBRUARY 2019, TUESDAY cont.

in". Nice. Wrote Regan; he responded. Trish no longer uses a walker, or cane. Discussing their options for the future. Ruth took Lettie to the library. Another quilt finished. GRATEFUL that Trish is doing so well.

20 FEBRUARY 2019, WEDNESDAY

Went to Sign Language class; not many there. Early lunch; went on the trip to the Peteetneet Museum in Payson. Prior to going in Jesse got the loan of enough sleds for Jessica, a guest of Kirstine, Jessica's daughter and Terry to sled down the hill next to the museum. He has fond memories of sledding there. Museum was a school for eighty or so years. Loaded with all sorts of interesting items. I am exhausted. Sat by Phyllis; almost blind; lovely lady. I ate at 4:30 so I would be here when Reed comes; he's going to do my income tax. Bless him. Gobeled my evening meal; he was well after five; didn't matter. Nice visit. Lettie came up and he went home with her. He has vertigo and is to see his Dr. again; meds haven't worked. He's a good visitor. GRATEFUL that reed is doing my tax return.

21 FEBRUARY 2019, THURSDAY

After exercise had nails done; one of Jessica's assts. did them. Not short enough; came home and filed them a little more. Ate early; to ExCel Eye Center. Field test and Optic ?; Dr. Parsons said he was pleased with the tests. See him in six months; not in on Tuesdays. Auwe. Last of Cipro. Didn't get back from evening meal until 7:15. Auve. GRATEFUL that eye tests went well; glaucoma pressure under control

22 FEBRUARY 2019, FRIDAY

Geri was confused re seminary; I'm not sure if she thought she was getting her children off to seminary or what. I'm concerned about her. Got a couple more of the old Out of the Best Books from the library; returned the one I went through last night. March Ensign came today. Went to the Auction; only bought one thing: a guest ticket for a meal; will use it for the Easter buffet in April. Have 95 tokens left. Nice article on Hal Halverson in a new Valor magazine. Shared Paula's letter with Lettie; she writes a good letter. Talked to Wilma F.; her birthday. Had gone to the hospital with son Gary for surgery on his nose; fell and broke it. Wrote Grace before breakfast. GRATEFUL for contact with Betty.

23 FEBRUARY 2019, SATURDAY

Had thirty minutes to tie on quilt after breakfast. Lettie is completely caught up with binding. Someone gave 2018 national Geographics to the library. Went to see Carla L. in memory Care. Nice room. No name on her door. Lying on couch with Norm in chair next to her. Saw her again in the beauty shop as I was walking; daughter from SL with her. Learned Carmella was one of the ones who died. Finding browsing through the five volumes of Out of the Best Books interesting. As I left from lunch was interested/nosey to read detailed instruction on a typewritten page as to time and activity. Talked to Delma's Carla; said her parents were doing all right. Sorry to hear her son didn't choose to go on a mission. E-mail from Grace T. GRATEFUL for visit with Carla L and Carla nee Coston.

24 FEBRUARY 2019, SUNDAY

High Councilman was Sacrament meeting speaker; Betty Jo played a piano solo. His talk spoke of adversity closely related to the RS/Priesthood lesson on Elder Andersen's Conference talk "Wounded." Patty taught the RS and spent most of the time sharing adverse challenges of unnamed resident's here. The Sacrament meeting speaker spoke of Jamestown as the Waiting Place for Heaven.

24 FEBRUARY 2019, cont.

Rachel brought Lettie and me cookies and a casserole which Lettie likes. A nap and to the Come Follow Me study group. Someone gave the library two bags of National Geographics. Dan ?? is a nice asset to the group; smaller than last week. Lettie stopped in for a crossword puzzle book. I'm weary' will try calling Sonia Aycock.  
GRATEFUL for Sacrament meeting.

25 FEBRUARY 2019, MONDAY

To the Podiatrist. Read; did puzzle; a rest. Lettie stopped by; didn't go to noon meal Took paper to her. In bed. To classic Club: Arrigo Boito, Italian; didn't particularly care for his music. Took a dose of ClearLax. Little diarrhea while I was walking before lunch. Lettie ate before I got to the DR but came to tell me Regan and Trish are thinking of a mission in Nauvoo. Went to FHE conducted by a lady with as German accent; not sure who she is or how she conducted it.  
GRATEFUL for almost completing Christina's book.

26 FEBRUARY 2019, TUESDAY

Did a few ties on the quilt before exercise. Went to Resident meeting. Eleven empty apartments. Sixteen people in Enhanced Care went from here. Marcie and Shanna re told the \$1000 incentive for someone/s moving here and staying three months. Slept too long. Alicia back. Ruth took Lettie to the library and she/Lettie brought me a box of famous Amos cookies. Teresa slid out of her chair this morning; hurt her next; already wearing a belt from hurting her back a couple days ago. I went to see her after my nap and my attempt to work on the quilt again. So much stuff around the quilt couldn't really get to it. Wrote Paula a long, good, letter and lost it; auwe. Pictures on Sue's blog; one beautiful of the ocean/beach. One of Ramon on his scooter; is to be on it one more week. Sorted the National Geographics; shelved all before 2017 and 2018. went to the Cello recital; very young but advanced students. Tried to call Sonia.  
GRATEFUL for Ruth?Lettie's thoughtfulness of a box of Famos Amos cookies.

27 FEBRUARY 2019, WEDNESDAY

Did a load of whites. Tried to de-wrinkle two white blouses; didn't work. Went to the Sign Language class. A book, the Mormon Battalion, was given to the library. Ordered refill on Carvedilol. Went for my haircut appointment; asked me to come back at 2:30. Cut a little shorter than usual; came home, had a nap and squished it. Went to a young pianist recital; she was quite good. Zach rescued me in turning off computer; showed me a picture of Lanhan, their little boy. Beautiful. Thinking of you card from Anne Robertson. Sonia Aycock called me; is at Seville, asst. living facility.  
GRATEFUL for haircut.

28 FEBRUARY 2019, THURSDAY

Jordan sat down at the breakfast table with me before Kathryn came; can't understand him. Auwe. Did some ties on quilt. Made a copy of the Deseret News crossword puzzle for Lettie. Finished the March Ensign . E-mail from Steven; they'll come to noon meal tomorrow. Wrote to Grace. To the temple seven of us; four men, three woman. Christina was there with greeters; coming to see me tomorrow at 10:45. timely as I was able to finish the last eight or so pages of her book. The temple session was small and it was 3:30 as I finished folded my clothes after the session.  
GRATEFUL that I was able to be alert during the temple session.

1 MARCH 2019, FRIDAY

Went to the Anxiety class after exercise. Christina came about eleven;nice visit re her book. Amazing woman. Steven and Maria came for lunch. Maria looks good but has failed in some ways; Steven helped her eat; have thought of her all day. Emily and Robert are moving to CA. Learned that Theresa

1 MARCH 2019, FRIDAY cont.

threw up at the table at noon. Stopped in to see her. Washed out her sweater for her. Carmen had her hair done and was really late for evening meal. Left her with Iona who ate with me. Carmen was featured in the March Act.; nice picture of her.

GRATEFUL for Steven and Maria's visit. Christina's.

2 MARCH 2019, SATURDAY

Took finished quilt down; checked back; four lumpy ties; took them out and re tied. Rachel came while I was at noon meal with muffins and a big box of another kind of cheese crackers. Went to see Theresa; still not feeling well. Lettie is having trouble with the top of her foot. I don't feel very good; sick at my stomach. Did go down for evening meal. Had a Sprite, a little soup and two crackers.

GRATEFUL for Rachel's thoughtfulness.

3 MARCH 2019, SUNDAY

Nice Sacrament meeting; Lettie didn't come. SS class taught by Delightra. One of the least appetizing meals I've had at noon. Checked on Lettie and Theresa. Theresa had gone to her great grandson's baptism. Alec, PC A had already told me Lettie had a headache and was in bed. I had already surmised that. A nap and to study group; skimpy attendance. Carmin was mad when she came to evening meal; they had taken her Tylenal away from her. Wouldn't give give her any pain medication. She said they didn't give a damn about her pain. Wrote Wilma re Gary. A rash of E-mails concerned about Gary; no one had heard about his fall. Wilma F. came with two cases of Boost for Lettie. She had pictures for me to check and she went through some old pictures I had and took most of them; mostly from Nahunta and East Orange, NJ.. She is a dear person; we had a nice visit as we went through the pictures.

THANKFUL for Wilma.

3

4 MARCH 2019, MONDAY

Lettie fell; bruised her right eye. Carmen didn't come to noon meal; when I checked learned her daughter had taken her to the Dr. went to classic club: Max Bruch; a German romance composer. Quite liked his music. Nap. Checked Carmen's room at five; not there. Daughter took her to the hospital, Er. Went from her room to the DR where Lettie was seated. As we sat there she saw Carmen come in the front door. Went up and Debbie said they'd been in the hospital six hrs. back spasms, probable UTI; she was preparing her some food. Will check tomorrow. Sent Ruby the picture of Nahunta's 1942 basketball team. Ron stopped by to see Lettie. Can be a very charming visitor. To FHE, late starting; not very many attending. The blind daughter of a volunteer couple: incredible. She told us about her dog and how she has coped with blindness.

GRATEFUL that Lettie didn't hurt herself more than she did when she fell.

5 MARCH 2019, TUESDAY

Checked on Lettie (eye swollen, almost closed corner black), then Carmen, in bed, CPA going to help her up, lunch in room. Met Theresa; had a bad night. Went to Enhanced Care for our combined Mardi Grai celebration; had shrove pancakes, I ate three in anticipation of missing lunch. Carla looks good; don't think she recognized me; think Glenna did. Beautiful yellow crocus outside door of EC dining room window. Steve took me to Imaging to have my mammogram; machine broken down. Lost my folder from Davy's office. Auwe. Rescheduled for next Tuesday. Ate my banana half, cookie and thawed my milk. Napped. Went to the Activities Forum and the Orderville High Sch. Orchestra and Choir performance. Stopped in to see Carmene a couple of times. Debbie is with her. Lettie went with me tonight. Carmine was pleased to see her. Brennen and his friend stopped in at evening meal.

6 MARCH 2019, WEDNESDAY

Judy, Betty's daughter, met me as I left exercise to get Betty's fruitcake and jam. Merry Christmas in march. Went to the sign language class. Stopped in to see Lettie and Carmen; Lettie up and Carmen sitting on chair as her bed was being changed; so thin,. Ballots out for Mrs. Jamestown; good pictures of all except Theresa. Long nap; walk. Lettie and I ate early. Lettie's eye really dark; Ruth got her glasses straightened. Rain/snow. Enjoyed French onion soup today. To hear a pianist. Did a few ties on the quilt two different times. Took the Natela and sticks to Conner; he is working long hours. Read the first part of the J. Golden Kimball book donated to library; so underlined that I don't think I can continue.

GRATEFUL for doing tomorrow's walk.

7 MARCH 2019, THURSDAY

Stopped in to see Carmen after exercise; notice a Dr. appointment card on her door; just peeked in as she was slowly dressing. Surprised to find her at the table when I went for noon meal/ Lettie was finishing and Debbie was in and out. I left her with Debbie when I finished eating; a super rich chocolate mousse cake for dessert. Tied twice on the quilt; ready to turn. Jessica has a new asst. thought it was next week we wouldn't have a bus for the temple. Is today. Seems strange. Brennen and friend took Lettie to the library. Wrote Grace. Long nap. Sue's blog said it was 80 degrees and people were wearing coats; she refuses to wear a coat in Hawaii!

GRATEFUL that Carmen is out for meals.

8 MARCH 2019, FRIDAY

Went to lunch with Lillian H.; raining/snow. The Chinese restaurant we have gone to for some time was closed. Went to a Thai restaurant in Provo; had three kinds of appetizers; too much fried food. Not the most satisfying meal I've had. E-mail from Grace T. Lettie ate evening meal early; finished before I got to the dining room Carmen finished eating earlier than usual. Able to hear some of PBS news. Short snow and rain storm before evening meal.

GRATEFUL for Grace's E-mails.

9 MARCH 2019, SATURDAY

Did a load of whites. Lunch with LeAnne and Gladys at Magelby's. Becky and Danny came; brought a bag of mandarin oranges and raspberries. Went to Stake Conference. Dianne B. brought four little loaves of zucchini bread. In showing Becky my cactus could tell it needed water. She suggested watering it every other week. One of the new shoots has died. Balanced checkbook. Was only able to reset two of my clocks. Couldn't hang my big one.

GRATEFUL for Gladys and LeAnne's visit.

10 MARCH 2019, SUNDAY

Dark when I got up. E-mail from Regan; headed for Nauvoo in April. Enjoyed Conference. All three of the Stake presidency talked: Follow the Prophet, rather than "why me" when suffering; "why not me." Tracy was in the choir; could see her almost all through the conference. Carmen not feeling well; ate with Lettie and went to her room; just coming from her bedroom in a lovely nightgown. Aid went in with me to give her meds. Hopefully also to help her to the bathroom; I'm fearful of her falling. Went to the study group at 3:30; skimpy attendance. I took my hearing device from the Branch. Sent copies of Regan's letter to Paula and Smith family. Took a few notes from Conference but can't read them...Carmen dressed and waiting for her food when I stopped in after I had evening meal; Lettie came as I was leaving. Made a copy of Regan's letter for her. PCA came in and set the rest of my clocks.

GRATEFUL fo good feeling I had during conference.

11 MARCH 2019, MONDAY

A few ties on the quilt after breakfast; exercise and Dr. Garrett's Yoga Laughter class; always fun. To Classic Club: Vivaldi. A nap; walk. Conner came in to tell me he has been accepted for Med School in May. I'm excited for him. Carmen came to noon and evening meals. So frail. Blog from Sue Sanf. Always fun to read; she includes quite a few pictures. Karna sent Joel's letters. GRATEFUL for Carmen feeling well enough to come to meals.

12 MARCH 2019, TUESDAY

tied on quilt; nearing finish. Exercise and to Revere Health Imaging; the technician suggested that whatever the concerns not a concern (if I understood her correctly; will wait to hear from Dr. Marshall). Spent some time with Carmen; not well. Helped her drink her soup and eat a couple bites of chicken and mashed potatoes. In her room; in pain. Iona and I both are concerned about her. A nap and to the class on bagpipes. Did the rest of needed ties on quilt; one more turn needed. The surprise mentioned on the activity sheet at 4:00 was not a bagpiper as some of us anticipated; was Megan's two month old baby; a cutie. Not hungry again for evening meal; stopped by to see Carmen a couple of times; took her some raspberries and a mandarin orange. To hear a musical performance by a young man and friends which he has arranged for his Eagle scout project. GRATEFUL for Findings from the diagnostic ex-ray.

13 MARCH 2019, WEDNESDAY

Neva's birthday.. Went on the tour of the Provo Food Bank. Most interesting. To Sign language class. Assignment; learn to spell our name. Went to Keith Lewis's poet reading program of Robert Service. Couldn't hear him. Not many in attendance and half left before it was over. Carmen came out to eat tonight. A number of E-Mails congratulating Conner on his acceptance to Medical School. GRATEFUL I went to the Food bank tour.

14 MARCH 2019, THURSDAY

Tied on new quilt; nails filed. Theresa didn't go to breakfast or noon meal nor the temple. Sorry I didn't check on her. Four women to the temple, six men. Carmen came for evening meal; expecting family. Conner and Megan stopped by; she looks good; said she is officially in her third trimester; the baby is active. Read BO and looked at all the big pictures in the Come Follow Me. A number by Walter Rane. Will call Lettie's attention to them. To bed earlier than usual. Wrote Grace. GRATEFUL that I went to the temple.

15 MARCH 2019, FRIDAY

/Washed a big load of coloreds including both vests and four pairs of pants. To Humanitarian project. Enjoyed the ST. Patrick's Day noon meal. No Let's Get wired class; St. Patrick's Day party; nice refreshments, can't eat evening meal. Several from Memory Care came to the Irish dancer's program which was delightful. Carmen didn't come for noon meal. Said "they" can't do anymore for her. Went to see her again after the dancers' program; couldn't understand anything she said, something about Debbie. Also went to Beth's granddaughter's family's visit to Africa program; great picture of many of the animals. But they also took clothes, gifts, etc. to the people. Good pictures of many of the village people. GRATEFUL that Alicia is mindful of Lettie.

16 MARCH 2019, SATURDAY

I saw my first robin of the spring when I was in exercise class with her sis; nice fat one on the sidewalk. Checked on Iona; black and blue on hip/thigh. Took her a piece of cake from Hospitality. She gave me two kinds of cheese and some fudge. Church News full of great pictures of the Rome Temple dedication. Lettie still in bed when I took the paper to her. Had her Come Follow Me manual on the table and I mentioned the big pictures. Stopped in to see Carmen; she came to lunch with Alec, a PCA. He also came to get her; went to Bingo. Came to evening meal about 5:55 PM. Had her hair done; looked nice. A nap; my walk. Look forward to the podiatrist in another week. Church News full of pictures in Rome.

GRATEFUL for Lettie's interest in the Church News.

17 MARCH 2019, SUNDAY

Breakfast with Judith and Terry?; the latter much younger than most residents, memory problems. The Wests were Sacrament meeting speakers and Pres. Cranney sang, daughter played violin; has a nice voice. I was disappointed that Lettie didn't come. Was at noon meal. A nap and to the group study on Come Follow Me; I should participate more. Only five residents in attendance. Carmen came to eat at one. Benefit of sitting with her long after I've finished eating: drink water. Took my hearing aid from the Branch to the class. Just before evening meal had a bit of diarrhea. Talked to Sonia Aycock; got Carol Cogdell's phone number/s. Talked to Wilma; they leave on the 28<sup>th</sup>.

GRATEFUL for Sacrament meeting.

18 MARCH 2010, MONDAY

Eric H. came last night. He will be sustained as bishop of his ward next Sunday. I am sure Wilma and Erwin are pleased. I so enjoy him and am not the least surprised at his call. He will be a good Bishop. Got rid of some bits and pieces of candy. Seemed to feel his family would welcome them. After exercise I went to Agnes' room; box had two days of Chronicles and a newspaper. Not checked out at front desk. She was at noon meal and said she'd spent the night with the friend who had a birthday. Carmen didn't come to lunch; stopped in her room and she was sound asleep; wonder if she ate. Doubt; maybe I should have awakened her (?). Lettie didn't go to lunch either. Said she had had a horrendous headache this morning. To Classic Club: Fanny Mendelssohn, sister of Felix who I thought we were hearing. A nap. Nice newsy letter from Paula. Put stickers for Pam in a big envelope; been saving them for her. She says her grandchildren like them. Talked to Betty; nice day in CA for her brother's Memorial Service; she spoke. Nellie's funeral was the same day. I don't know how I missed her obituary. FHE. The Drewes' granddaughter played the piano/.

GRATEFUL that Lettie came to evening meal.

19 MARCH 2019, TUESDAY

Went to Costco; got hearing aid batteries, CA, and Systane. Jessie waited for me so was back in time to sit in on part of the Food Forum. Carmen late for noon meal. Lettie had a change of meds. Conner was A long nap. Wilma F. brought new temple shoes and rolls. I gave her some cookies, envelope of stickers for Pam and a jar of jam for Delma and Jim Coston. Nice visit with her; invited <sup>mee MeMe to their</sup> Grammy Award on Friday. Hadn't seen Theresa all day; went to see her while Iona ate evening meal with Carmen (late). Problem with her right leg. Dr. has given her a shot. Did a few things for her.

THANKFUL for visit with Wilma; temple shoes.

20 MARCH 2019, WEDNESDAY

To the Sign Language class. I was the only one who could sign my name. Noon meal with Lettie. Carmen came but I left early to go on the Petroleum Museum; old gas pumps, gas brands; lots of them and to Utah Lake State park; very interesting but I have missed my nap. to Lynda Davidson's program. Amazing woman. I do not like this little font. Alicia gave me my invitation to their wedding reception on April 13th.

21 MARCH 2019, THURSDAY

Tied a few sties on new quilt before exercise. Jessica led and gave us a good workout. Stuff left for Deseret Industries was gone when I went to breakfast. Jesse said he didn't take it. Auwe. Terry? To the temple. Eight of us. Four men, four women. Theresa in a wheelchair. Christina P. sat with me. Her 30 year old pre med student was home for a visit. Trouble with the font on journal as the previous page will testify. Hope it is fixed. Delightful blog from sue Sue S. as she shows her granddaughter and friends around the island. Carmen came ot evening meal; didn't eat much. Took a banana to Lettie (she already had one); had eaten before I got there. Was outside in front of the building when we got back from the temple. Can only turn on her new tape player. Typed up three books.

17 MARCH 2019, SUNDAY

Breakfast with Judith and Terry?; the latter much younger than most residents, memory problems. The Wests were Sacramento meeting speakers and Pios. Cranney sang, daughter played violin; has a nice voice. I was disappointed that Lettie didn't come. Was at noon meal. A nap and to the group study on Come Follow Me; I should participate more. Only five residents in attendance. Carmen came to eat at

22 MARCH 2019, FRIDAY

Wilma picked me up after I walked the red carpet and on to have our picture taken. Walls of the Orem Senior Citizen building covered with movie stars. Capacity crowd;; few seats empty for their annual Grammy awards. People dressed in various and sundry finery. Hors d'ouvres served (four different kind: two shrimp, a little meat ball, crackers and cheese. Marcie and Shauna from Jamestown helped, Shauna to serve and

18 MARCH 2019, MONDAY

Marcie took pictures of awardees as it was too full to eat the meal when I was served after the program and awards. Wilma got a Grammy for her organ playing and helped present the Grammy to the Keith Fulmer piano award. I was tired when I got home, a little exercise I went to Agnes' room; box had two day's of Chronicles and a newspaper. Not checked out at front desk. She was at noon meal and said she'd spent the night with the friend who has a birthday. Has a new car. E-mail fro Grace. Attended a vocal presentation by Jessica and Rachel; Carmen didn't come to lunch; stopped in her room and she was sound asleep at 3:30 and a vocal and piano presentation at 6:30; Carmen went also. Two boxes of books given to library. Jesse said Terry had taken the Deseret Industry box of his room; I'm sure to give to him for his next delivery. Whatever. Glad mystery solved. GRATEFUL for opportunity to go with Wilma to see her get her Grammy Memorial Service; she spoke. Nellie's funeral was the same day. I don't know how I missed her obituary. FHE. The Drewes' granddaughter played the piano/.

23 MARCH 2019, Saturday

GRATEFUL that ette came to evening meal. Fitful night. Did a few ties on quilt. Checked out boxes of books. Grant was using one table, a puzzle on other. Took a few books and told Mildred that I was expecting a guest (Betty C.) in the afternoon. Had a rest. When I went to noon meal a little after twelve Carmen and Lettie were there. Carmen late for noon meal. Lettie had a change of meds. Conner PEAs. Betty and daughter Susan came with her dog; cute, nosey. Betty brought some stickers for Pam and a jar of jam for Delma and Jim Coston. Nice visit with her, invited Grammy Award on Friday. Hadn't seen Theresa all day, went to see her while kind and nice night with Daughters good to her. Another nap. Went to a piano presentation: Amalia Simper played Handel, Schubert, O. Olsen and Barber; I sat where I could see her hands. Amazing. Typed up four books. Why am I so tired.

20 MARCH 2019, WEDNESDAY

THANKFUL for Betty's visit. To the Sign Language class. I was the only one who could sign my name. Noon meal with Lettie. Carmen came but I left early to go on the Petroleum Museum; old gas pumps, gas brands ; lots of them and to Utah Lake State park; very interesting but I have missed my nap.. to Lynda Davidson's program. Amazing woman . I do not like this little font. Alicia gave me my invitation to their wedding reception on April 13th.





24 MARCH 2019, SUNDAY

I'm sure I have a UTI. Lettie came to Sacrament meeting; the Drewes spoke, A lovely solo. Pres. Craney did his fifth Sunday meeting today as he will be out of town next Sunday which is the 5<sup>th</sup>. Spoke on temple work. Introduced Kathryn and showed her large pedigree chart. Offer for help for those who would like their own. Called Wilma F. and she took me to Insta Care; no one there when we got there. Home with prescription for Cipro. And some suggestions re prevention: avoiding constipation, hydration, cranberry juice or pills. The whole time was only an hour and a half; never been to Insta Care in such a short time. Afternoon meal stopped in to see Carmen; was waiting for her tray. As I waited for Wilma to go to Insta Care her daughter Deborah came.

GRATEFUL for Wilma.

25 MARCH 2019, MONDAY

To the Podiatrist after exercise; whittled the callous on the ball of my right foot. I feel awful. Carmen came to noon meal. To Classic Club: Leclair. Another slug of books left in the library; sorted and filled one box with ones to go to D. I. Typed up about 19 books. Sara came to give Lettie her B12 shot. What a remarkable young woman. Mildred having a problem keeping her blood pressure down.

GRATEFUL for good people such as Sara.

26 MARCH 2019, TUESDAY

I definitely feel better; not a 100% but better for which I am most grateful. Went to Resident meeting. Always glad to get a new resident list. Brought books from library to type up, mostly fiction. Wrote Grace. A nap and to new residents' social; there were seven. Insta Care called; Cipro doesn't work for my infection; prescribed a new one. Wilma picked it up for me. Bless her. I take it with food. Typed up about twenty books. Went to the Ballet performance. Little over an hour; I was/am exhausted. Many costume changes. Glad I went. Stopped in to see Iona; has been constipated; now has hemorrhoids. Ruth came today. Lettie ate both meals early. Carmen weighs 80 lbs.

GRATEFUL for Wilma picking up the new antibiotic.

27 MARCH 2019, WEDNESDAY

Managed to make it through exercise. Steven and Maria came for lunch; brought chocolates. Rest before and afterwards. E-mail from Grace. Finished typing up the books. Went to the 7:00 PM program of six different vendors: Dentist, Financial Investment, skin Care, Hospice P& Home Care and Bib, blanket, and scarf. Interesting. I feel like it is midnight. My abdomen distress is definitely better. So grateful.

GRATEFUL that I'm feeling better. Mary Miles called. Coming on Friday

28 MARCH 2019, THURSDAY

To the temple; only seven of us. Christina there. Carmen didn't come to evening meal; went to see her. An aid helping her to bed; I'm concerned about her. E-mail from Grace. They are coming to conference; will see their family while here. Lettie came to both noon and evening meals. Had her hair cut: short. Looks quite cute. Decided not to go to evening "???"and friends"; tired.

GRATEFUL that I was able to make it to the temple.

29 MARCH 2019, FRIDAY

To Let's Get Wired after exercise; more, different people than we have had for a while. Expressed my concern re Carmen to Conner; said they are aware. She had her hair done and came to noon meal. Just as she finished daughter came. A rest before noon. Why am I so tired? Auwe. Finished reading this week's scriptures from Come Follow Me and a couple articles in the April Ensign. Mary Miles came as planned at three. Looks good. Brought a lovely plant. A good woman/friend. Got to the Mrs. Jamestown program just in time to see Theresa crowned. Verlynn second runner up.

GRATEFUL for: Mary's visit.

30 MARCH 2019, SATURDAY

Gladys and LeAnne came this afternoon. Mildred labeled most of the fiction books. While waiting for Gladys I shelved about half of them. Put the rest on the table in the library except the World places. A note on the books saying not to take, were being catalogued. When I went down to shelve after Gladys left Lynn and family had shoved the table with books aside and were doing a puzzle. A nap and back to library at four; they were still there. New quilt up so did a few ties.

GRATEFUL for Gladys and Leanne's visit.

31 MARCH 2019, SUNDAY

Last night read a short book on homemade Christmas; didn't go to bed until 9:20!! Slept well. Walked about twenty minutes before breakfast. Fast and testimony meeting; RS; Lettie didn't come. Stopped by to see Iona; she's been feeling dizzy; went by Carrmen's, in bed. Ate early as I knew she wouldn't be to lunch. Took paper to Lettie; she was en route to the DR. Long nap. To discussion on Come Follow Me. Evening meal with Lettie; sat in the sun out front for a few minutes.

1 APRIL 2019, MONDAY

Mildred and I finished cataloging the books and putting them on the shelf; in the process I had bowel problems. Auwe. Glad to get the books taken care of; had drug on too long. Rachel took Lettie shopping. She bought six or so items. Carmen came to evening meal. Went to FH E; couple who served a mission in Mozambique told of their experiences. Late starting. Interesting presentation.

GRATEFUL to have books on the books on shelves.

2 APRIL 2019, TUESDAY

Jesse took me to the Credit Union where I withdrew money I hope Alicia will deposit for me this afternoon. Need a cushion in my checking account in case I have to pay additional state tax. Saw some forsythia in bloom on our way to Orem. Alicia deposited the money in my checking account. E-mail from Grace; they are already in S.L. Walked; a nap. Ruth came. Lettie didn't eat evening meal. Took her a banana after evening meal; Carmen was late.

GRATEFUL to have a cushion in my checking account.

3 APRIL 2019, WEDNESDAY

Went to the Sign language class. Wrote to Vivian Halverson. Carmen came to lunch but immediately had to go to the rest room; I took her lunch to her. A nap and a little walk outside quite pleasant. Sidewalks smattered with duck feces. Choked again on big pill. Carmen was at evening meal when I got there about 5:10. To a piano presentation by Annie H., one of the three young women who help with Sunday Come Follow Me discussion.

GRATEFUL that I finally wrote to Vivian.

4 APRIL 2019, THURSDAY

Our newest Act. Asst did exercise; full house; skimpy. Lunch with Lettie; visit with Alicia. Aren't having a reception line at their reception. To the temple; ten of us. Mildred fell during the session. Seemed okay on our way home. Long wait for Gloria. Back about 4:15, the time we used to get back. Six walkers. Saw Tracy ?? on my way into the dressing room. Such a special person. Conner gave me an invitation to a baby shower for their baby. Robbie Drewes sat with me. Flowers on the temple grounds are beautiful; lovely aroma of hyacinths and other flowers.

GRATEFUL for the temple session.

5 APRIL 2019, FRIDAY

Margie C. is back from rehab after breaking her hip. First time at breakfast with us. Very confused. Paper told of children of same sex couples may be baptized; hadn't even realized they couldn't. Went to a class by an Encompass worker on Managing Stress. Lettie having a bad day. Carmen came to lunch; not hungry. Our elevator not working during noon hour. Dan? her minister (?) walked her home. After Let's Get Wired I walked around the building and finished my walk in the halls. Peeked in at Carmen's and she had guests; hopefully her niece and husband she's been expecting for a few days. Hearing aid batteries changed. Lettie ate early and Carmen ate in her room. Was able to listen to part of PBS news hour.

GRATEFUL for my walk outside.

6 APRIL 2019, SATURDAY

Watched conference in my room. Only three of the Twelve spoke today. President Eyring the only

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10 APRIL 2019, WEDNESDAY, cont.

set up an account. He apologized for not letting me know sooner. I will probably miss the temple tomorrow and take my info to WalMart or somewhere to get it done. PANIC. Partially undressed tonight and thought of Carmen; put blouse on and found her sitting in her chair; hadn't eaten; had waited for them to take her to eat; no one had come. Heated up one of the plates she had taken home before and got her some Boost. Probably should have stayed with her. Talked to Wilma; they came home on Monday. Had spent a night in Nahunta with Amanda and Greta. Carla went with them to Nahunta and Jamestown; glad they had a chance to get acquainted with her and Amanda and Greta. GLAD I went on the field trip.

11 APRIL 2019, THURSDAY

Rachel is taking me to WalMart to get my tax taken care of. Restless night. The tax booth at Walmart's wasn't open until noon; went to another place; closed; she took me Hoffman and Co. where she has hers done; they consented to take me. \$93 for prep; \$2,040 to state. Just relieved it is done. Rachel stopped to get Dr. Pepper for Lettie; five cases.. Jamestown is on partial lock down; no temple trip, meals in our rooms with advice to stay in our rooms. Lunch late but good; I'd already eaten a biscuit, roll and milk from freezer. Took a long nap. Walked. Mailed a card and \$10 to Madison Olson. Finished looking through China book. Awesome.

GRATEFUL to have my income tax return in the mail..

12 APRIL 2019, FRIDAY

We are to stay in our rooms another day; I slept in until eight. Good breakfast with menus for noon and evening meals. Did a load of "darks". Lettie called. I feel so tired. Lunch; more than I could eat. Another rest. Iona called, has been really sick. Got stamps and mailed my tithing. Stopped in to see Iona; feeling better/ Lock down will be through Sunday. Got a couple of the big books from library. Lettie said she's not going to the wedding. Conner said there were thirteen cases. Saw Don E. when I got my stamps and he said he had had his last week. Evening meal about 5:45. Drank soup, ate fruit cup.

GRATEFUL that so far Lettie and I haven't "got it".

6 APRIL 2019, SUNDAY cont.

member of the First presidency, spoke. Great talks. Did go to exercise. Ate lunch alone. Checked Lettie and Carmen after I ate. Lettie was in bed but I think she indicated she had watched the morning session. I took her the paper/puzzle. Carmen was eating her lunch when I peeked in on her. In her night gown. Even with a sweater on I've been cold most of the day. Evening meal with Lettie; not the least bit hungry. Dan Luker looked up Lettie's ministers: Lany and Alice W. Stopped in again to see Carmen; Debrah was there; she was lying down; don't think her food had been touched. Finished scanning Tom Brokaw's Long Way from Home. I'm ready for bed.

GRATEFUL for conference.

7 APRIL 2019, SUNDAY

Great conference. . Lettie spent the day in bed. Took her scrambled eggs for evening meal. Wrote Regan; he answered. They will be coming to see family, and us before going into the MTC. Dianne B. left three delicious banana/choc.chipmeal cookies on my table while I was at noon meal. Delicious. Carmen had her noon and evening meals in her room. Tried to call Reed.. Eating too many sweets.

GRATEFUL for conference.

8 APRIL 2019, MONDAY

Idisa notarized my designating Wilma Fulmer as having Power of Attorney. Took a copy of Regan's letter and paper to Lettie; saw Carmen. Neither of them went to the DR for noon meal. Went to classic Club: Imanuel Bach. A nap. Walked around the building and sat in the sun for a while. Carmen came to evening meal; ate very little. Took Lettie an omelet. Left a call for Reed.

Grateful that Lettie seemed to be feeling a little better,

9 APRIL 2019., TUESDAY

Margie's home health nurse with her again this morning. Her daughter said she is afraid to be alone. She worries so. Went to Marianne's meeting; late. Reiterated that when fire alarm rings; stay put. No Lettie for noon meal; Carmen ate little; had to go to the bathroom. Lettie is having garment problems; laundry? Refuses to talk "about it". Had a nap and walked; took her two pairs of garments. Went to class where numerous residents showed pictures, quilts, crafts which most had done themselves. A new book on the White House. Many of pictures same as the bigger one we got awhile ago. Typed it up. it's 4:45 PM and it has begun to rain; snow forecast. To Tone Chimes choir. Still can't get Reed.

GRATEFUL to Lukers for helping Carmen.

10 APRIL 2019, WEDNESDAY

Reed called last night; coming tomorrow. Hallelujah. Margie is still having someone from Home Health with her each day. Washed a load of whites;; Lettie went through and took a couple pairs of garments. Whatever has happened to hers?? (doesn't want to talk about it). From exercise to Sign Language class. Quick little rest before an early lunch and bus trip to Harley Davidson's Motorcycle building in Lindon. Interesting building, much of it made from Geneva Steel. Saw one of their first motorcycles, 1903 to current ones running up to a hundred and forty thousand dollars. Cold wind/rain. E-mail from Grace; still in Utah to help daughter move from Rexburg. Reed came to dinner; paid for his own. I owe him an apology for asking him. No forms anymore; all done electronically; difficult to

13 APRIL 2019, SATURDAY

Meals still being brought in. Just barely got breakfast before Rachel came. Interesting reception hall in Lindon. Wedding party still being involved in picture taking. Reed W. was there, the only other member of the Willmore family. I couldn't hear any of the ceremony.; quite long. Several CPA's there.

Jordan is from a family of seven children, he the only boy. I was interested that he wore tennis shoes. His son was very much in evidence. His family dressed up. I felt VERY under dressed. His grandmother had on a very lacy dress; looked nice. Alicia wanted me to have her picture taken with me to represent Lettie. The photography took a picture supposedly of everyone there. Des has gained a bit of weight since I saw him last. His niece had on a super short dress. We left before the reception started. Had a long rest. Nice job with lunch; not that hungry. Took Lettie the paper and puzzle before I went and stopped in briefly on my afternoon walk. Later she returned the Church News; loaded with Conference; enjoyed going through it. Pizza for evening meal. I just ate the pepperonis salad. Wrote and rec'd letter from Grace. They are back in Manila. Read Out of the Best Books and did cross word puzzles.

GRATEFUL I was able to go to Alicia's wedding.

14 APRIL 2019, SUNDAY

Breakfast about nine. Reading Come Follow Me. Took newspaper to Lettie and some padded panties. She showed me food stored in her fridge. I can relate; can't eat all they bring. I have flushed soup down the toilet most meals. Auwe. Picked up a couple of books from library; returned the one on San Francisco. Late morning nap and they brought lunch while I was asleep. Heated the chicken in microwave; bigger than I could eat. Nice variety of food. Lettie came while I was napping in the afternoon; got one of the crossword puzzle books. I walked fifteen minutes. Evening meal brought with info that we will have breakfast in our rooms tomorrow; lunch in the DR. Talked to Virginia, Jacob Wood's mother-in law; such a nice person. Talked to Ruby Haws;; had an incident when felt her blood pressure a little high. Put her on oxygen; Charlie checked her out the next day and decided she didn't need it. She has been with Liz to Boise and St. George. I just admire her the ability to travel. Have trouble hearing her. My ears; auwe.

GRATEFUL for communication with Ruby and Virginia.

15 APRIL 2019, MONDAY

Breakfast was delivered in our room but we had noon meal in the DR. Alicia and Jordan stopped by while I was having lunch. Short honeymoon; looked happy. Saw Carmen; she had her meal in her room; her daughter was there. When I saw her she was in bed; looks so frail. Said the Dr. had given her hydrocodone; was going to take her for some tests to try to identify the cause of her stomach pains. To the Classic Club: Henrique Oswald, borne in Rio de Janerio. Nap; walk. Scorching typewritten notice on Alice walker's door re stolen toilet paper. Did a few ties on the new quilt. Dianne B. called; they had tried to come but weren't allowed in; not sure when. She wanted to know if I needed anything. Took me a while to realize who called. Notre Dame Cathedral is burning. Damage not yet determined. Cause?

GRATEFUL that Carmen's daughter is here.

Jan '19





16 APRIL 2019, TUESDAY

Longer wait for breakfast than usual. Exercise. To Food Forum; not much discussed. Reread/scanned Mathew 21-23 the assignment for the day. Short nap. To Fix it; didn't do much. Got cough drops from Jessica's store. Would really like my old fruit chips. Ruth took Lettie to the Library; didn't come until Lettie had eaten lunch. Carmen's daughter must have taken her to her Dr. wasn't in her room when I stopped in after lunch. Dianne B. brought me a loaded Easter basket. Thought I had Lettie's FGS but can't seem to access it. Longer nap. Went to the Jamestown Choir. Ruby from Memory care and her partner danced during three of the numbers. Seven men!

GRATEFUL to Diane.

17 APRIL 2019, WEDNESDAY

Went to Sign Language class after exercise. Wilma F. came as I finished lunch. Brought the garments I asked her to get. Nice visit. Showed me a picture of Delma; would never have recognized her. Gave me a picture of us at their Grammys and of her receiving hers. Brought 25 temple cards; all need initiatory. Lettie working on the quilt she is making for Megan. Long nap; walked. Carmen came to evening meal; ate practically nothing. Called Becka to tell her Lettie and I won't be going to the shower.

GRATEFUL for new garments; Wilma F.

18 APRIL 2019, THURSDAY

Tied on quilt after breakfast and while waiting yo get my nails done. Do appreciate the way Jessica cuts my nails. Lunch with Lettie. Her finished quilt for Megan is beautiful. Only seven to the temple. Theresa, Dianne and I did 19 initiatory. Beautiful day. 68 degrees when we came back from the temple on the bank thermometer.

GRATEFUL for help with initiatory.

19 APRIL 2019, FRIDAY

Washed a load of whites; Jessica did exercise. Went to the project for patients at Utah Valley Hospital. Christina P. stopped by to check Out of the Best Books; didn't seem too interested. She is a keeper. Lovely day; went for a walk around the building. After noon meal a nap. To Let's Get Wired. Jessica's asst, Jessica leaves for home to San Diego on Wednesday; going on a mission to England. Couple letters from Sue.S. Always interesting. Norma, in the beauty shop, told me Carmen went to the hospital; confirmed that in the CPA office. Will call Rachel to see what her "shadowing" entailed.

GRATEFUL for a sunny, walkable day.

20 APRIL 2019, SATURDAY

Quilt pau. Exercise in AR. Enjoyed the buffet. I especially enjoyed the deviled eggs; just a bit of ham with the yam casserole, shrimp lobster claws. No dessert; brought home cheese and a big fat roll. Lettie didn't come. Chester carved a fat bunny. Theresa said there were a hundred guests. Jessica's son was the rabbit; had my picture taken with him. Long nap; walked. Opened treat from the Boshards: nine different goodies. Googled Siquijor in the Philippines where Grace said thy had been; sounds a delightful place; over by ferry. To a musical performance by nine BYU students;; mostly hymns.

21 APRIL 2019, SUNDAY

Nice sacrament meeting; two musical numbers, and a talk by Brent McQuarrie. Delightra at her best in the short time she had for the Come Follow Me chapters for the past week. Lettie didn't me ot noon meal. Stopped in to see her after I ate. Gave a chocolate to five people. Carmen still in the hospital. Conner worked this morning. A nap. Woke to a thunder storm. Elevator down. E-mail from regan; are in Eagle Mountain with son; to MTC tomorrow and to Nauvoo on Friday; will try to come see us during the week. Lettie came to evening meal. Went to the AC to listen to the Tabernacle Choir Choir concert in the AC room. Elevator on our side of building is down.

GRATEFUL for Sunday; Sacrament meeting.

22 APRIL 2019, MONDAY

Full day. From exercise to Laughing Yoga class. An elementary choir sang (Lettie sat in the back!) After lunch Classic Club: Johanne P. Kimberger, contemporary of Bach. Did my walk; short rest and went to Lettie's to wait for Regan and Trish. Never showed. Learned Carmen will be away for at least a month. Conner also said Marianne will be talking to Margie's daughter tomorrow re finding another facility for her mother. She has to have someone with her all the time. Sad. To a musical performance by a family. Letters from Paula and Ann Marie; the latter sent pictures taken at Shirley's grave and their twin's graves.

23 APRIL 2019, TUESDAY

After exercise went to ladies chorus; delightful. Lunch with Lettie. Ruth took her to the library. Talked to Conner re working on her headaches; said they (Dr.) are trying. Wilma stopped by; brought Forever stamps. Gave her muffins. Plans a CA trip. Long nap. To class on Shakespear; his birthday. Coined a lot of English words I hadn't realized. Sat in the sun for awhile after evening meal. Lovely. Bagged seven or eight books for Jesse to take to DI. Rachel ordered my dictionary from Amazon. Only \$6.25. Wilma sent me Delma and Jim's picture; don't know how to make a copy of it.

GRATEFUL for Wilma sharing stamps; Delma's picture.

24 APRIL 2019, WEDNESDAY

Talked to Ruby last night. After exercise went to Sign language class. Got help to print Delma's picture. Makes me want to cry. Called Wilma; leaving for CA today; back May 5<sup>th</sup>. Told her about the 100 stamps. E-mail from Regan; coming today between four and five. Lettie must've confused today with monday. She ate noon meal before I did. Choked again on my fish liver oil pill; auwe. Walked around the building twice after noon meal; nice out. Took about 23 minutes; finished up inside. Sweet note from Becky thanking me for her birthday card and saying how much she enjoyed their trip to NC and hers to SC. Regan and Trish came. There mission in Nauvoo will be recording the renovation of three or for houses there. Went to the musical performance by a ward in the stake. Big group of young people. Rachel called reporting her activities of the last few days; mostly frustration with packing in a lot of instruction/policy/etc. Another blog from Sue S. had attended a wedding.

GRATEFUL for printing of Delma's picture.

25 APRIL 2019, THURSDAY

Washed a load of darks including four sweaters and a blue shirt; came out a mass of wrinkles. Auwe. Ate early in preparation for the temple. Four women and five men. Got 3 endowments of Wilma's cards. Mildred didn't go to the temple. Ate lunch with Lettie. She eats heartily; usually has a full serving. Alicia stopped in to tell me she had visited Carmen;; has liver cancer; a matter of time. Just before I had seen Carmen's daughter getting off elevator and she said Carmen was ready to go.

GRATEFUL for Volunteers from the Branch.

26 APRIL 2019 FRIDAY

After exercise re-washed my wrinkled sweaters/blouses. Washed a load of whites. Went to Let's Get Wired and then walked outside; just as I got almost around started to rain. Alicia told us Carmen died. Ate part of lunch and dinner with Lettie; headache bearing down. Received tax refund of \$791. Went to the EV to check out the senior prom; couldn't hear the music; got to door; didn't go in; very few there. Called Rachel; voice mail. It's 8:30 and i'm going to bed.

GRATEFUL fo Income tax refund.

27 APRIL 2019, SATURDAY

Slept too long this afternoon; felt like a zombie when I woke up at four. Went for a walk. Missed there when she wasn't at breakfast or lunch. Checked resident Check Out and found she went with her daughter. Ate lunch with Lettie. Mildred wasn't at exercise but was at lunch. Didn't understand what she said re the Dr. appointment. Did say he gave her medication. Went to piano recital by a BYU Music teacher. Left as they were little kids; full house. If i'd waited more advanced students would eventually have played. Tried to call Rachel again.

GRATEFUL for walk around the building.

28 APRIL 2019, SUNDAY

Lettie went to Sacramento meeting; said she was nauseated so sat in back; stayed the whole time. The Mathews were released; were speakers. Janet has new counselors in RS. Patty taught the RS class. Ate lunch with Lettie. Nap and rushed to get to Come Follow Me discussion at three only to find movie still going. Then found out doesn't start until 3:30. Ate evening meal with Lettie; walked. Went to about forty-five minutes of LDS singers. Talked to Rachel. Won't start to really work until next week.

GRATEFUL for Sunday/church.

29 APRIL 2019, MONDAY

Podiatrist was here; especially grateful he whittled down the callous on the bottom of my foot. Always does a fast good job on my nails. Lettie didn't come to lunch. Went to Classic Club. J. Lanner; I like his music; contemporary of Strauss. Part of the enjoyment is seeing the numbers performed in some of the beautiful opera houses in Europe. A nap and started this week's Come Follow me assignment. A letter from Ann Marie nee Olson. Blair is still in Arkadelphia. Sweet memories/sentiments re her mother. To the musical performance. A short note from Paula commenting on the e-mail I forward-

29 APRIL 2019, MONDAY, cont.

ed her with picture of Delma and Jim.

GRATEFUL for Ann Marie's sweet letter.

30 APRIL 2019, TUESDAY

Had pancake this morning for breakfast; heavy; Juan cook. To resident Assn. Mtg. Carolyn conducted; Don has been/is sick. Should have worn the head hearing aids. Lettie came to noon meal as I was finishing. Alicia stopped by; asked her how many meals she and Jordan ate together; she said, "None". Walked. A nap. To new Resident Social. Jessica always has such good treats; six new residents. Could only eat half a roll and drink a glass of milk to hold my pills down at evening meal. Steven and Maria are coming for lunch tomorrow. Went to hear Anna Low's vocal performance. Excellent.

GRATEFUL for Steven's call.

1 MAY 2019, WEDNESDAY

Went to sign language class. I need to review new material. Steven and Maria came for lunch. She taking much longer to eat than we. Steven commented that he guessed I could tell she is failing. Long nap. Ruth took Lettie to library; stopped in to see me. Strong possibility of house to sell. Ruth planning to move in with Conner. Brennen ? Rachel stopped by with big fat muffins while we were at noon meal. Haven't heard from Grace for some time; wondering if she got my last E-mail. I'll try the scout program at 6:30. Six young scouters played piano solos; short and sweet.

GRATEFUL for Steven and Maria's visit.

2 MAY 2019, THURSDAY

Had a rest after exercise in anticipation of the temple trip. Walked a half hour before lunch with Lettie at 11:30. Changed for the temple. Down stairs to learn the trip had been canceled. Newspaper had short obituary for Carmen Fisher. Cut it out and gave it to Iona. After a long afternoon nap and a short walk outside I saw the one on the Resident Bulletin Board. In Provo paper? Two pages long. Debra had her say. Typed up two books left for the library. E-mail from Grace; super busy with conferences. Ron stopped in DR looking for Lettie; she had already eaten when I got there.

GRATEFUL for Grace's letter.

3 MAY 2019, FRIDAY

Got up and ready to step in the shower to find only cold water; ditto for planning to wash a load during breakfast. Hot water came on about ten but was late to the Hydration/Hygiene class; missed most of it. Went to a skimpy Let's Get Wired and the Cinco de Mayo Party. Cute pinata. Rachel called to report her first delivery day; legs aching; delivering where Lettie and Don lived. If I understood correctly still is with another employee. Someone left a bag of old times, Food and wine magazines. Old; Mildred and decided to give them to D.I. Nine new ducklings in the pond.

Grateful for: May Ensign arrival.

4 MAY 2019M SATURDAY

Wrote Grace and Paula. Went out to pond to check out the ducklings; slight wind chill. Did my walk before lunch. Talked to Rachel; another tiring day; knees. Agnes brought me a copy of Carmen's funeral program. Must've been a long funeral. She said it was very well attended. Iona went with her. Read two more conference talks. To program by a BYU music major playing the the viola; good but too long.

GRATEFUL that I got letters off to Grace and Paula.

5 MAY 2019, SUNDAY

Lettie went to Sac. mtg; could tell she had a headache. Pres. Cranney conducted. Talked re what testimony should be; quoted Elder Ballard's conference talk. He then bore a brief testimony. Testimonies slow in coming and two just opposite of what was suggested. Didn't go to the Come Follow me discussion; Don E. still sick. Slept too long. Went for a walk around the building. Still nine ducklings. E-mail from Paula. She and I must've written the same day. Called Diane Mellor; long visit with her. She is still living downstairs in Carl and Dimple's hose; Hasn't "cleaned" out the upstairs.

GRATEFUL for Sundays.

6 MAY 2019 , MONDAY

Long E-mail from Regan and Trish. Sent copies to Paula and Smith family. Wrote a short E-mail to Smith family to Wendell. Jessica did exercise; training a new asst. Walked around the building and counted eight ducklings. Finished the last ten minutes in the building. To Classic Club: a baroque composer, Claudia M. never heard of him. Only Agnes and I there. Long nap. Rachel came with two dozen cookies. In misery; I was glad I could apologize for laughing at her. Brought coasters for Lettie's bed. Waited forty plus for meal to be served. FHE canceled.

GRATEEFUL for Rachel's effort to bring cookies .

7 MAY 2019, TUESDAY

Went to Food forum; commented on heavy pancakes. Wrote Ann Marie nee Olson. Some books, many magazines given to library. Several duplicate books; to DI. Ttyped up tjhree books and need to go through some more magazines. I noticed some 2002. Ruth took Lettie to library and she bought some Famos Amos cookies for me. Ruth doesn't have a bank account so didn't feel she could cash a check for me. Will write a check for my haircut tomorrow. Helped the maid tighten bottom sheet when sheet she changed it. Wendell called but I couldn't understand him; hope he will e-mail and I'll call him. Washed a load of "darks". went to an excellent string quartet ; three classical numbers.

Grateful to have gotten a letter off to Ann Marie.

8 MAY 2019, WEDNESDAY

E-mail from Ann Marie. To Sign Language class. Committed to learning the alphabet for next week .Almost through lunch when Lettie came. She was sound asleep when I left the paper earlier. A nap

8 MAY 2019, WEDNESDAY, cont.

and fifteen more minutes of my walk. To RS Women's Social. Nice table, refreshments. Each sister asked to tell re hobbies and where she was born. Tried to print my journal. Called for help. PCA came. Printed about six pages, no reverse and the ink cartridge was empty. Auwe. When I got back from the social found a long E-mail from Scott Olson. Long. Not hungry at all but did go to evening meal; Lettie there. Has an appointment with eye doctor tomorrow; I'm glad. I'm not sure I did thirty minutes of walking today.

GRATEFUL for E-mails from Ann Marie and Scott.

9 MAY 2019, THURSDAY

Did a load of whites; a nap in preparation for the temple. Only seven of us went; 3 women, 4 men. Mildred wasn't at exercise nor the temple. Learned as I left the temple that she had fractured her pelvis when she fell; only learned it when she went to the Dr. and had an xray. I saw her just before five; she was trying to walk; said she has never been in such pain. I feel like I have a urinary tract infection.

GRATEFUL for the temple session.

10 MAY 2019, FRIDAY

In bed from 6:00 Pm until my usual seven last night. UTI for real. Wilma picked me up at 8:45 AM and we were back by 9:40. An antibiotic. Rachel brought pasta salad. Had been weeding and preparing for a garden; in good spirits. Had taken Lettie to see about her new glasses. Canceled my reservations for the Picnic in the park and moped around. Couple more gift books in library. Mildred was at lunch. No better pain-wise. Eating part of a muffin and salad from Rachel for evening meal. Had told Lettie I was going to the picnic.

GRATEFUL for Wilma taking me to Inst Care.

11 MAY 2019, SATURDAY.

Exercise in the AR. Buffet nice; Lettie didn't come. Ron came to see Lettie; she brought him up and was going to change my printer ribbon; wrong cartridge. Will get me one. She ate evening meal before I got down but brought me some of the blueberries Ron brought her. Don used to get them for her. Walked around the building before evening meal. Still count 8 ducklings. Went to a piano recital after evening meal. Students a notch above many classes. I am exhausted. UTI not as distressing.

GRATEFUL for Easing of UTI discomfort.

12 MAY 2019, SUNDAY, MOTHER'S DAY

Nice Sacramento meeting and RS. Stake primary children's choir provided the music. Sister S----spoke so long her husband will have to speak another time. She gave a good talk. Stake primary choir provided the musical number. Colleen ? Led the music; did it beautifully. She played the violin in an orchestra we learned at the RS social. Wasn't Geri's time to play the piano but she was there in time. Don't feel very good; discomfort, I hope, is from the laxative rather than UTI. Slept the afternoon through the Come Follow me discussion. Walked around the building; sat in the sun; visited a bit with the owner as he waited for Marilyn Chapman, his mother in law. After some soup walked enough to

make, hopefully my thirty minutes. Wilma brought toilet paper (huge package) and cetaphil and a bouquet of carnations. A short sweet note from Regan W. re his feelings re me; I am touched..

GRATEFUL for Sunday.

13 MAY 2019, MONDAY

Wrote Regan. Margret Pope is in the hospital: pneumonia. Had expected ron with the cartridge; didn't come. He is working. Insta Care called; antibiotic should work. Still don't feel so good. Went to Classic Club: Tchaikovsky. Walked around the building;; nice out. Had nap after Classic club. Read a little more in Come Follow Me. Three DI bags for Jesse; mostly from excess library books/magazines.

GRATEFUL for appointment with Dr. Marshall tomorrow.

14 MAY 2019, TUESDAY

To have lab work done at 8:30; found out about 9:45 that Dr. Marshall was running an hour late. Spent the time going over my history. Did say the walking is to increase blood flow. Got back to Jamestown at 12:05 PM. Lettie came to lunch as I left. A nap. Feel as if I am getting another infection. Maid came to clean room about three. Went to the Norway program which ended in a game; was fun. Ron came while I was eating evening meal; had put my ink cartridge in; cost \$23 plus. I trust it will last a while. Ruth/Lettie shared lilacs with me; so fragrant. Went to a piano recital; a notch above many.

GRATEFUL for the fragrance of lilacs.

15 MAY 2019, WEDNESDAY

I SLEPT SO WELL. Jessica did exercise; two new assts to Sign Language class. Walked fifteen minutes. Walked around building after lunch, saw the yellow ducking in the new group. A nap and to Bible study. OT: Judges. Met Mildred on the elevator; she wasn't at exercise or noon meal. I had knocked on her door. Probably hard for her to get up and answer. Glad to see her and we went to bible study together. Rachel stopped by. Continues to substitute wherever. Never knows from one day to the other. Learned at evening meal that we won't be going to the temple tomorrow. Jesse has emergency tooth problems to take care of. Lynda Davidson tonight. Margaret disoriented; after consulting Agnes decided not to stop in to see her.

Grateful for Rachel.

16 MAY 2019, THURSDAY

Miss going to the temple. Nails manicured. Three books left on table with puzzle. One of walteer rane 's Book of Mormon. Learned Lynne Gray died on the 14<sup>th</sup>. A little vase of baby breathe left while I had a nap; Diane I'm sure. Smell so sweet along with the lilacs. Lettie didn't go to lunch. Walked around building; started to rain. Finished inside. Dr. Marshall's office called. Reducing Levothyroxin again: from 125 to 122 mcg.. Lettie to evening meal. To an Accordian program.

GRATEFUL for flowers (all four).

17 MAY 2019, FRIDAY

After exercise saw Margaret eating breakfast with a Home health person. Helped with the service project for the mental hospital; snake packed with pinto beans. Cute. A little rest and to lunch with Lillian H. at the Pizzeria Seven Twelve; thin crusted pizza: Lillian got a pizza (huge) and I got a salad, we shared and she took three pieces of pizza home. She was early and as I got in the car it was hailing like crazy. Back about two and had another rest. Went to Let's Get Wired but they had started a half hour early with the new activity asst.: was having a struggle. From there to Elliot's Melodrama. Cast from staff. Jessica was the villain. Wrote E-mail to Diane thanking her for baby breathe; she answered. Wrote Regan a note, thanking him for his ;E-mail but suggesting his weekly or whatever to "all" would suffice. Need to write to Ann Marie and Scott. To Let's Get Wired and Elliot's MeloDrama nothing world shaking but fun to see staff in roles; Jessica especially good . To another piano recital. Talked to Ruby H. Her family celebrating her birthday tomorrow.

GRATEFUL for lunch with Lillian.

18 MAY 2019, SATURDAY

Another cool/cloudy day. Walked in the building. Wrote Regan a note and a letter to Ann Marie. Ate both meals with Lettie. Got new levothyroxine pills. Shouldn't take them within four hours of iron and Ca. Will try taking them at four or five in the morning. I've violated that for years. Auwe. Two hour nap. Shared Elder Palmer's May '17 conference talk with Lettie and Mildred. Brownies for dessert tonight; hard as a literal rock. To a piano-violin recital. Bags of popcorn given for attendees. Billy's birthday. Would have been 83.

GRATEFUL to have finally written to Annmarie.

19 MAY 2019, SUNDAY

.A night of feeling as if I have another UTI. Lettie went to Sacramento meeting. Gledhills spoke; released? Nancy West taught the SS class. Couldn't access ZooBuh. Had some good egg drop soup for noon meal; Lettie came as I was waiting for rice pudding. Don't think I'll have it again for a while. A nap and to the Come Follow me discussion. The woman I met in SL whose husband was with Blair O. in Viet Nam stopped in; she knows quite a few people here; Beth Colleen and others. Called Alan re E-mail and whatever he did it worked. Got Regan's weekly letter;made a copy for Lettie.

GRATEFUL for Sunday.

20 MAY 2019. MONDAY

To laughing yoga; always fun. Did my walk between noon meal and Classic Music Club. A German I had never heard of. Mildred and cataloged the three books. A nap. E-mail from Dara nee Olson answering questions re her family that I had asked Ann Marie. Her husband is now teaching full time. Went to FH Musical night sponsored by the Reees. Think I need anew battery in my hearing set.

GRATEFUL for correspondence with Shirley's children.

21 May 2019, TUESDAY

Fitful night. Went to Marianne's meeting. Talked to her afterwards re newspaper; she is aware of the 21



21 MAY 2019, TUESDAY cont.

ers aren't delivered as early as usual. E-mail from Darla nee Olson re her family. Another E-mail from Ann Marie. Picture of Scott and his daughter Maddie with him and another with Blair. Room cleaned while I napped. Ate evening meal with Lettie. Rachel is taking her to the library tomorrow. To a voice recital; students.

GRATEFUL for clean sheets.

22 MAY 2019, WEDNESDAY

New Act. Assts. Leading exercise. Interesting. Washed "coloreds". To Sign Language class. Led by one of Jessica's new assts; took signing in high school. Rachel took Lettie to library; closed. Brought me two boxes of cheese crackers. A nap; to Bible class. In Judges 6-10; lots of killing. Idol woSship. Gideon. Walked two different times. To piano performance. Esther P. died; Don Engstrom in the hospital. Rachel took the papers he usually shreds.

GRATEFUL for diminishing of UTI signs.

23 MAY 2019, THURSDAY

Washed load of whites. Went to InstaCare; got in quickly; a five day antibiotic. Waited to be picked up at wrong spot; poor Jesse ran from InstaCare, to the pharmacy to finally find me on the 2P rather than the 3P where I should have been. Got pads from Jessica's store. Ate lunch but afterwards put on my pajamas and spent the afternoon in bed. Bryan Smith ordained Bishop of his ward Sunday. Lettie brought me a cup of milk; will have it and Rachel's muffin for evening meal.

GRATEFUL for fast trip to InstaCare/diagnosis/antibiotic.

24 MAY 2019, FRIDAY

Up about every two hours; even so slept quite well considering. Only stayed for half the exercise class. Went to hear a vocalist; sound system over drowned him. Virginia, Jacob's mother-in law, came as Lettie and I were finishing noon meal. Brought a beautiful arrangement of flowers. Jacob and Sarah are doing well; active in the church; a different better job. Was thrilled to hear of their activity. She and her husband will be visiting them next month. A skimpy Let's Get Wired class before the Memorial Day program. Love to see the presentation of the colors. Unfortunately couldn't understand either of the speakers; on was Terry Chang in full uniform. Wrote a skimpy letter to Scott. Lettie's house sold.

GRATEFUL for Virginia's visit/flowers.

25 MAY 2019, SATURDAY

Another pretty good night's sleep despite getting up every two hours or so. Stayed for all of exercise; tired. Stopped in to see Mildred; in bed; daughter with her; went to hospital last night; sent her home on Hospice. Daughter spent the night with her. Spent much of the day in bed. Went for a walk in the afternoon and stopped in to see Mildred; her son-in law was there. Invited me to go in to see her; in bed with a lovely tied quilacross her legs; gave her a kiss on the forehead. About three Mildred's son-in law brought me her tokens. Marami. Her daughter had indicated she would be giving them to me. I

25 MAY 2019, SATURDAY

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GRATEFUL for seeing Mildred.

26 MAY 2019, SUNDAY

Mildred died yesterday afternoon/evening (?) I will miss her. Lettie came to Sacramento meeting. Robie Drewes taught the RS class, having trouble with her eyes. Nap in afternoon. Walked all halls once. Fifteen minutes? Norm and Dan gave me a blessing. Talked to Betty J. enjoyed a couple articles in the New Era.

GRATEFUL for Sundays.

27 MAY 2019, MONDAY

Disappointed in the presentation of Memorial Day at Arlington cemetery; ditto to Classical music of Wagner. No video with either; just reading. nice buffet today; good corn.. Nap and walked in building. More empty rooms than I can remember. The last of my antibiotic. Not feeling as well as I would like. Sent Grace a card to ask for her E- mail address.

GRATEFUL for end of antibiotic.

28 MAY 2019, TUESDAY

Gave Jessica Mildred's coins. To Resident meeting which Jessica conducted as Don is still not well; Carolyn not feeling well either. Ruth took Lettie to the library. Brennen is living with a friend. To new Resident Social; sat across from Ardeth Hanna, the only new one there. Both arms are broken in two places. Still seemed very positive. Lettie got me one of Alene's books; look forward to reading it. Have one more reading assignment in the Come follow Me for this week. After talking to Carolyn when I finished evening meal visited with Don for a few minutes. He said he felt like he had aged three or four years. Still not feeling well.

GRATEFUL for Lettie getting Alene's book.

29 MAY 2019, WEDNESDAY

Sign language class. Lunch with Lettie; shorter nap than usual. Walked around building. Went to bible study; in Judges; Samson has just come into the picture. Rachel came. Visited with us as we ate evening meal. She found my watch working. I don't know why I thought it wasn't. I'm glad it is. To the evening of a piano recital; long. Updated my medication summary.

29MAY 2019, WEDNESDAY, cont.

Agnes gave me a pair of nice SAS shoes. Too narrow and too long. Alicia had gall bladder surgery today; tomorrow they do surgery again to remove a gall stone that lodged somewhere. Threw away the remainder of Wilma's Mother's day flowers and got the ones I loaned to Lettie from Virginia.

GRATEFUL that my watch is working.

30 MAY 2019, THURSDAY

After breakfast to appointment with Dr. Marshall; almost on time; made several changes in meds: trimethoprim no more, halved Amlodipine, added Metformin and Losolan. Lunch with Lettie and to the temple; seven of us. Ate with Lettie; Alicia out of surgery. I took Agnes' shoes back to her. A quilt is up. Did three stitches. Don't like the yarn they have out. McCall is coming tomorrow with Fern for lunch.

GRATEFUL for seeing Dr. Marshall and that I was able to go to the temple.

31 MAY 2019, FRIDAY

Got up a little early to do a load of "whites". Slept exceptionally well. Went to Let's Get Wired. Lunch with Fern and McCall. Delightful. Fern looks good. McCall will be the Director of a care facility in American Fork. Went to Token auction. Detergent pods and a small magnifying glass. Came back with tokens. Would have liked a guest meal ticket. Arch got the second one on one bid :250. To Singers Performing Company. Encouraged Lettie to attend. It was crowded. Loud, noisy, cute; forty or so young girls. Becky and Wilma came while I was there. Left pictures and a lovely vase of irises. Said they had tried to call. So sorry I missed them. I am exhausted.

GRATEFUL for McCall and Fern's visit; Wilma and Becky.

1 JUNE 2019, SATURDAY

We did exercise in AC as they were setting up for a big lunch in the EVR. Ruby from memory care directed. My three new meds came; started them at noon. Re-typed my med list for the bathroom and one for my wallet. Lots of meds. Tied a few ties on the quilt. I think Agnes did one tie otherwise no others. Nap. Been expecting Becky and Wilma all day. Now 4:30 and they haven't come yet. Lettie came in to enjoy the iris and see the pictures from Tom Harper that Wilma is sharing. Made check for June contributions. Becky and Wilma came over around six. Becky has been helping Wilma with her garage sale. I'm exhausted. Talked to Conner thinking I had dialed Alicia; still in the hospital and will probably be there a couple more days. Catalogued a Mary Higgins Clark book. Put the others in DI bag. Talked to Rachel; discouraged.. E-mail from Alexander and Paula.

GRATEFUL for Wilma and Becky's visit.

2 JUNE 2019, SUNDAY

Enjoyed the meetings as always; Lettie didn't come; saw her later; bad headache in back. Walked a couple of times; around the building after noon meal. Saw two yellow baby ducks. . Another in the building after a nap..Talked to Gladys. Alicia is home; tried to call her; no answer. Wrote to Alexander.

8 JUNE 2019, SATURDAY

Exercised. Walked fifteen minutes and tied several ties on quilt. Rachel brought Lettie a bag of food; container of noodle soup[ and a big casserole. She shared. Found twenty or so books over by the romance section. From?? Family of someone who died?? After evening meal finished the tying on the quilt; ready for a turn. Don E. back in the hospital; Carolyn with him,

GRATEFUL for not having UTI.

9 JUNE 2019, SUNDAY

Wilma's birthday. Lettie made it to Sacrament meeting. We ate noon and evening meals together. Long nap. Read first chapter of this weeks' Come Follow Me manual. Peter denies Christ three times. Sat in the sun a bit after evening meal; nice. Walked over to the ponds; fun to see the yellow, the striped and other little ducklings. Addressed a birthday card for Shirley Olsen; she'll be 97 on the 24<sup>th</sup>. Will be going to live with Marta and her husband in their new home in Colorado.

GRATEFUL for Sacrament meeting and RS.

10 JUNE 2019, MONDAY

After exercise went to Black Cow Day but declined a root beer float. Typed up books given to library; couple duplicates and a couple I decided not to keep; put in DI pile. Shifted a few books on shelves. Fiction is packed on most shelves. After lunch walked around the building and finished up the thirty minutes inside before going to Classic Club: Debussy. Bank statement came. I spend more each month than my monthly income. (\$275). Cecilia told me that Lettie and I will be moving to the table next to us with two new residents, sisters, tomorrow. Shifted some books on library shelves. Went to singles FHE; still hadn't come by 6:45 so I came home and read part of a Richard Paul Evans's book.

GRATEFUL for some time I the sun.

11 JUNE 2019, TUESDAY

Long wait in cold room waiting for Dr. Chipman. He examined my breast; got the burning shot. Not sure what it is. Joan, new driver, called in sick. Jessica took me to my appointment. Ate lunch with marie and LaRae; table next to our old one;; Lettie had already eaten. A nap and to Jessica's piano presentation. Lovely; one of her assts. Page turner. Walked around building;; met Jason Smith helping his father-in law move in. While I was out Eric H. came; left a note; he and Andrew leave for Europe tomorrow; will call him. Glad they are going. The last of their children to go individually. Just before evening meal Dianne B. came with a sweet little vase of pink roses and caramel popcorn. Lettie, Marie and LaRae were eating when I went down. Marie very critical of chicken pot pie. Vegetables "not cooked". Have been shifting a few more books.

GRATEFUL for walk around building..

12 JUNE 2019, WEDNESDAY

After exercise went to Sign Language class and then Come Follow Me class. Steven and Maria came. They, we and the Comancho's ate lunch together. The Comancho's are Jason Smith's in-laws. I met him yesterday when they were moving in. I told Steven he didn't look old enough to live here. Said

3 JUNE 2019, MONDAY

Did some ties on the quilt after exercise and before Classic Club. Anton Bruckner. Tried calling Alicia before lunch. Missed Lettie at noon meal but who should show up but Alicia. She was going to see Lettie after she left me but I saw her in the hall about the end of Classic Club; hope she isn't overdoing. Told me Megan's water had broke. Nice long letter from Regan; several pictures;; a particularly nice one of Trish. Walked around the building before lunch. A nap. Got bag of books for Jesse's DI run tomorrow. FHE: Pres Cranney showed various films which he had done. Was COLD . Talked to Rachel; she worked eight hours today. E-mail from Dianne B. invited Mary Miles for lunch Wednesday. I had thought that it was her birthday on the 5<sup>th</sup>; was today.

GRATEFUL for Rachel getting working hours.

4 JUNE 2019, TUESDAY

Megan had her baby. 6 and half pounds. Activities Forum; Jessica not here; pneumonia. Went to social with Memory Care; knew four residents; Carla, Martha, Glenna and LouJean. Lettie and I ate both meals together. Walked outside around the building; lots of ducklings, five yellow several striped. Fitful nap before Memory Care. Back tired.

GRATEFUL for Safe arrival of Conner and Megan's baby.

5 JUNE 2019, WEDNESDAY

No exercise; no honoring Alice Taylor. Went to Come Follow Me discussion. Dan covered the whole chapters; left a bit early because I wanted to be in foyer when Mary Miles arrived. Just made it. She ate well. Took a number of vases. Rachel brought pineapple and crackers (two kind). Walked around building after Mary left. First time I have been hot. Yellow and striped ducklings cute. A nap. To bible class: Samson.

GRATEFUL for: Rachel's generosity/Mary's visit.

6 JUNE 2019, THURSDAY

Did exercise and read BOM and took a nap in preparation for the temple. Ate at 11:30; since Lettie hadn't come I took the paper to her. Just getting up. Got the Atorvastatin I ordered. Nine of us went to the temple. Met our new bus driver; Joan; seems a very pleasant lady. Was a school bus driver; from Springville. Christina Parkinson sat by me at the temple; Alan retires on the 30th of June. Vitals taken. Weighed 128 pounds. Some changes in background in temple presentation. E-mail from Xander; told me what he did for his Eagle; impressive. Talked to Conner and Rachel.

GRATEDUL for temple session.

7 JUNE 2019, FRIDAY

Did a load of whites. Exercise. To class given by Cindy from Memory Care re Home health Care and hospice. She said hospice is the best kept secret around. I learned a number of things. Home health is paid completely by Medicare. She spoke highly of Dr. England here and the NP. here at Jamestown. Ate lunch with Lettie. A rest and to Let's Get Wired. To the Doughnut discussion and doughnuts; declined the latter. A cool blustery day.

12 June 2019, WEDNESDAY, cont.

Margie, wife his wife, has dementia. Maria looked the best I have seen her for some time. Had my hair cut and a nap. Didn't go to Bible study. Lettie had eaten when I got down for evening meal. Marie just turned 95 on the 3<sup>rd</sup> of June. Took Lettie a banana; she had talked of Davy. I'm pleased. We won't be going to the temple tomorrow. Joan, driver, is in the hospital with pancreatitis..

GRATEFUL for Steven and Maria's visit.

13 JUNE 2019, THURSDAY

Did a little more shifting of books in library; some new books brought in. I'm gradually taking a few off the shelf if they are a bit worn. Rachel brought me some cheese; took my newspapers for shredding. Has another interview with the job she has applied; is optimistic re getting. it. Checked my ink cartridge; no ink. Teresa and Iona came over for a visit this morning. Iona did most of the talking. From a big family; had a big family. Quilt turned; did some tying. Went to the Musical performance.

GRATEFUL for the quilt being turned.

14 JUNE 2019, FRIDAY

Went to Flag raising ceremony out front of building; weather pleasant ROTC from BYU smart looking. From there to Cameo Club Talent show. Eleven women looking the age of residents here. Each had some talent to share. Entertaining. Lettie was just finishing lunch when I came down to the DR. Rachel had taken her to the Social security office where she needed to sign something. A short nap and to Let's Get Wired. And walked around the building, finishing up inside for I think 30 minutes. Rachel called re her interview. Seven minute interview; decision to be made in a week or so. Will probably go to the violin recital after evening meal.

GRATEFUL for Rachel sharing.

15 JUNE 2019, SATURDAY

Exercise with Jessica. Read paper, BOM, a bit of shifting books in library/tidying up, finished the last of the tying on the quilt; now needing turning. Lettie just finished eating as I got to DR; Marie and LaRae came about same time. Marie finding food difficult to cope with. Did enjoy the soup. Long nap; walked around building; cloudy. Felt dopey. Wrote Alan re the two E-mails I couldn't open or delete. Tried to call Gladys. This is her DAY. Conner, Megan and Mckinnan came for a visit. Such a petite beautiful child. Went to a piano recital; some good students. I am so tired.

GRATEFUL for the opportunity of seeing Megan and Conner's baby.

16 JUNE 2019, SUNDAY

Lettie went to Sacrament meeting the Reese's spoke and the Cranney's granddaughter played a violin solo with Andrea, her mother accompanying her. Lovely. Janet and Mike were released from their Branch positions and also from the Branch; three years here. Sr. west was sustained as RS president and Christie and Janet put in as her counselors. Delglhtra taught the SS class. Her daughter has just joined the Tabernacle Choir. Father's Day buffet; good watermelon and corn. A nap. Talked to Gladys; large attendance at her party yesterday. Said most of her nieces and nephews were there. She was

16 JUNE 2019, SUNDAY, cont.

most of her nieces and nephews were there. Walked. I think I'll go to hear the BYU singers; haven't been for a while.

GRATEFUL for Janet and Mike Reese's time at Jamestown.

17 June 2019, MONDAY

After exercise to Laughing Yoga; E-mail from Regan. Nice picture of Trish but was upside down. Lettie came to read it as my ink cartridge is out. Walked around the building. To Classic Music club: Hayden. Music nice but I left at 2:45 with the music still. Went to see the Dance group which has been coming here for as long as I can remember. Colorful costumes; lively group. Alicia stopped by; her Dr. is across from Jamestown. Colored her hair reddish.

GRATEFUL for Alicia's visit.

18 JUNE 2019, TUESDAY

To food forum after exercise. Walked around building and finished thirty minutes inside. Lettie's library day. Went to Chair Chi after a nap and to hear Henry Chandra play the piano. A first for both of these. Beautiful day. No bus driver. I wonder if we will be going to the temple Thursday. Washed a load of "darks" and remade my bed after she changed the sheets. Went to the Dementia Support meeting; Norm and I the only residents there. Nurse from Memory Care and two women, Nicole and ??; very informative. Took Lettie a banana. Will try calling Rachel again.

GRATEFULK for info in Dementia meeting.

19 JUNE 2019, WEDNESDAY

A busy day: Exercise, Sign language class and Come Follow Me; Lettie didn't come to noon meal. Stopped by; bad headache. Walked around building; hot, short nap and to Bible class; much larger than usual; did Ruth and started Samuel.

GRATEFUL for news of a temple trip tomorrow

20 JUNE 2019, THURSDAY

Exercise; nails filed. Came home and refiled them; unfortunately Jessica didn't do them. She tried hard. Ate early and went to the temple. Twelve; most we have had for some time. Three couples helped. Comonchos, Bob and Jean and Kathryn and Gordan. I got four of Wilma's cards done. A new driver;; waited a half hour for her so didn't get back to Jamestown until 4:10. got my bank card statement; a charge from Amazon I have no idea re. Rachel suggested I call the bank.

Grateful for temple session.

21 JUNE 2019,FRIDAY

Went to mat making project from plastic bags. I opened bags; not sure I could weave. The video showing the process and finished product was impressive. Spent some time on phone with my bank and Amazon trying to solve the charge on my bank card. Hopefully it is resolved. A walk around the build

21 JUNE 2019, FRIDAY, cont.

ing; Cool. A short nap and to Let's Get Wired and to the home made ice cream gathering; more residents than I have seen in a recent activity. After evening meal I did a load of whites including my temple dress that got caught in my walker on Thursday. I sprayed the greasy spots and hopefully they will wash out. Rachel didn't get the job for which she applied.

GRATEFUL for resolution of Amazon charge.

22 JUNE 2019, SATURDAY

Three new books; cataloged and shelved.. Cool; low sixties but did go for a walk around the building and inside to take care of tomorrow's walk. Lettie gave me some small zip lock bags. Wrote Paula. Bought soap from "store". Packaged 50 tokens.

GRATEFUL for walk.

23 JUNE 2019, SUNDAY

Enjoyed Branch conference. Lettie didn't make it. Lany and Gery Wakefield sang The Lord is my Shepherd. Didn't have a chance to visit with Gayle as they left after Conference. Pres. Jackson stressed temple attendance quoting Pres. Nelson's talk last Oct. as he met with us after conference. I ate noon meal early thinking Lettie would be eating; she didn't eat; took the paper to her. Took tithing envelopes of LaRae and Marie. I didn't see them at breakfast or Sacrament meeting but they said they were there. A nap; a walk around building; nice out. Seven books left for the library. Provo temple will be closed for six weeks July 1<sup>st</sup>. Tried to call Ruby H.; problem in getting her number. She called me. Always good to talk to her.

GRATEFUL for Branch Conference; seeing Gayle.

24 JUNE 2019 MONDAY

After exercise went to Senior Moments; quite fun: five items and you were to repeat them back in order; when written could remember better. Walked around building; got 15 minutes in. Cataloged five books given to library; two duplicates and into DI bag. Letter and pictures from Regan; Lettie came up after my nap to read it. I want to read B. H. Roberts' The Mormon Battalion. Forgot to go to the Classic club; auwe. Shirley Olsen's 96<sup>th</sup> birthday. Heading for Colorado with Marta and Jim.

GRATEFUL for books cataloged.

25 JUNE 2019, TUESDAY

Went to Resident's meeting with Carolyn E. taking Don's place after exercise. Should've had my head set. A walk around building after noon meal; hot. A nap and to New resident's Social. Only two couples and two singles there. Marie and LaRae didn't attend. More books to library. Lettie went to library. Scanned The Mormon Battalion. Letter from Paula. I had forgotten they went to Europe in 2012. Finished Alma. More books given to library; one by Dorothy Hendrix.

GRATEFUL for letter from Paula.



26 JUNE 2019, WEDNESDAY

To Sign Language and Come Follow me classes. Did a twenty minute walk before noon meal and after Bible class made it over my thirty. Cataloged three books and put them in the library. Got a \$15 check for overpaying somebody. Got a box of tissues form AC store. Hot today. Lettie came to evening meal at 5:30. One of the first times we have all four eaten together. Carolyn E.. gave two large print Reader's Digest book condensation. Emptied my shredding machine; overflowing.

GRATEFUL for painless walk.

27 JUNE 2019, THURSDAY

Dropped Carolyn's Reader's Digest condensations of in library on y way to breakfast. Had noon meal with Lettie. Ten of us to the temple. Three to sealings. Walked around the building before breakfast. E-mail from Pam Werner. Having some heart surgery on the 3<sup>rd</sup>; possibility of putting in a stint. E-mail from Grace Teh; they're back in Utah; North SL; youngest daughter living with them. Michael has a different assignment. Went to see Lettie after evening meal. Reed had brought her a baby ? Quilt to bind. Ron came just as I was leaving; will check out my ink cartridge when he leaves.

GRATEFUL for temple session.

28 JUNE 2019, FRIDAY

"Freshened" up pants and blouses. Two big loads. Walked around building after noon meal; hot. Two naps, morning and afternoon. To Let's Get Wired . Lettie and I sat together for the Voice Works recital. Have ripped off my thumbnail again; auwe. Talked to betty J.

Grateful FOR CLEAN PANTS AND BLOUSES.

29 JUNE 2019 SATURDAY

Walked around the building before it got too hot. Newspaper in box when I left for breakfast!! Ate noon and evening meal with Lettie. The program I planned to hear was a "no show"; Jessica, who was here sang. Was her Saturday to be here. Wrote to Grace T.

GRATEFUL for: getting a letter off to Grace.

30 JUNE 2019, SUNDAY

Lettie went to Sacrament meeting; gave the opening prayer. Lovely young women's chorus sang Pres. Cranney conducting meeting of whole branch as the 5<sup>th</sup> Sunday. With temple closed for six weeks encourages us to work on our family History; help will be available as of the 11<sup>th</sup>. Put tape on my thumb nail after Sacrament meeting riddling on it some more. Walked the halls before noon meal. Took Lettie a banana and signed up for her and me for the podiatrist tomorrow.

GTRATEFUL for Sunday.

## 1 JULY 2018, MONDAY

After exercise went to the podiatrist. To class on Canada; walked around the building. Walking any distance makes me so tired. Auwe. Read Regan's letter last night. Keep forgetting to have Lettie come read it; several pictures. Lightening struck Angel Moroni on top of the Nauvoo temple leaving his face black. To Classic Club: John Philip Sousa. I didn't know where his was born: USA. Steven and Maria are coming for Fourth of July BBQ.

GRATEFUL for learning more about Sousa.

## 2 JULY 2019, TUESDAY

Got up at six. Found out the cleaner put both bottom sheets on the bed. Washed both of them. Went to the Personal Enrichment meeting with Jessica. Lettie came to last of it. We walked around the building and got more pine cones. She kept some and I'm saving the rest for Barbara Jean. Lettie is coming on the 4<sup>th</sup> with Steven and Maria with Wilma. Ruth got me some Famous Amos cookies.

1. Grateful FOR clean sheets.

## 3 JULY 2019, WEDNESDAY

Went to Sign Language class after exercise and then to Come Follow Me; not too well attended; Dan did a good job. Waked after lunch; short rest and then to Jessica's Freedom party: coconut cake and her singing patriotic songs. Got the invitation for Gladys' 90<sup>th</sup> birthday party. Was mailed on the 20<sup>th</sup> of June. Nice one. Got a banana for tonight to have a half with my Famous Amos cookies.

GRATEFUL for Lettie agreeing to go see the big flag on Friday.

## 4 JULY 2019, THURSDAY

I tried to walk around the building after breakfast; didn't get too far before I ran into the sprinklers just before the bus parking space; back the other way and to the ponds. Tried to get in one of the side doors; locked. Steven, Maria and Wilma came to the 4<sup>th</sup> of July barbecue. Had a nice reserved table where Iona and Teresa usually sit. Teresa sat with us when she came in at 12. Food good; think Wilma F. particularly enjoyed the corn. Lettie introduced Maria to Famous Amos cookies. They came up to the room and I shared. Wilma took my blouse. Steven brought us chocolates. Napped too long.

Will call Gladys and Rachel before I go to bed.

GRATEFUL for Steven, Maria and Wilma's visit.

## 5 JULY 2019, FRIDAY

After Exercise went to a Skin Care class by one of the 4 Home Health co. rec'd a bill for the residue of medical costs of a a number of services; can't get in my dresser drawer to get my check book: pull on my door pulled off. Kate early with Lettie and we went on the bus to see the large flag. I was disappointed. Not as large as the one yesterday as it had been ripped by the high wind last night. This was one from Ogden. Was pretty. Nice to be out. Went to Let's Get Wired then back to my room for a nap exhausted. Got my thirty minute walk in before noon and evening meal. Gave Lettie Alan's big temple calendar. Sue S. wrote re their Fourth of July.

GRATEFUL for Lettie joining me on the bus trip.

6 JULY 2019, SATURDAY

Wrote to Paula; she also wrote to me; they leave for Maine on the 9th. Have a busy week planned. Slept three hours this afternoon. Walked 30 minutes in two different fifteen minute shifts. Cataloged the two new books to the library; one to DI. Totaled up my June expenses. Not as much as June.

GRATEFUL for letter from Paula/Sue.

7 JULY 2019, SUNDAY

Fast and Testimony meeting. Lettie came to sacrament meeting. Came to noon meal after I got there. Marie and LaRae were already when I got there. Got a new hearing aid from the Branch. So good to be able to hear. Delightra taught the SS class. Read Elder Soars conference talk which will be the discussion in RS. Next Sunday. Read Acts 5 the beginning of this week's Come Unto Me. A nap; and walk around the building. I do get winded when I walk around. Picked up another pine cone. Ruth w. brought my System gel and bill for it and Famous Amos. I had given her the money. Good to have it totted up. McKinna will be blessed next first Sunday. Lettie ate evening meal with us; went up afterward to see if Ruth explained about using the Dr. here. Seems to.

GRATEFUL for Ruth's visit.

8 JULY 2019, MONDAY

Did a load of "coloreds" while I ate breakfast and did exercise. Went to Jim Allen's discussion of why Joseph Smith ran for president of the US. When I asked him his background he informed me he had been Asst. Church historian. Embarrassing. Went to Classic Music Club: Irwin Berlin. Born in Russia. Letters from Joel H. Letter from Regan and Trish. A wonderful evening of violin and solo by two sisters well into their sixties, or seventies.

GRATEFUL for the lovely music

9 JULY 2019, TUESDAY

Did a load of whites during breakfast and exercise. Bought shampoo from AR store (\$1.25). Went to see Judith B. Not sure what her problem is. Went to Food Forum. Chester on the defensive; doesn't need to be. Wrote Karna. A nap, Short walk. Had granola, kiwi and strawberry water for PM meal. Won't have the kiwi/strawberry again. Pretty. Lettie saw the Dr. here today. Ruth took her to the library. Recommended I ask Brennen for any help I need. Went to see Judy B. Not much satisfaction from my visit. Dis learn she had fallen on Saturday.

GRATEFUL for Ruth's recommendation.

10 JULY 2019, WEDNESDAY

Walked my thirty minutes in two fifteen minute shifts. Several E-mails from Ann Marie with some great pictures. I'll share with Wilma. Karna wrote that Joel will be home on the 17<sup>th</sup>. Will speak in church on the 21<sup>st</sup>; offered to provide a ride for me to hear him speak; thoughtful of him. Went to Sign Lang. Class; bible class; need to take my own bible. Talked to Rachel; she has the P. O. job she wants; will start in about three weeks.

11 JULY 2019, THURSDAY

Went on the bus to the Credit Union to withdraw some money; my checking account is too low. Hopefully Wilma will take it to my bank tomorrow. Ate noon meal with Lettie and the sisters. Went to the lip balm making class. From there to the accordionist; lot of accordion. Went to the Legends music performance; brothers who have been coming for some time.

12 JULY 2019, FRIDAY

Wilma and Wendell came over. He got my journal back on correct format. Enjoying where he is. Eyes are better. Needs to find a job. No longer needs disability since his eyes are better. Went to Let's Get Wired; only four of us. From there to Jessica's Rogers and Hamersteins' Guess This Tune. Managed to get thirty Minute walk in bits and pieces.

GRATEFU for Wendell getting my journal format back to format.

13 JULY 2019, SATURDAY

Found a duplicate book in library; three books given to library. Only cataloged one. Wrote Grace. Walked around the building; garden really grown in two days. Once in morning and again after cooking club; the latter with Iona; hot. Got popcorn and cupcakes from Hospitality area. A cupcake for Lettie. Went to the movie and left after about ten minutes; moving so slowly and I couldn't hear very well. Not why I'm so tired.

GRATEFUL for walk.

14 JULY 2019, SUNDAY.

Enjoyed church; Lettie went; Geri played the piano. The Boshards came ministering. Contemplating being released. Edgemont Stake provides leadership for four extra branches ; Legacy, Jamestown, a juvenile facility and one more. Slept a drugging two hours. Nothing in hospitality area all day. Alice W. said McKay said he had probably written his last E-mail Started reading the next Come Follow Me assignment; Acts 10. Think I'll go to Walmart in the morning. Will call ruby h.

GRATEFUL for the Boshards.

15 JULY 2019, MONDAY

Went to Walmarts; bought tissue, B12, Fe, cheese, Puffs, sanitary napkins and a bouquet of flowers. Ate lunch with Reed W. and Lettie. He brought Lettie two quilts to hem. I've always enjoyed Reed. I hope he comes to see Lettie a little more often. Another interesting letter from Regan and Trish. Walked before Classic Club. A composer I'd never heard of: Henri Vieuxtemps, born in Belgium, beautiful string music. Was able to make an appointment tomorrow to have my earwax removed; not able to get a ride. Will check with Rachel in the morning and if she can't work me in I'll try for an appointment on Thursday. I do need to get it done and make an appointment with Costco where I got my hearing aids. Last night when Eric and Karna came I couldn't hear half of what was said.

GRATEFUL for visit with Reed.

16 JULY 2019, TUESDAY

After exercise went to Marianne's monthly meeting; should have taken my earphones. From there to have wax removed from my ears. Painful. Late for noon meal. Got there to find Lettie finishing up with Marie and LaRae. Carolyn E. has cancer. Learned after noon meal she is on Hospice. Feel so badly for Don. A nap; room not done when I got back from noon meal. A substitute came after I'd slept for an hour or so. I was impressed that she dusted everything in my what knot. Went to the last thirty minutes of Jessica's Tai Chi class. Quite a few there; Grant and a new couple. Sue Sanft's 73<sup>rd</sup> birthday (from her Blog). I'm enjoying the flowers I got at Walmart. Carolyn E. has cancer.

GRATEFUL to have my ears cleaned.

17 JULY 2019, WEDNESDAY

Went to exercise, Sign language class and Come Follow Me. A shame so few got to the latter. Dan does such a good job. Hair cut. A nap and missed Bible class. Daniel, one of the leaders in Bible class served our table at noon. Don't ever remember having him on our side of the room before. Rachel came with some cherry tomatoes. Took my papers for recycling for which I'm most grateful. Carolyn E. is home. On Hospice. I feel sad for Don. To Phyllis D. concert. Another quilt up.

GRATEFUL to Rachel for taking papers; and for tomatoes.

18 JULY 2019, THURSDAY

Washed a "dark" load while I was eating. Good to have it done; also did two blouses. Had a nap at ten ; auwe. Dianne B. brought a bouquet of lavender and got my toilet plunged. Did a few ties on the new quilt. Pretty one. Leslie, our new bus driver, is evidently putting together the squares someone has given Jamestown. Lettie had her legs compressed today. As we finished evening meal Darla nee Olson and her family came. Adam 14, Noah and their daughter. Handsome children. Had been to CA. Enroute to Becky and Danny for the night. She looks beautiful. To a new vocalist. Late and rather painful

GRATEFUL for Darla and family visit.

19 JULY 2019, FRIDAY

Tied quilt ready to turn after breakfast; exercise and made jewelry for Pioneer Day party. I made necklaces; Early noon meal and a nap before Let's Get Wired. To canyon for a picnic and bicycle rides. Long. Ride to Bridal Falls on the back of a bike delightful. Home at 7:00 pm.

GRATEFUL for ride to Bridal Falls.

20 JULY 2019, SATURDAY

Walked around the building after exercise. Someone had tied the quilt ready for another turning; Lettie? Glenna hill will be 100 on the 22<sup>nd</sup>; a party for her in Memory Care. Carolyn E. died. Cancer of ovary; how quickly it moved.

20 JULY 2019, SATURDAY, cont.

got help to print my journal on both sides of paper.

GRATEFUL for help in printing my journal on both sides of paper.

21 JULY 2019, SUNDAY

went to Sacrament meeting at the Windsor 2<sup>nd</sup> Ward to hear Joel speak at Sacrament meeting. Sat by Amanda. Karna's mother, two brothers and families were there. Beautiful ward house. Back in time for noon meal. Long drugging nap. Saw part of the tabernacle Choir broadcast in the EV room after evening meal. Visited with Lettie before. She didn't make it to church. Finished tying the quilt. I'm very tired.

GRATEFUL that I was able to hear joel speak; see Karna's mother, family.

22 JULY 2019, MONDAY

After exercise I went to Glenna Hill's 100<sup>th</sup> birthday party. Norma came in to do her hair. She looked nice. A son and daughter and grandchildren were there. Son, daughter, and two granddaughters talked about her. From there to a Larry? played guitar/sang; foot tapping, but nothing I'd want to go to again. To Classical music; Beethoven. Seven tapes; no pictures. Agnes, Josselyn and Elaine were the only ones there. All left except me and I left shortly after the seventh one started. Made an appointment to have my hearing aids checked next Thursday. Wilma came at one; had an appointment with me to get a new phone. I seem to be losing it. To Fireside. Bob Drewes reporting on his visit to the Normandy Beach invasion June 6<sup>th</sup>, an excellent presentation. Ruth called; she, and Conner, will be coming to the buffet on the 24<sup>th</sup>.

GRATEFUL that I went to Glenna's party and heard Bob's presentation.

23 JULY 2019, TUESDAY

Did a load of whites, mostly garments. After exercise Come Follow Me discussion by Ron and Patty Smart. Early lunch and nap; to Chair Chi with Jessica. Relaxing. Ruth took Lettie to the library. Third Nephi is my reading in the Book of Mormon; I love the Savior's visit to the Nephites after his resurrection. Couple more chapters in Acts. Carolyn E.'s obituary is on the Resident bulletin board; long. She was 81. Funeral Friday. Talked to Rachel. She worked from 3-12; sorting mail in preparation for the carriers. Body aching.

GRATEFUL for

24 JULY 2019, WEDNESDAY

New Act. Asst had a struggle with exercise; also at Sign Lang. Class. Conner, Ruth, Rachel and Wilma came for the buffet. Enjoyed quizzing Conner re med sch. He didn't have class today; Megan went to a family reunion with her family to S. Dakota. He is doing well. An "A" on his Anatomy final.

24 JULY 2019, WEDNESDAY, cont.

Has a break in August; will go to CA. To see his dad and grandfather.

Walked around the jamboree area;; not as hot as I'd expected. A nap. Went through some of the magazines in library; ;getting rid of 2017 and some 2018's. Will give them to DI.

GRATEFUL for Buffet guest; talking to Conner re Med Sch.

25 JULY 2019, THURSDAY

Went to Costco and a new young woman said the filters were filled with wax; put new ones in. I should have them changed every two or three months. Got some Cetaphil, more batteries and cookies and Lendors. Slept too long this afternoon. Lettie had her hair cut; super short. Got help to put chess board back on the shelf. Third day without a paper. Called. Siad hadn't received my renewal. Called bank and they said it was cashed on the 23<sup>rd</sup>.

GRATEFUL to be able to hear .

26 JULY 2019, FRIDAY

Wilma picked me up at ten; took me to InstaCare. UTI. From there to WalMart's and bought a phone. Got back at 12;30; Wilma set up the two phones. Has to charge for sixteen hours. A short nap; Let's Get Wired. Visited Lettie. To the Diva program; some great music. Think my watch may be in Wilma's car trunk.

GRATEFUL for Wilma taking me to IntaCare and getting a phone.

27 JULY 2019, SATURDAY

Left exercise a little early. Moped around most of the day. In the afternoon finally put on pj's and went to bed. Walked around the building once and before evening meal walked the halls. Think I got in my 30 minutes though not walking very fast. Can't figure out how to use my phone. Rachel brought four boxes of crackers over yesterday.

GRATEFUL to have antubuitic scheduled for 8 am and pm.

28 JULY 2019, SUNDAY

Slept well; High Councilman spoke at Sacrament meeting; man sang a a son. Delightra and her husband were there;; he was being released as the Financial clerk. Ardell C. was sustained as the new one; gave me a chance to tell Delightra how much I will miss her as a teacher. Lettie came for Sacrament meeting; left and noticed she was wal;ing aorund the building during RS. Robbie D. taught the lesson in RS. A lovely colorful handout which she drew; colorful. A nap until three. Wilma came over just as we were finishing evening meal. Think she has made it possible for me to get Voice mail And got my volumn up so I can hear. Bless her. I'll try to call Rachel.

GRATEFUL forrhe Sabbath day.

29 JULY 2019, MONDAY

Went to class re Guessing Who the Resident ; not many there. Letter from Regan and Trish.

29 JULY 2019, MONDAY,cont.

Trouble hearing message left on Voice Mail; Lettie had trouble also. Tried to call Wilma; she called me. Trouble hearing; auwe. Finally realized it was City Center Pharmacy. Had run out of one of meds I needed; would mail it when they get it. Walked my 30 minutes in three different bits and pieces. Reed brought Lettie some beautiful Bing cherries. She shared. Iona not feeling well. A worrier. To Classic Club:Aaron Copeland. Problem with technology. Did hear the Lincoln Portrait

GRATEFUL that I got my walk in.

30 JULY 2019, TUESDAY

Went to Resident's meeting at ten. Washed a load of whites during breakfast. Nice to have a week of clean garments. A nap before and after noon meal. To new Resident Social; theme was Hawaii; ugly grass down the center of the table; macadamian nuts and coconut, passion fruit guava sorbet. Ono. Colorful napkins and paper plates. Made my bed as the cleaner didn't come in until just as I went to the the Resident Social. Theresa gave me and Lettie some apricots. She is a sweetheart. Iona came to lunch; says she still feels woozey.

GRATEFUL for Jessica's efforts in making New Resident Social a treat.

31 JULY 2019, WEDNSDAY

To Sign Lang. Class;to Come Follow Me. A rest ; false fire alarm; learned from Marilyn that if the ceiling sprinklers don't go of it isn't for real. To the bible class: 1Samuel. Lettie brought me apricots, peaches, tomatoes and bread. I don't feel so good. I'll call Insta Care tomorrow re the antibiotic I'm taking. Can't believe they might have called and I didn't get the call. Auwe.

GRATEFUL for apricots, peaches, tomatoes.

1 AUGUST 2019, THURSDAY

Nails cut; not by Jessica. Walked around building; almost cool. Two different kinds of squash. Arch was resting mid walk. New family of ducks: nine? Finished Reed's cherries. Finished 3<sup>rd</sup> Nephi. A nap after noon meal and then to the welcome to the non-denominational Pastor Milligan; very pleasant; a friend with him, not his wife. Has three children, 9, 6, and 3. Chester had crepes, fruit and potato skins. I couldn't eat evening meal. Ron came to see Lettie today. Having his surgery ?? got my "dark" clothes ready for morning wash. Talked to Betty J. will try calling Gladys and maybe Rachel before I go to bed.

GRATEFUL for my visit with Betty.

2 AUGUST 2019, FRIDAY

Rachel's last day. I will miss her; she was an excellent conceirige representative. She had a printed program for her musical presentation; some Italian numbers; very professional. Jessica accompanied her beautifully. Busy day six okens. Highlight was the Netherland dancers. Marie and LaRae went. Walked around the building afterwards; hot. Dianne B. brought apricot bars; haven't eaten one yet. Lettie didn't come to evening meal; was going to have a tomato sandwich. I have one that needs to be eaten. Took my biggest apricot to share with Marie and LaRae; split it and Marie dropped LaRae's; I



1 AUGUST 2019, THURSDAY cont.

felt like saying I'd eat it; was thrown away.

GRATEFUL that I got my walk in.

2 AUGUST 2019, SATURDAY

Had a nap after exercise and again after noon meal; auwe. Took a walk around the building after noon meal; HOT. Feel grumpy. Called Ruby H. from Lettie's. Shirley has gone to grand junction with Marta and Jim. Got another Clotrimazole. ?? Read some more in Come Follow Me. Wrote Grace and asked about two of my missionary companions. Read a couple more articles in the new Ensign. Put in a new Oxygen nose piece.

Grateful to have talked to Ruby.

3 AUGUST 2019, SUNDAY

Nice Fast and Testimony meeting; I almost bore mine. Iona did. Next month. Come Follow Me lesson. Dianne said she hasn't heard from Sue either. Ramon having more trouble with his ankle. Thinks she/they may be busy. Lettie didn't attend; met her as she was by the Beauty Shop; just got up. E-mail from grace. She and her husband and two children had been to NY; saw all the sites and went to some of the historical sites also. She knew Sr. Tabyocycoc. Not Sr. Galero. A nap and a thirty minute walk. Lettie ate before we did; checked with her to see if she got a banana; she did. Encouraged her to read, or at least check the pictures in Come FollowMe. At noon meal could see the light of an ambulance. Theresa came after my nap to tell me it was Iona they took to the hospital; concerned.

GRATEFUL as always for Sunday, meetings.

4 AUGUST 2019, MONDAY

last night Jocelyn brought a book, two puzzles and a game for the library. She is such a pleasant person. Book a nice one but print so small I gave it back to her suggesting she give it to someone in her family rather than me giving it to DI. After exercise to presentation on Guadalajara; mostly food. Presenter on a mission there. Ended by singing two songs accompanying himself on his guitar. Bought food at a Mexican market by DI. Part of the month's places to go. Rachel came with two big fat muffins. To Classic Club: Vivaldi. A nap; bought soap from Jessica's store. Will go to the piano program tonight.

GRATEFUL for Jocelyn's thoughtfulness.

5 AUGUST 2019, TUESDAY

Fitful night. Washed a white load. Jessica is off for the week; going to Girls Camp with her girls. Went to Life Enrichment Forum changed phones; thanks to one of the PCA's. Talked to Wilma re returning my new one. Brennen took Lettie to the Library; came to see me; looks good. Checked my new phone and said it was as loud as it could go. Reinforced my resolve to return the new phone. Reported that Connor, et al are returning from CA tomorrow. Went to Chair Chi and to Around the World with Memory Care. Samples of food from several countries; didn't go to DR for evening meal

5 AUGUST 2019, TUESDAY, cont.

Made a tomato sandwich; bread too thick; threw most of it away. E-mail from Grace; knew all three of the companions I asked her about. They were baby sitting their grandson, William. Did my thirty minute walk in sections. Once around outside and all the little detours. Read this week's Come Follow Me Romans 1-6.

GRATEFUL for Brennen's "pop in".

6 AUGUST 2019, WEDNESDAY

Davy, our nurse, born in Belgium, talked about Belgium; very interesting, very knowledgeable. One of Around the World presenters. Made it late to get to Come Follow Me which Bro West, of the Branch presidency was leading. None quit measure up to Dan L.'s presentations. Bible study was at 2:30; didn't go. Walked around the building; another new "batch" of ducklings. Coolish. Lettie still at noon meal when I got there a little early. Was also at evening meal; had talked to Ruth.

GRATEFUL for Davy's presentation.

7 AUGUST 2019, THURSDAY

Walked outside and in to get in my thirty minutes. Rachel called; body getting a little more used to the physical aspect of her job. Took Lettie for signature of something and Saver's shopping. I slept way too long this afternoon. Wrote Grace T. and she answered. Their son, Adam, is their oldest (28). Finished school and has moved back to the Philippines. Disappointed that only Doreen and Saen were in the new pastor's meeting when I went down around four. Iona gave me two peaches.

GRATEFUL for Rachel's call.

8 AUGUST 2019, FRIDAY

Went to Don's presentation on Brazil; long but enjoyed it. Had a little piece of bread and a drink. Also attended Let's get wired. Ruth stopped by; had brought Lettie sour dough bread and Gravenstein apples. She shared with me. Grant evidently gave up on the all white puzzle. Was gone. Ordered a clock.

GRATEFUL for Ruth's visit.

9 AUGUST 2019, SATURDAY-11 AUGUST 2019

Problem with my printer. Ardell C., Jason's father-in law, fixed it today: 12 Aug'19 for which I am most grateful.

12 AUGUST 2019, MONDAY

Exercised. Walked around the building after attending Frank and Karen's report on Russia. Not nearly as well done as Don's and Davy's. He was there in 1967 as part of his master's and they were there on a mission ?? two or three years ago. My walk is skimpy today; only twenty minutes. To classic club: Brahms; lovely music. Only three of us there. Cart full of books; three gifts; two duplicates (to DI); from resident's family who died. Two crossword puzzle books; gave to Lettie. When I asked Ardell about my computer problem he knew immediately it was the keyboard, not the computer and as I indicated above addressed and corrected the problem. Conner and Megan's baby will be blessed

12 AUGUST 2019, MONDAY, cont.

Sunday the 18<sup>th</sup>.

GRATEFUL for: see 9<sup>th</sup> August.

13 AUGUST 2019, TUESDAY

Went to the lab for blood, urine test; Long wait to be picked up but did get back for most of Marianne's meeting. Exceptionally skilled technician took my blood. Rachel brought my money after cashing my check. Lettie was going with Ruth to Alicia's ? to make apple sauce. I had a nap and went to Hal H.'s. German experience; two films including one with the Tabernacle Choir and Tom Brokaw re his candy bombing; impressive. Filled one of the passport pages. Read a couple chapters in Ether and two more chapters of Romans. E-mail from Paula. Went up to Lettie's after evening meal; she was in bed; didn't stir. Theresa gave me a cup of beautiful cherries.

GRATEFUL for Paula's letter.

14 AUGUST 2019, WEDNESDAY

Hair cut. To Sign Language and then Come follow me. To the Red Barn; bought some cheese, peaches and apricots. Apricots prettier than peaches. Shared with Lettie and Iona. Will also give some to Theresa and Marie and La Rae. Got my walk in two shifts. Tired, tired.

GRATEFUL for Red Barn trip.

15 AUGUST 2019, THURSDAY

Seemed good to be back in exercise. Big class. Did a load of "darks". Had a nap in preparation for the temple this afternoon. Have missed seeing Ron; asked Betty, his wife at lunch. He's on Hospice; dying; can't swallow. Ate lunch with Lettie; still struggling with headache. Eight of us to the temple; nice; few new scenes; sat with Dianne B. Back at four. Pam sent a new tribute to their son, Ross, but I couldn't open it. Ross has been dead nine years. Will go hear a piano/vocalist tonight.

GRATEFUL for the temple session.

16 AUGUST 2019, FRIDAY

Exercise; a rest and Luau with Steven, Maria, Rachel and Wilma. Wilma took my phone to return it to Walmart. Gave her money to buy me some garment bottoms. Wore my muumuu. Kept getting caught in my walker wheel. Helped with the nutrition packets as part of our Humanitarian projects. The clock I ordered came. Need help in putting the battery in/setting it. Another rest before Let's get wired and the hula dancing. Steven called will get a ticket for the play David is in for one night next week. Walked around the building after the hula dancing. Lettie went; seemed to enjoy it. Seven really young girls as well as two young women. One man. Husky, tattooed. Kread Victor's new tribute to their son Ross who died nine years ago. Marami pictures.

GRATEFUL for Luau guests.

### 17 AUGUST 2019, SATURDAY

Exercise class. Steven called re to the theater tonight. Last day;; Maria is going. A rest caught up on Deseret news crossword puzzles. Beth asked if she could give some jigsaw puzzles of the library. Took paper to Lettie; sound asleep. Later when birdie stopped by the DR to give her her meds asked where she was; later they came together and she ate lunch with us. Another rest and to Cooking club to find a BIG group already assembled for Australia's Lamingtons; pound cake covered with chocolate sauce and dipped in coconut. Good but very rich. Walked around building. Hot. Another rest before evening meal. Peter put my new clock together. Steven and maria picked me up for Beauty and the Beast at the Scera Outdoor theater. Such a beautiful setting. Got a little cool. Steven took one of Jamestown wheelchair for me ; he hovered over both of us. Too much for one man. Mathew met us wheeled me into the wheelchair reservation. Steven bought popcorn and water. Got back at 11:00 PM. GRATEFUL for Steven's thoughtfulness.

### 18 AUGUST 2019, SUNDAY

Alice and Lanny Wakefield were released as volunteers. Spoke at Sacramento meeting. Lanny also sang. I will miss them immensely. Their daughter was there. Andrei C. gave the SS lesson. Excellent. Had stationary and stamps at the door as we left; encouraged us to write a letter to someone. I concur with her on the value of personal letters. Long nap after noon meal. Lettie went to Sacramento meeting. Walked thirty minutes in the building.

GRATEFUL FOR Sunday and the meetings held.

### 19 AUGUST 2019, MONDAY

Ron had hip surgery. Another great letter from Regan and Trish; erased it. Auwe. Needed to show Lettie the pictures. Enjoyable Ireland presentation by Jim Allen. Nice handout. Beth brought ten puzzles for the library; most BIG ones. Tucked most of them away. Went to the Classic club: Frederich Kuhlau. A nap.

GRATEFUL for apricots and peaches from the Red Barn (just getting soft)

### 20 AUGUST 2019, TUESDAY

Long night as I went to bed about 8:30; too long. Just as I was reading Sue's E-mail the phone rang; Dr. Marshall's office; he is ill and she rescheduled my appointment to Thursday morning. A little trouble getting it scheduled for Thursday from here. Put the rest of the puzzles on the shelves. Lettie is doing one. Nice puzzles. Went to Food Forum; skimpy attendance. Jessica did the Exercise class with thera bands. Walked around building after the forum and finished my 30 minutes after my nap. Eyes burning. Fat envelope of pictures from Desiree Johnson of her children; beautiful children, beautiful photography.

GRATEFUL to have the puzzles tucked away.

### 21 AUGUST 2019, WEDNESDAY

Did a load of "whites" during breakfast. Went to Sign language class. E-mail from Regan. They will be in Nauvoo until the houses are complete. An unsatisfactory nap. To Bible class: Jonathan and David.

21 AUGUST 2019, WEDNESDAY cont.

Fourteen in class; Don, a big help to the instructor. Three books given to library; cataloged them. Had a peach, or was it a nectarine (from the Red Barn) and a glass of milk for evening meal. Talked to Steven; Maria didn't feel well enough to have her heart test. Ron sounded as if he is doing all he needs to ensure a satisfactory recovery from his surgery.

GRATEFUL to have talked to Steven and Ron.

22 AUGUST 2019, THURSDAY

Went to appointment with Dr. Marshshall; lots of paper work; changed my eye drops. Ate lunch with Lettie; shared a tomato. To Dr. Parsons, eye Dr, changing my Timolol for a drop that I will use at night rather than the morning. More eye drops than usual; dilated my eyes. September Ensign and new Era came. As I took August to the library met the temple people returning; 15. Look forward to going next week. Got back from morning appointment in time to have my nails cut. Went to a new vocalist. Older woman with music/sound via her husband.

GRATEFUL to have my two Dr. appointments.

23 AUGUST 2019, FRIDAY

Washed ten blouses with my dark load during breakfast and exercise. Went to Let's Get Wired. Walked around building twice. To the Token Auction. Lettie brought ron up after evening meal. Looks good; pleased with how he is managing. He is going to pick up my new eye drop. Washed eight pairs of pants after Ron and Lettie's visit.

GRATEFUL to ron for getting my eye drops.

24 AUGUST 2019, SATURDAY

Ron brought my eye drops; bless him. Finished the Book of Mormon. Sartet over. Went to the cooking club for an English dessert; super rich: Banoffee. Short nap; short walk. Max Cannon died. Will gp to hear a pianist tonight. Pres. Nelson is going on a five country visit in South america starting today.

GRATEFUL to have my eye drop.

25 AUGUST 2019, SUNDAY

Bertha, a resident, and Janet, RS counselor spoke at Sacrament meeting. Sr. Wesr (Nancy) RS president gave the conference talk lesson, replacing Robbie who had not quite recuperated from her eye surgery; She had prepared a handout with Nancy delivered. Another colorful one she evidently painted as for her last lesson. Rachel brought two boxes of cookies and tomatoes and cucumbers. She is still having trouble with her swollen toe where something heavy fell on it. Fitful nap. Walked a little short of thirty minutes.

GRATEFUL for Sacrament meeting and RS.

26 AUGUST 2019, MONDAY

Lettie's 87<sup>th</sup> birthday. She came to lunch and the DR servers sang to her; no balloons. Cards from

26 AUGUST 2019, MONDAY, cont.

Agnes for Jamestown; Theresa gave her one. Regan mentioned it in his letter. I went to the presentation on Nicaragua and the Classic Club did Franz Shubert. He died at 32. gave Davy my Timolol to dispose. Nap after Classic Club; walked around building. Bought a puzzle book and vaseline from token Store: 50 tokens. Will go to Voiceworks children's recital.

GRATEFUL to have gotten rid of some tokens.

27 AUGUST 2019, TUESDAY

Reed W. came with fruit last night for Lettie's birthday; so glad. Talked to Gladys. Went to Resident's meeting after exercise. Another new asst. to Jessica; tall. Don now has a vice president and a secretary. Said he felt better than he has felt for six weeks. Ruth took Lettie to the library; had her granddaughter. Went to RS Social. Beautifully decorated tables with sun flowers and green apples. Sat at a table with several ladies I didn't know; Shirley, Joann, Dorene. Nice refreshments; didn't go to evening meal. Finished my Come Follow Me scriptures. Wilma came before lunch; brought two garment bottoms; receipt from phone return. She is going camping with Becky and her family. To Arkansas in October. Brought peaches and rolls. My right eye is still uncomfortable; weeping.

GRATEFUL for Wilma.

28 AUGUST 2019, WEDNESDAY

To exercise, Sign Lang. Class and Come Follow Me with Dan L. He does such a good job. Fitful nap and to the Bible class. 1 Samuel. Tomato sandwich for evening meal. Niot as tasty as I expected, Wendell called to say he had sent a picture of Nancy's grave marker; didn't receive it. Talked to Wilma; she didn't get it either. Also got Wilma's dates that she will be in Castledale and Arkansas. Went through the magazines on the tables in the library; will send the older ones to DI.

GRATEFUL to've gone through magazines on tables in library.

29 AUGUST 2019, THURSDAY

After exercise and paper reading had a rest (why am I so tired?) in anticipation of the temple. Theresa helped me do the 13 initiatatories. Christina P. was there and went with us. She is such a nice person. Also saw Terry, Norm's wife. I was surprised we were able to do all 13 and eve3n so we had about a fifteen minute wait for the session to end. 15 of us to the temple. Brennen will be picking up Lettie and me on Sunday for the baby blessing. Marie gave Lettie and mee a BIG peach from her tree.

GRATEFUL for the temple.

30 AUGUST 2019 FRIDAY

Washed whites. I now have ten pairs of garments. I was disappointed in the presentation on New Zealand. She was very nervous. Her grandson served a fruited cream desert. Pavlova (?). Josselyn had brought a picture of the temple and of Mt. Cook. Elsie Cannon has gone to Memory Care. Went to the New residents Social Four new ones. I sat by Bertha. After the NZ presentation I walked around the building. Dining room servers were picking tomatoes; gave me a couple. Tried to call Rachel; no answer.

31 AUGUST 2019, SATURDAY

Walked around the building after the cooking class; a Greek dessert, disappointing. Hot out today Elsie Cannon died today. Gordan G. is having dementia problems; going to Memory Care. Both Ron and Maeser's funeral's today. Did a load of darks. My purple blouse had several spots I couldn't sponge out. Called Brennen; he will pick us up at 11:15 tomorrow.; I'm glad I can go to our Sacramento meeting. Fixed him a bag of cookies, a banana, some plums and Marie's peach. Went to a piano recital this morning: Last three students excellent. Going to a viloin recital tonight.

GRATEFUL for clean clothes.

1 SEPTEMBER 2019 SUNDAY

Nice little omelet for breakfast. Lettie called; can't make it to the blessing of the baby. To Sacramento meeting and about five minutes of SS before Brennen and his friend picked me up for Conner's ward. Ron and Karmelle were there. So were Ruth, Alicia, her husband and son. Conner gave the baby a beautiful blessing. Interesting to hear testimonies in a family ward. Megan bore a sweet testimony. Long walk to the pulpit. Came home and ate a cheese/roll sandwich, milk, grapes and a cookie. Ample. Slept most of the restof the afternoon. Went to see Lettie after evening meal. Lamented the fact that when plans to go somewhere she isn't able to. A couple times in the library shelving books.

GRATEFUL thatI I was ableto go to Conner and Megan's baby's blessing.

2 SEPTEMBER 2019, MONDAY

Labor Day. David Smith's 58<sup>th</sup> birthday.

Went to What's my Job after exercise and then walked around the building. Did 19 minutes of my 30 minute walk. Had noon barbecue with Lettie and Bill . To Classic Club: Samuel Barber, an American (b. 1910). recognized the name but not familiar with his music; quite liked it. Tried several times ot get the pharmacy to order a refill of one of my prescriptions. Never did. The Boshards came ; wanted to see old pictures of me. Brought cookies; being released at the end of the month. I will miss them. To hear a pianist. She was excellent Only 16 or 17. Will be coming the first Monday of the month.

GRATEFUL FOR the Boshards.

3 SEPTEMBER 2019, TUESDAY

Bryan's 56<sup>th</sup> birthday. Sent a picture of his family; greying nicely. Went to Jessica's Activities Forum. Made copy of Regan's letter. Never been so late. My memory is slipping. Tomatoes from Rachel/Ruth via Rachel. Peaches from Ruth. McKenna is the baby's name. Made a copy of the poem Ron wrote of Betty's hands; on his funeral program. Learned Judith fell; in hospital. A nap. Grant didn't do his candy;not feeling well. LaRae gave Lettie and me a light throw; nice and soft.

GRATEFUL for Ruth, Rachel, LaRae's generosity.

4 SEPTEMBER 2019, WEDNESDAY

Busy day: After exercise to pond for fishing; not any caught before ten when I went to the sign Language class. From there to Come Follow Me; Dan did a great job as usual. Lunch and a nap. To Bible class. Two chapters. E-mail form Sue S. To a musical performance. The Christus puzzle taken

4 SEPTEMBER 2019, WEDNESDAY cont.

down; by Frank? Another 100 pieces put together. Judith B. is back in the DR. was in emergency for 26 hours. Bleeding problem from her fall. A walk after the Bible class around the building. Hot.

GRATEFUL to see Judith looking so well despite her bruises.

5 SEPTEMBER 2019, THURSDAY

Went to Dr. appointment at Utah Cancer consequently missed the temple. Am to have a bone density test and back to Utah Cancer in three months. Steve, driver, still teed off by Eve and her demands. Took tomatoes to lunch; Shared with Theresa, LaRae and Elayne. Another rest when I came back from Dr. My blood pressure 90 something over 60 something, the reason I feel so tired (?). Took Lettie the paper after lunch; nice article re Jenny Oaks and her violin. Delightful e-mail from Ann Marie with pictures of her family. Candi and Wink have been called on a mission to the Polynesian Cultural Center. Ordered some nose pieces for my oxygen. Walked around building; hot.

GRATEFUL for opportunity of speaking to Max and Elsie's daughter.

6 SEPTEMBER 2019, FRIDAY

Lunch with Lillian at a Thai restaurant by BYU. I had a bowl of dumplings; a salad but was full from the dumplings; afterwards went to a fabric store on Center St. in Provo in a house, beautiful fabric, yarn: Harmony. Did a load of whites went to Let's Get wired; large group and then to the one on Myth re Muslim women wearing veils. LaRae is away until Sunday. Colorado? Got a banana for Lettie.

GRATEFUL for the bowl of dumplings at the Thai restaurant.

7 SEPTEMBER 2019, SATURDAY

Things slow in the DR; Margie complaining. Loaned my paper to Scot. He took it home with him. Wrote Grace and rec'd a letter from her. They are buying a house in Layton and will move after conference. Took apple sauce to Marie but she had already ordered and I told her I'd bring it back tonight. She has missed LaRae's walker in taking her drink home. She and Lettie are to soda drinkers. Share my tomato with Theresa and Iona. Ono. Walked around the building after noon meal. Twenty minutes. Another ten before evening meal.

GRATEFUL for communication with Grace.

8 SEPTEMBER 2019, SUNDAY

I awoke Lettie out of a sound sleep to remind her that it was Sunday. She came, bless her. Ardell and Marjorie spoke in sacrament meeting. Janet taught the RS lesson. Marie didn't come to noon meal; with her daughter? Slept too long. Walked around the building. Went to Pres. Nelson's birthday party. From 4:30 -6:00/ Got a banana to take home for evening meal. Eric H. came with some very moist zucchini bread. His is on Sabbatical this year.

GRATEFUL for Sundays.



9 SEPTEMBER 2019, MONDAY'

Long letter from regin and trish. Was served very quickly so walked after breakfast and before exercise. Went to Marilyn Chapman's discussion on Japan. Was during the Korean war so not the Japan I saw. Even so quite interesting; three of her children were there; one born in Japan. Oldest, whose husband is Jamestown's owner. went with her mother to Japan when she was a year and a half. Went to classic Club: Alexander Borodin, Russian. To Which resident is it Game. Pictures of twelve resident with names at random on side. I recognized them all except ?? Forgot to take the apple sauce to Marie at noon; will try to remember tonight. LaRae is back. There was a little bowl of cherry tomatoes on the hospitality table with notation that they were "free" from Jamestown Garden. Went to Fireside by the Druces' daughter-in law re her trip to Africa with a friend taking Humanitarian kits for girls. Steven and Maria coming to lunch Wednesday.

GRATEFUL Branch volunteers.

10 SEPTEMBER 2019, TUESDAY

Went to Marianne's meeting. Construction starting in Sept?, Oct?. Next week work on fire alarms. Periods of alarms to check system. Early lunch to facilitate my appointment for bone density test. Interesting experience. Five minutes scanning spine; three minutes on each leg/hip. Long walk from parking. Steve, driver, the kindest. Wrote Ann Marie. Ruth taking Lettie to library. Marie finished up the apple sauce Ruth gave us. Went to Tai chi and then Staff Talent Show. The talent show was disappointing. Went to the choir concert. Colleen directed; did beautifully; looked lovely..Lorraine was co-director but fell and i'm not sure of her status.

GRATEFUL for all the work that jessica does for us.

11 SEPTEMBER 2019, WEDNESDAY

Wendell's birthday. Hadn't remembered that 3,000 people were killed on the 11<sup>th</sup> of Sept 2003. From exercise to Sign Language and to Come follow Me discussion. Bro. Druce's granddaughter led the discussion; good job but missed Dan. Walked my 30 minutes in two different times. To the chili cook off competition; lots of people there. Eight kinds. Haven't heard who won. Steven and son David came for noon meal. Nice to get better acquainted with David. Maria not doing very well. Rachel and Wilma brought produce. Wilma four peaches and tomatoes. Rachel a slug of tomatoes and a pepper and cucumber. She is suffering form aching feet. More hours. Jordan will be opening his own barber shop.

GRATEFUL for Wilma and Rachel's generosity;.

12 SEPTEMBER 2019, THURSDAY

Resident Art Show up; some impressive quilts, pictures, two wooden carvings by Scott. Marilyn and Floyd had several each. Theresa had at least five. Had a rest after exercise in anticipation of the temple. Jessica brought the gifts from the last month's Around the World: little ball, a 7 oz pkg of international chocolates, Ono. And a certificate saying Lavina Harper Toured the World in Thirty one Days. Twelve of us to the temple. Rachel brought us seven beautiful peaches. A letter calling me to Juror duty.

GRATEFUL to be back in the temple.

13 SEPTEMBER 2019, FRIDAY

After exercise to Dental program; not too impressed. Quilt turned, a few more ties. Talked to Keeley; will call me. A nap before let's Get wired. Watched the carriage ride before I did fifteen more minutes walk around the building to supplement this morning's walk. Staff setting up for tomorrow's Carnival and Car show. Homecoming Ball tonight. An invitation to Lorraine. Washed hose; bag holding them bursting two places. Auwe.

Grateful for drawer full of clen garments.

14 SEPTEMBER 2019, SATURDAY

Wrote Grace. A few ties on the quilt before ViAnn, Keeley and Clark's wife came for breakfast. ViAnn enroute to Washington, DC. Nice visit. Breakfasts are \$7. Good to see them; especially Vi Ann; hadn't seen her since Vivian's funeral. Keeley was on her mission in Nicaragua. Read the paper. Church News had pictures of Pres. Nelson's birthday party and re-dedication of Frankfurt Temple. Loked at the cars; Steven was there; can't remember what kind of car he has. Lettie, Marie, LaRae and I saw the candy drop. Got a banana at evening meal; not hungry; Lettie didn't eat either. Walked around half the building at 5:30; booths still up. Sundberg-Olpin mortuary gave me a lovely memory book as I came in the side door by the gazebo. Lovely letter from Tina, Bryan's wife.

GRATEFUL for ViAnn's visit.

15 SEPTEMBER 2019, SUNDAY

Lettie came to Sacrament meeting; two speakers and a flute solo. SS. Andrea taught the lesson; good job. Passed out a booklet of a talk What is this Thing Called Death by Elder Brent L. Top. Two hour nap; walked around building. Hot. Talked to Gladys. Had listened, and enjoyed book tape of Lorenzo Snow's life. Recommended it. LaRae brought us raisin cookies.

GRATEFUL for Sunday meetings; visit with Gladys.

16 SEPTEMBER 2019, MONDAY

Nice long letter from Regan. Went to hear the guitarist at ten. Half way through Diane Mellor and one of Denzel Aycock's granddaughters came. Went out to the Hospitality area and visited. To Classic Club: Clara Shumann. To hear Geri's family talk about their parents' first year and half of marriage in the jungle of Columbia. Their son was born there. Claudia's daughter and a number of grandchildren were there. Noisy. Only a short rest. I'm exhausted.

GRATEFUL for Diane's visit.

17 SEPTEMBER 2019, TUESDAY

Jessica did exercise; a new asst.; to Food Forum. Finished reading Come Follow Me scripture for the week. To hear Henry Chalmer on piano. Jessica moved the table and chairs back to the library. I saw Mckinna when Ruth came ot take Lettie to the library. Talked to Lettie re Brennen, Conner and Lettie's B12 shots. Jamestown doesn't give shots. Lettie brought peaches when she came back. A nap; room cleaned/bed changed. I wish she would come in the morning.

18 SEPTEMBER 2019, WEDNESDAY

Sign Lang. Class after exercise. Come Follow Me with Dan. Excellent as usual. Nap and hair cut. Bible class. Just finished First Samuel. Helped Lettie look for her temple recommend; no luck. When I was eating evening meal she said she had found it. Yea! Called re Juror summons. Called VRX to return their call yesterday; needed a number on the back of my credit card for the aspirin. Kwilma brought names for endowment and initiatory.

GRATEFUL that Lettie is going to the temple tomorrow.

19 SEPTEMBER 2019, THURSDAY

Nails cut. Tied another side of the quilt. Lettie didn't feel like going to the temple. Fifteen of us. Iona fell in store today with her daughter; big bump on her head; cut on her leg; sore chest where the shopping cart fell on her. Family is taking her to Instant Care. Took her a banana and some milk.

GRATEFUL for the temple and seeing Christina .

20 SEPTEMBER 2019, FRIDAY

RACHEL'S birthday. Helped on Humanitarian project. A nap before noon meal. Half of my walk. Cool; rainy. Got letter from District court; filled out. Iona asleep this morning before and after breakfast. Got milk for her cherrios. Later took she took a bath and re-wrapped her leg cut. Washed a load of whites. Went to Let's Get Wired and the discussion of Micobes in Yellowstone and elsewhere; interesting. Finished my 30 min. walk after evening meal. I am going to call Rachel

GRATEFUL got my walk in.

21 SEPTEMBER 2019, SATURDAY

Wrote to Grace and Tina. Had trouble printing Tina's letter; first CN A couldn't help; second one did it in three moves. Turned on my heat. Walked around building after my nap. To Cello Recital.

GRATEFUL to get letters answered.

22 SEPTEMBER 2019, SUNDAY

The Boshards spoke at Sacrament meeting; they were released; I will miss them immensely. Robbie D. taught the RS lesson based on Sr. Eubanks' Apr. Conf. Talk. Lettie was at Sacrament meeting. Iona's daughter came to see her. She had her noon meal and evening meal delivered. Went to hear the BYU singers sing but weren't there at 6:30 so I came back and put on my pj's. Betty J. called. Elizabeth Taylor died; Was 87. She has had lots of physical challenges. A relief.

GRATEFUL for Boshards' talks.

23 SEPTEMBER 2019, MONDAY

Went to jJm Allen's discussion of church history; he chose a time just as the WWI ended. Mixed feelings re the League of nations among leaders of church. To the Classic Club: a Russian I'd never heard of.: Giazunov. A short, fitful nap. FHE tonight. Ice Cream Lots of questions; interesting information.

24 SEPTEMBER 2019, TUESDAY

Went to resident's meeting. Glad Don has help. Ardelle was up front taking notes. Also went to Cowboy Poetry and new resident social. John, new resident, is 99. Ruth took Lettie to the library. Iona is going to be moving to a care center in Salt lake near her daughter. I'll miss her.

GRATEFUL that Ruth is so diligent in taking Lettie to the library.

25 SEPTEMBER 2019, WEDNESDAY

Usual Wednesday after Exercise, Sign Lang. Class and Come Follow Me. Drewes granddaughter led the discussion. Missed Dan. A nap; Bible study and walked around the building; as I sat afterwards Paige came; didn't recognize her. She suggested it had been about a year since we had seen each other. Did a few stitches on the quilt; was turned and did a couple more. To hear Lynda Davidson. Someone gave Teresa two books for the library; same so I will give one to DI.

GRATEFUL to have seen Paige.

26 SEPTEMBER 2019, THURSDAY

Lorraine Black's 95<sup>th</sup> birthday. Rachel brought me two boxes of crackers and tomatoes, a big cucumber and Bell pepper. Twenty to the temple. Long wait at the end of the session for several late loaders. Walked after I got home. A skimpy 30 minutes; more like twenty-five. Had half a tomato sandwich for evening meal. Not very flavorful. E-mail from Paula.

GRATEFUL for number going to the temple.

27 SEPTEMBER 2019, FRIDAY

Such a good night's sleep. Bean Museum brought a big cockroach, a tarantula, a turtle and a snake for their animal show this morning. Another quilt finished. Gave Rachel's pepper and cucumber to Norma in the beauty shop. Shared a couple of cherry tomatoes with LaRae and other tomatoes to Iona; she seems in a dilemma re taking Tylenol. Went to Let's Get wired and the Violin Making demo. Fascinating. Jim Allen gave the library his book: This Is Still the Place. Wrote to Grace. Had half a tomato sandwich for evening meal.

GRATEFUL to have heard the violin making presentation.

28 SEPTEMBER 2019, SATURDAY

Some pretty apples on the Hospitality table. Took Lettie a couple. I find apples in the same category as raw carrots being difficult to bite into. Walked a round the building before noon meal. Ate a little earlier than usual. Went to Loraine Black's 95<sup>th</sup> birthday party. Took a little sandwich and cookies for evening meal. Lots of food; lots of people. Totaled up my September expenditures.

GRATEFUL to see Loraine's family honoring her.

29 SEPTEMBER 2019, SUNDAY

Fast and Testimony meeting; Fifth Sunday and instruction from Branch president. Excellent discussion of praying with real intent and how we might do this: out loud, thanking first. Long nap; short walk 29

29 SEPTEMBER 2019, SUNDAY, cont.

outside and longer inside. Sue S. sent a picture of a double rainbow. Hawaii is truly a land of rainbows. Went to hear the LDS singers; hadn't been for awhile.

GRATEFUL for Pres. Craney's discussion of Praying with real Intent.

30 SEPTEMBER 2019, MONDAY.

Busy day. Jessica sang songs from four female singers and told a little about them: Julie Andrew, Shirley Jones, Jane Powell and ?. Short discussion on alarm system. Classic Club: Barbara Strozzi; not too smitten with her. Italian of the 1600's. E-mail from Grace. Shared my tomato with Lettie and LaRae tonight; Lettie and I had a sandwich. Peaked in at Don E.; in bed sound asleep. Little too cool to walk outside; walked about 25 minute inside.

GRATEFUL for Grace's E-mail.

1 OCTOBER 2019, TUESDAY

Jessica introduced October's Murder Mystery activity. She also led the Exercise class using two different thera bands. Good workout. Nice nap. Ruth took Lettie to the library and she got my Cetaphil just as I ran out. I like her 10% Walmart discount. To Jamestown graduation from September classes. Cute little diploma cap. Walked around building. Little cool but nice. Plus ten minutes in building think I got my thirty minutes in. Betty J. sent me a copy of Liz Taylor's funeral program

Grateful to Ruth for Cetaphil.

2 OCTOBER 2019, WEDNESDAY.

Cataloged one book. Shawna came in to the Sign Lang. Class re her identity in the murder game. From there I went to Come Follow me. Love Dan's presentation. To bible class. Walked to the ponds after evening meal; too cool to go all around the building. Checked on Iona a couple of times. Wilma brought six initiatory and two male names for endowments

GRATEFUL FOR DAN.

3 OCTOBER 2019, THURSDAY

Didn't do my walk today. Auwe. Theresa, Christina and I did Initiatory. KkTwelve of us to the temple.

Blog from Sue S, busy. Their mission is coming to a close.

GRATEFUL for Thursdays and the temple.

4 OCTOBER 2019, FRIDAY

Went to Flu class after Exercise; a rest. Walked around the building after noon meal then went to a film re teaching an ape to make sign language of over 200 words. To Let's Get Wired. Wrote to Grace and rec'd an E-mail from here. She and Michael do know the president of UVU. And she is a member of the church. Going to a musical performance put on by a young man as part of his Eagle Scout Award.

Grateful TO HAVE WALKED.

5 OCTOBER 2019, SATURDAY

Full day. Exercise; washed load of whites. Conference in my room. A meeting to identify all the characters in the Mystery which is the activity of this month. By the end of the afternoon conference I was exhausted . Had a hour's rest. Elder Oaks spoke this morning and said his talk was in regard to a letter he received wanting to know if a man would provide a separate house for his second wife in the Spirit world. He went on to say that we know little of the spirit world. Elder Cook elaborated on Pres. Nelson's announcement re members of the Bishopric and young women leaders to be more involved with the young men and women. Didn't go to evening meal. Changed into a skirt for women's meeting.

Great Women's Conference; no more Beehives, MIA Maids and Laurels; just Young Women ? Eight new temples announced; one in Arkansas, another in the Philippines and another in Orem

. GRATEFUL to have heard Conference.

6 OCTOBER 2019, SUNDAY

Two more great sessions of Conference. I struggled to stay awake in the afternoon. Pres. Nelson went over questions to be asked when getting a Temple recommend. Some new ones. E-mail comments re temple in Arkansas. Put my name on Podiatrist list for tomorrow and found Lettie had already put hers on. I'm impressed. Walked all all floors twice. Think I did my 30 minutes.

GRATEFUL a great day of Conference.

7 OCTOBER 2019, MONDAY

Letter from Regan. Included the history of the house the RS was organized in. A nap and Classic Club after noon meal. Maurice Jarre, a Frenchman; born same year as I. I FOUND MY SOCIAL SECURITY CARD. Had a strong impression to check the cards in my top desk drawer and my purses/wallet. It was in my wallet tucked underneath my SL Hospital card. I am so grateful. Steven wrote E-mail asking when they could come to lunch. Coming Friday after attempts for Tues and Wed.; all booked up. Talked to Wilma; leaves for Arkansas tomorrow. Computer very slow; just tried TV; no picture. Electrical problem?? going to a piano performance.

GRATEFUL to have found my Social Security card.

8 OCTOBER 2019, TUESDAY

Exercise by Jessica; some standing; Marianne's meeting. I mentioned setting clocks in laundry rooms. Walked around the building and ten minutes in halls to complete my thirty. Little cool outside before noon when I walked. Went to the five minute mystery; didn't get it. Said my good bye to Iona. Will miss her. Agnes's daughter Susie has been here from Arizona; lots of thick black hair. Ate popcorn from Hospitality; even less hungry than usual for evening meal. Got my flu shot.

GRATEFUL to have gotten the Flu shot.

9 OCTOBER 2019, WEDNESDAY

Exercise, Sign Lang. Class, Come Follow Me with Mattie. A rest after noon meal. Ruth took Lettie to library. Went to Bible class, twenty minutes late in starting and people kept straggling in. David lies with Bathsheba. I get so grumpy with latecomers. E- mail from Grace.; they're moving this weekend.

9 OCTOBER 2019, Conr.

Went to Bob Shorten's msical performance; loud, exuberant.

GRATEFUL to Ruth for taking Lettie tos the library/shopping for me.

10 OCTOBER 2019, THURSDAY'

Exercise; a nap; to the temple; seventeen of us. No temple next week; Leslie not available.to drive.

Walked the halls after evening meal. If not thirty minutes pretty close. My TV still doesn't work.

Lettie tied the new quilt. At least she is doing something as Jessica said. Asked Jocelyn if I could talk to her about the Mystery characters. Seven pumpkins decorated. The most unique were theones with squash noses. Addressed birthday cards for Gay Mitchell and geri Fox.

GRATEFUL for the temple session.

11 OCTOBER 2019, FRIDAY

After exercise went to Dr. Garret's Laughing Yoga. Lettie told me she wouldn't be joining me for lunch with Steven and Maria. Ardell joined us as Marjorie wasn't eating noon meal in the the DR. maria only ate a roll and a bowl of soup; small part of her pie. She seemed to enjoy the little tour of Halloween decorations. The hay bales are colorful out front of the building. Steven brought See's but box decorated for the Halloween season. Don E. gave the library some magazines, three books. And a study guide for which the library has so it goes to DI. Went to Let's Get Wired. Large group. Jocelyn and Theresa came over after evening meal and we looked over the mystery book.

GRATEFUL Steven and Maria's visit.

12 OCTOBER 2019, SATURDAY

Another slow morning in the DR. late for Exercise. Jessica's asst. about as inept as the waitress. A rest before noon meal. Rachel brought two bags of tomatoes; cherry and little long ones as well as bigger ones. Split with Lettie; put the greener ones on the bookcase with the TV.. Shared cherry with Theresa and Agnes. Theresa gave lettie and me each a little apple pie from Cooking club. Rich. Lettie gave Marie a can of Boost. Walked and a rest before evening meal. Made my meal of one crab cake and a sliced tomato. Catalogued the three books Don E. gave the library. I'm starting Vol. 1; will see how I like it; haven't read a book for some time.

GRATEFUL for tomatoes from Rachel.

14 OCTOBER SUNDAY

Excellent Sacrament meeting; two young returned missionaries. A sweet vocal solo. RS with Elder Hollands' April conference talk: "Behold the Lamb of God.". A long hard nap. My ministers; Bob and Jean Gish came. Walked around the building. Stopped in to see Lettie. Checked out her compression knee highs and her Pads for spasmodic BM's. Half tomato sandwich for evening meal. Blog from Sue S. Ramon's eye seems to be a bit better. Called gladys to tell her Lettie wouldn't be going with us to lunch.

GRATEFUL for Sacrament meeting and RS.

14 OCTOBER 2019, MONDAY

To exercise; got the Sunday Deseret News with the Monday paper. A breakdown with the press thus delay in the Sunday paper. LeAnne and Gladys got here about 11:30 and we had lunch at the little Chinese restaurant by the Thai restaurant. Good. Gladys and I shared a plate. They came up for a visit afterwards and I gave them some tomatoes. Was late for the Classic Club; Sergei Prokofiev. Walked around the building; a little short of 30 minutes. Beautiful day for a walk. Lettie had some former neighbors visit. No letter from Regan.

Grateful to LeAnne for bringing Gladys to visit.

15 OCTOBER 2019, TUESDAY

Went to Chester's Food Forum after exercise. (Kagen is getting married this weekend.) Some discussion of the hot foods breakfast buffet. Most seem to favor it. Talked to Ardelle re his role in the Mystery; couldn't hear him. Sat by Don. He's Grouchy; works in a diamond mine 20 hours a day. Slept almost three hours after noon meal. Ruth took Lettie to the library and bought apples and peaches. Also; got my sanitary napkins; enough to last a long time. Salvaged three Halloween decorations from garbage by Carl's garden. For Barbara? Hot, bright sun. Wilma is to be home today. Lovely birthday card from Mary Miles. Opened Gladys' card; sweet sentiments re our friendship.

Grateful to Ruth for shopping for me.

16 OCTOBER 2019, WEDNESDAY

Exercise, Sign Lang. Class and Come Follow me. Shared a peach with Marie and LaRae at noon meal. Alice Wakefield and Lani stopped by. Alice has copies of Gayle's returned missionary's talk. Hair cut. Made an appointment for five weeks; only four this time. Just as I was about to lie down Diane Boshard came. With a birthday card and a BIG bag of (150) chocolate pieces for my birthday. Norm will be having surgery on his shoulder. Gave her a tomato. A nap and to bible study. Just finished David and Bathsheba. Walked around the building; twenty minutes? To hear a guitarist at 6:30. Guitar specially crafted.

GRATEFUL for Dianne's generosity/friendship.

17 OCTOBER 2019, THURSDAY

No temple today; Leslie not available to drive bus. Exercise only activity of the day. Fifteen books given to library. Typed them all except one I'm giving to to DI. Have to put stickers on books and a find a place for them in the library. Washed two pairs of pants and a wrinkled sweater and my red pants which were also wrinkled from previous washing. I'm giving them to DI; too big. Sweater still wrinkled. Gave Marie half of a peach; should have peeled it. Walked around building after lunch; coolish. Dry leaves floating down, crunching underfoot. Marjorie Comancho's birthday. Alicia and her husband, stepson came to see Lettie last night. Theresa brought me a card and gift; will open tomorrow. Went to see if Lettie had taken a banana; she had. Her former neighbor Diane Avery gave me a big towel, with my name on it, and a big bag of cashew for my birthday. Lettie and I astounded.

Went to hear Utah healing Arts; haven't been for some time.

GRATEFUL for birthday remembrances.



18 OCTOBER 2019, FRIDAY

Happy birthday to me. After exercise helped with service project. Finished cataloging the books and put them on the shelves or on the cart for checking out. Balloons and song sung at noon mela. Cards from Betty J. and Paula and family with a note from each of the Carters. A nap and to Let's Get Wired and Ghost stories which included Lady Black dying gracefully. The killer; I've no clue. Half tomato sandwich for evening meal. Phone calls from Barbara Q. and Keeley P. and Ruby H. Habeeb has prostate cancer. Her daughter, holly, is pregnant. Coconut rolls from Ann Marie and family. Card from Bob and Jean G. More books given to library.

GRATEFUL for all the birthday remembrances.

19 OCTOBER 2019, SATURDAY

Geri Fox's birthday; Also Verlynn P. Left Geri a card on the table at noon but she didn't show so I put it on her door. More books given to library. ( I put two in the DI pile.) Two Arts and two fiction. A beautiful vase of flowers came this morning. From ruby. Will call her. Wrote Ann Marie and Blair. Called Mary Miles and Betty Johnson thanking them for birthday remembrances. Keeley P. stopped by with a box of chocolates from ViAnn and a picture she painted. I want to have her over for one of our buffets. Scot has moved to his daughter's; sad as I think he was quite comfortable her. Norm J. is back from the hospital but according to Theresa not doing well.

GRATEFUL to have the books on the shelf.

20 OCTOBER 2019, SUNDAY

Patti and Ron Smart were released at Sacrament meeting, they have been here seven years. Andria taught the SS lesson. A nap. Walked the halls thirty minutes. Why am I so tired? E-mail from Blair.

Blog from Sue. They spent several days on Kauai celebrating a wedding anniversary. Read two chapters of 1 Thessalonians. Talked to Wilma; coming over on wednesday to take me to Zions bank.

GRATEFUL for another Sunday.

21 OCTOBER 2019, MONDAY

Breakfast was a buffet. Left exercise early to go to Walmart. Bought iron, B12, Systane, cheese and three peaches. Let Elaine W. use my credit card; paid me back in cash after lunch. Gave LaRae some coconut rolls. Learned at evening meal that Marie had fallen; doesn't remember how but found herself lying on the floor. Has a lump on her forehead. Took Lettie one of Mara's muffins. Looked at the Forensic report for the murder mystery; don't have a clue. Went to the piano recital; all quite young. Nice long letter from Regan; they were in Washington last week to see their grandson baptized.

GRATEFUL that Marie didn't hurt herself more than she did from her fall.

22 OCTOBER 2019, TUESDAY

Washed a load of whites. Hot foods served via buffet. Hard on Margie as she has to be served. Called Zions re liquidating some of my stock. Lots of waiting; hideous music. Will finalize the withdrawing \$40,000. tomorrow. Decorated pumpkins out for judging. Walked the halls though it looked nice outside. Went to New Resident's social. Ruth took Lettie to the library.

23 OCTOBER 2019, WEDNESDAY

An interesting night. Legs and feet uncomfortable but could walk without a problem. Another buffet breakfast of hot foods. Diarrhea; auwe. To Sign Lang. Class; changed hearing aid batteries. To Come Follow ie discussion. Mattie leading. She is an attractive young woman. Leads discussion with poise. Can't top Dan however which is understandable. A nap after noon meal and to bible class. Slow starting. Wilma came and took things I thought Barbara Jean might use and I explained re the money to be deposited in the Credit union. She brought twelve twelve cards for endowments. Medication did not come. Stopped in to see Wanda Farrer; she looked miserable. Kathy S. came before breakfast to say Russell died at two this morning. Such a nice man; I will miss Kathy. Voted on pumpkins: impossible to make a good choice. Birthday card from Pam W. E-mail from Ann Marie. Several pictures.

GRATEFUL for Wilma's visit.

24 OCTOBER 2019, THURSDAY

Restless night. Nausea and diarrhea. Buffet breakfast. A little faster. Exercise; Kaisie back (got married.). Didn't go to the temple; nausea and diarrhea. Spent afternoon on couch and in bed in my pjs. Lettie stopped in on her way to evening m4ela/ Up and dressed; to DR and a few mouthfuls of western omelet/potatoes. Stopped in to see Wanda F. on my way back to my room. A young woman (family) struggling to help her sit in her chair; called PCA and left when one came. Sara came to give Lettie her B12 shot. Showed us pictures of her little girl; three months old. About same age as Conner's. Beautiful mother and child. Went to the Family legal class re power of attorney. Klea? sounded very efficient.

GRATEFUL to be feeling better and that my med came.

25 OCTOBER 2019, FRIDAY

Slept in. Another breakfast buffet which makes things go a bit faster. Exercise. Read Book of Mormon. Early lunch; a nap. Went to see Norm; looks quite good. Walked about twenty minutes after Let's get wired. Theresa dressed up in a great witch costume DR tables cloths black and orange; balloons. Lettie had her evening meal delivered. Went down for the costume parade; so much candy almost sickening.

GRATEFUL to not have diarrhea.

26 OCTOBER 2019, SATURDAY

No breakfast buffet. After exercise I lay down and that's the way I spent most my day. After lunch I organized 2019 ensigns through June to keep. While doing it I flipped my glasses off and I have yet to find them. I was by the stair rail and thought they went over and downstairs; I looked and looked and so did one of the PCA's; no luck. Spent the afternoon on the couch after a walk around the building; quite nice out. I s to get colder tonight. I'm groggy. As I went to Lettie's after evening meal I saw my glasses under the edge of the seat of my walker. I AM SO THANKFUL. Went to Michael Volz's piano recital. He had moved the piano in complete defiance of the DO NOT REMOVE sign. My respect for him diminished. Some excellent students.

GRATEFUL, of so GRATEFUL to have found my glasses.

27 OCTOBER 2019, SUNDAY

Woke to our first snow. The gGshes spoke at Sacrament meeting. Robbie taught the RS class: elder Christofferson's Oct. conference on Joy. Lettie didn't come to church. I went to see her after Sacrament meeting. Came to noon meal. Someone suggests she has Shingles. Had a nap after noon meal. Walked the halls. Gave "Theresa and Agnes some cashew squares which Diana gave me for my birthday. Ruby's birthday bouquet is shedding full time. It has been a pleasure.

GRATEful for Sacrament meeting and RS.

28 OCTOBER 2019, MONDAY

After exercise went to hear Jim Allen's presentation on A Bit of Humor in Mormon History. I quite enjoyed it Doreen said she couldn't hear him/was disappointed. Just as I was finishing noon meal Steven S. came; was here with Maria (now on O2) to arranger to movehere for a month. He was to have called me at four; must have forgotten. Evidently some events have transpired since they were here for lunch last. Went to hear the awards of the pumpkin decorations. Margie won one; so did Geri. Went to a Music Recital. Washed three pairs of hose by hand.

GRATEFUL for Regan and Trish's letters

29 OCTOBER 2019, TUESDAY

Exercise and Resident's meeting. Ardell went over last month's minutes, kDon then took over . I'm glad he has some help; Bertha is Asst. secretary to Ardell. Cold and will be below freezing for the next few days. Walked the halls before the Mystery culmination. Murderer revealed. No one had guessed. Ruth has strep; didn't take Lettie to library. Rec'd check for the money I withdrew from investment. Wilma is coming tomorrow; will deposit most of it in my Credit Union. Will put money in my checking account. Steven supposedly started moving in. I didn't see him. On the second floor. Went to hear a musical performance by Voiceworks.

GRATEFUL that Wilma is coming tomorrow.

30 OCTOBER 2019, WEDNESDAY

Washed load of "darks"; Christine, a new resident, beat me to the washer. I missed the Sign language class but did go to Come Follow me class; Dan conducting. He does such a good job. Wilma picked me up at one and took me to the Credit union and Zions where I deposited the money I with drew from stock investments. Napped from 2;30 until four. Steven has moved in to 234 and Maria will be coming tomorrow. Cold day; someone said the ponds were frozen. Wrote Pam a check, kAdded \$1500 to my tithing contribution to cover the profit from my stock investment. Washed my blue sweater again; still wrinkled; Gloria ironed it. Looks pretty good.

Grateful to have some money in my checking account.

31 OCTOBER 2019, THURSDAY

31 OCTOBER 2019, After exercise had nails cut. Sad that Jessica no longer cutting as she has volunteers but the one who did mine today was almost as good as Jessica for my taste. Eleven -thirty buffet; shouldn't have got the bread bowl as it was way too big. Some cute little pumpkin morsels in 31

31 OCTOBER 20129 THURSDAY cont.

Hospitality. Took one to Wanda.Lettie to the library and bought me some peaches. Thirteen big ones; no nectarines. Expensive but cheaper than chocolates. Went to the temple; good to be back. Mark Clarke wasn't there; missed. Him. Got five of the thirteen names Wilma gave me. Steven and Maria moved in. Big bed; studio. Maria had had a shower before I stopped in; seemed in good spirits. Steven wheeled her down to the DR as I left. Norm J. died. I'm glad I went to see him but sorry I didn't do it another time .I'm sure he is happy to be with his wife.

GRATEFUL to be back in the temple.

1 NOVEMBER 2019, FRIDAY

A new quilt is up. Went to the class on sharing personal histories. Maria and Steven are assigned to a table for two. Maria went to her first meal tonight. A nap after noon meal and then Let's Get Wired. Ron came to fix Lettie's TV and ran off the Jamestown Library bibliography on both sides of the paper for me. Will put it in the Library notebook tomorrow. Walked my thirty minutes after Let's Get Wired. Did a few stitches on the new quilt. Did birthday cards for Paula and Theresa.

GRATEFUL to Ron for the bibliography.

2 NOVEMBER 2019, SATURDAY

3331 books given to library since May 1918. there will be plastic folders coming Monday. Will put them in the notebook with other bibliographies. Walked a few steps outside today nice; should have done my whole thirty minutes outside. Steven and Maria went to the funeral of Mckay's father-in law. She was having trouble swallowing;; he was going to take her to the hospital but she is feeling better. Hadn't had a bowel movement for two weeks. Enjoying Sue S.'s blog. A daughter and family just returned from a trip to Hawaii. They only have two more months on their mission. To a piano recital.

GRATEFUL to see Wanda able to walk a bit.

3 NOVEMBER 2019, SUNDAY

Threasa birthday. Daylight Savings time pau. Good meetings; Lettie just barely missed me giving her seat to Robbie. Long nap. Took Maria half box of Famous Amos cookies. Mathew and David were there. Walked around the building. Cool. Wrote a memo to Jessica and Marianne re books given to library. Surprise: David and Tammy Smith stopped in. heard about their girls. She is YW president; he teach es four year olds.

GRATEFUL for Tammy and David's visit.

4 NOVEMBER 2019, MONDAY

After exercise I went to the podiatrist. He took care of the callus on the bawl of my right foot. Sat in on class re our ancestors. Kathryn shared information re one of her grandfathers on board a ship which sailed around Cape Horn and up to Washington. In Tacoma he, and most others, jumped the ship. Went to the Classic Club: Alexander Scriabin; I liked his music. PCA helped me print the memo to Marianne and Jessica re books given to library. Someone turned the quilt; tied on it; ready to be turned again. Mckay came to stay with maria while Steven took care of some business. Wouldn't have 4 4 4

4NOVEMBER 2019, MONDAY, cont.

.recognized him if he hadn't been with Maria. A nap after the Classic club and a walk around the building. going to hear Maren Giles, young seventeen year old plays the piano beautifully. Got three November Ensigns.

GRATEFUL to have got bibliography in library.

1. 5 NOVEMBER 2019, TUESDAY- 12 November in Provo Hospital

Went to the hospital for 3 days

Didn't write the

rest of the year. Awww?