Thurs. 2/13/14 Day 7

Well today is ok. I didn't sleep again last night but feel pretty good. I was on the trainer for an hour which helped and I'm looking forward to Kathie & Denny coming over this afternoon to help me run a few errands. I'm having additional symptoms which are annoying. I can't remember where I put things. I've lost my cell phone 20-30 times over the past few days. I put things down and just can't remember where, even if they are sitting 10 feet away. I'm also more confused and disoriented. I guess this is my insight to what dementia must be like. Yesterday I was joking with Mike that at least I wouldn't get old and struggle with Alzheimers. - Maybe I spoke too soon. Fortunately I still feel strong, no pain other than a mild headache and have energy to spin and do other activities. Mike and I met yesterday with our accountant and I've been trying to complete the forms and I'm struggling a bit. I was really hoping that I could get these done so Mike didn't have to deal with it since he is still working on his Dad's estate. This is so unfair for Mike. Losing both parents in the past 1½ years plus both our dogs and now he has to care for me. This sucks!!! Fortunately I do have a few friends I can impose on and once Lukas gets here that should help Mike too. God - I hate being a burden and it is just starting. I'm trying to do what I safely can such as laundry, a little cleaning and help c̄ meals. So far I've been able to cook but I need to be a little careful with the sharp knives I use to chop vegetables. OK - I'm done whining. Off to do a few chores.

Noble deeds and hot baths are the best cures for depression.

—**DODIE SMITH**, b. 1896
English playwright