



wed

Oct 1

2:00 pm

This morning Mike and I met with Dennis Heffern, LCSW. He works directly with Dr. Eadens and the Palliative Care Team. What I thought was going to just be a "meet and greet" turned into an hour and $\frac{1}{2}$ counseling session. He was wonderful and really made me face the sadness about this. He provided guidance on capturing who I am for our children and grandchildren. We spoke a lot about W&S and I am clearer what kind of conversation I want to have with him. There is a lot I want him to know about how this is affecting me. I really want and need to have this conversation soon before I start having trouble finding words or expressing myself. Dennis described it as getting ready for the last good bye.

I also plan to record some things about my history, about what is really important

to me and what I hope for the people I love. I think recording this would be easier for me than writing it all out. This is an important project I can't procrastinate on. I hope I get a bit more energy back to feel more like doing this.

I'm having increased symptoms and increased side effects from the meds. I felt nauseated today and my H.A. were worse. I started on Effexor today to hopefully help manage my night sweats and hot flashes.

Thursday Oct 2 2:30 pm

I had a bad night last night. My H.A. and nausea were more intense, but no vomiting. Today was day 2 of the Effexor and I think it is making me very drowsy. I was ok with this because I actually slept for 3 hours this morning, better than I have slept in months. But I do feel zapped of my energy so I hope I get use to this and regain some energy.

Mike stayed home to work from here since

