

Dear Bill,

10/10/97

By now your father should be about ready to leave for home and should be feeling pretty good. If as they did at Hopkins they gave him exercises to do, see to it that when they get easy he does not discontinue them. I did and that was a mistake. And that when they let him, he starts walking and gradually increases that. He should also become more sensitive to salt and start eliminating what has large quantities of it. As I did after I learned, which was long after I should have! I've even stopped eating bagels, much as I've always loved them. Too much salt. But before long he should be a new man. I presume there was a sudden event.

With colder weather coming if you can check the malls near him and see if they have walkers using them. That makes it more social and safer and is not influenced by the weather and he can probably find a means of measuring what he does and of increasing it gradually.

Thanks for the ribbons. They are a better brand. Calif. Bill once sent me one of them. I have another of the brand I've been using, in addition to this one that is on for a week or less, and then I'll switch to those better ones. Many thanks!

We have had no frost yet but what is a problem for several reasons is that the friend who has been doing the mowing and keeping the place looking better fell off a ladder and broke a heel. No more mowing or other help from him this season.

And the copious pine needles are now falling heavily!

The friends who use to fight for them to use to mulch their strawberries can't do that any more and I can't sweep them. So, we'll have some kind of mess. Not for the first time!

Hope everything has been going well with your father and goes even better when he is more used to it.

By the way, it is not unusual for a hernia to ~~also~~ develop at the base of the sternum. They are never any problem. Mine has not been and it is big as a turkey egg sometimes now.

Love to you all,

Harold