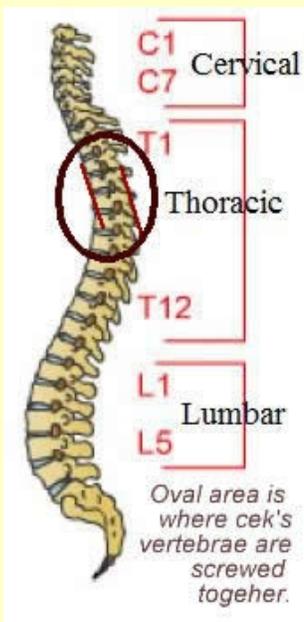


Praise God for his Blessings, as Wise Men still seek H.M.

January --- 2010

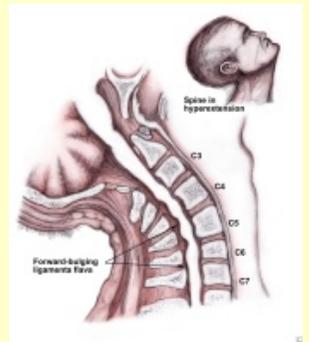


As I am certain you know by now, I was involved in a freak bicycle accident August 9, 2009. I was told I had broken vertebrae in my neck and back when I was discharged from the Weldon Rehab Hospital. I first went to Baystate and Dr. Shapiro, a neuro-surgeon performed the emergency operation that fused my Thoracic 3,4,& 5 vertebrae into T6 with long screws and did the procedure to de-compress that portion of my spinal cord.

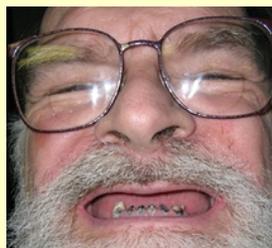


Eye witnesses say that when a towel from my bicycle basket fell out and lodged in the front wheel it catapulted me and then the bicycle into the air. They say I landed on my face first and then flipped over onto my back. I was discharge from the rehab hospital August 28th. I was discharged from Mercy Home Care about September 10th as some people thought my building or area was to dangerous for health care workers to go into.

Church and Lodge members as well as friends helped me get places, bathe, and do laundry and such until I could do for myself & it was determined by the Greater Springfield Senior Services that I needed no additional assistance. I thank God, as many with this accident die.



The neuro surgeon thought I needed more surgery on my neck and so he ordered the rest of my teeth extracted. Also I am told I can NOT have dentures. It was done in the hospital because of my narcolepsy and past history.



I was told I would need to wear the TLSO brace for 2-3 months and the Cervical Collar for at least 8 months. But when I went to see Dr. Shapiro on December 9th he said to take both braces off, and I was wildly happy.



However, an event had occurred November 14th at about 2AM that might have changed things. I have restless leg syndrome and had gotten up to walk the hallway to get the legs to "quiet down" so I could sleep. Both legs gave way on me and as I straightened out and did not fall, I misjudged the weight of the brace, and it pulled me over onto my back. Ouch. X-rays did not see any damage then, but now I am in a great deal of pain daily!



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Thank You! I Thank God for everyone who has prayed, sent monetary or other help, and encouraged me on this somewhat difficult road to recovery.