Tuesday, August 05, 2008 ken.heart01

Hello Family, a report from North Hero.

July 2008 was a month for the ages. Permanantly or temporarily, the following died: 8 trees, the Stihl chainsaw, the dishwasher, F150, HP Laser Jet 5L printer, left ear hearing aid, a raspberry crop, one large casement window, three birdfeeders, Metalbestos chimney, 2 outside deck chairs and one side table. Fortunately, ... Ken did not. Along with the Stihl chainsaw, he is in rehab.

Seriously, Ken is feeling and doing quite well. The prime care-taker was seen yesterday and all appears to be progressing fine. Doctor and patient ‘danced’ around an alcohol warning in one of the new medications. Apparently this is more of a caveat than a problem. Periodic blood tests will be done to monitor the situation. Funny, but when Ken thought he *couldn’t* drink it was really stressful. Now, when he can drink pretty much as usual, cutting back seems much easier. It is planned to begin a series of rehab sessions which will be preceded by a stress EKG. This will be a 12 week M-W-F program. There will be others participating. Good Grief!!!

Socializing??? Seems like a Catch-22 to rehaber. Reduce stress and be nice to people?

A follow-up session with Champlain Valley Cardiac Asso. is scheduled for August 25 and Heart Report #2 will follow shortly after same.

In closing, the first August problem, ... bats. Saturday/Sunday nights were an infestation, we caught 5 of them. A regimen evolved. All would go to sleep. A bat would start flying around the bedroom. Bailey wouldn’t like this. Bailey wakes up Ken. Ken turns on light and gets up. Lucile covers head. Ken starts after bat. Bailey watches. Ken catches bat. Bat is put outside. Light is turned off. Lucile uncovers. All go back to sleep. Last night, ... no bats. Score: NHN&WR 5, Bats 0.

Reading very good book re heart surgery, *"The Cardiac Recovery Handbook"*, Paul Kligfield M.D. Will try not to be like some obnoxious former smokers.

Take care, Lucile, Bailey & Ken.