



This “mini-newsletter” is your opportunity to share your trials and tribulations while navigating this global health emergency. Send me whatever you think would be of interest to the rest of our membership. You can keep it light-hearted or share a real concern or sorrow. Just send your thoughts to moaaofeugene@gmail.com. I reserve the right to edit. Please, no comments about religion, politics or my weight.

Thanks to Lt Col Ginger Banks, USAF (Ret) for this submission:

SKYDIVING IN THE HOUSE...

I live in a two-story house. My husband and I planned the home this way because I wanted my dream home to resemble the farmhouse that had been in my family for generations... well it sort of looked like the home in Idaho, but not so much. As we were assigning rooms, I staked claim to the upper room over the garage as my studio. It was large, had great light and would accommodate my vast supplies of creative gear.

As I have aged, I have noticed that it takes a little extra energy and determination to climb those 16 stairs to get to my room, and during the pandemic I have divided my time working outside in the garden and up in my studio. Believe me, that climb has been difficult on certain days, but my reward is that as the day progresses, my stiff joints don't mind the comings and goings so much.

You can only imagine my delight when I received an email from the Fit-bit people congratulating me on earning my Skydiver badge. The award said, “By climbing 1000 floors, you're as high as you'd be if you were skydiving!” Holey Moley...I can now cross off skydiving on my bucket list and take a well-deserved nap.

WHY DO PEOPLE HAVE TO BE SO HONEST?

I have been working feverishly out in the yard. It has been my therapy during our stay-at-home order, and the yard needed some attention after 18 years of abuse, so it was no surprise to me when my right shoulder started to ache at times due to the re-

petitive motion of digging and raking. After 5 months of this abuse, I finally went to see my physician and explained the problem. I also had a history of bursitis and knew that this was going to need some stronger medications than topical cream. Sure enough, my doctor agreed with my diagnosis, and wrote a prescription for a stronger dose of Aleve than I could get over the counter. He did, however, order an X-ray of my shoulder just to make sure there weren't any calcium deposits creating the pain. Like a good patient, I had the X-rays taken that day and was notified by the doctor's office that the results were normal... except for some small areas of arthritis. After a week I received an email that my visit summary and results of my x-rays had been placed in the electronic record for me to view whenever I wanted. So that afternoon I clicked on the link, logged in and began to read the x-ray narrative. There in black and white was “Degenerative Changes” with a narrative that began with: Considering the patients age, there is scattered osteoarthritic change.

Seriously... doesn't this guy realize that the 60's are the new 40's?

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I was getting ready to check out at the grocery store yesterday when I saw an “X” on the floor where I was supposed to stand.

I've seen too many Roadrunner cartoons to fall for that trap.

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That's it for this edition of the mini-newsletter. If you want to see another one, we will need your contributions.