

another unit there, which had more intensive various therapies, my oldest son had me moved to a hospital in Dallas, TX, about an hour from where he lived to continue to inpatient. Therapies included an hour a day of each physical therapy, speech therapy, fine motor skills, and recreation therapy with games etc to build skills. One I remember was a bowling game on the Wii. I still slept a lot between them, and had trouble seeing also. Part was because my main glasses got broken when I had the stroke and you can't get your eyes checked for glasses in the hospital. My attention span was much shorter. I had my laptop and my computer glasses but couldn't use my either of them for several weeks. I could listen to tv and I did a lot but couldn't see it or what station I was on. And much more. Gradually my eyesight came back, and my son took me for a quick trip to get new glasses at an optometrist between the two hospital discharge in AZ and checking into the hospital in Dallas. Since my DIL is a nurse practicioner, and before that a flight nurse on medical flights, she was allowed to bring me to Dallas on a commercial flight and administer my med then. Even with the new glasses I had a lot of trouble for a while. I was discharged from that hospital on Dec 3 and then went to outpatient therapy from 9 to 12, Monday thru Friday, until my insurance had covered all the therapy it would cover in February. Gradually my eyesight got much better. My right hand and arm still shook a lot, I still had to use a walker till January 1st when I refused to use it anymore, my attention is still short, and my balance is off when I walk or look at things when I'm not sitting, I still have those things. I run into the walls in my apartment multiple times a day. I use a walking pole, or sometimes 2, when I walk outside very far. But I can now drive again. I had to take a Texas test with an examiner to get it but I passed and drive myself around now. And I can't work because typing requires much backspacing, especially from right hand, I have to text with my left hand (I am NOT lefthanded LOL), I have to eat with my left hand, and I keep learning how to do things. I've had my own apartment now since June 18th and live in Arlington TX, about 1/2 hour from this oldest son, and about 4 hours from my middle son. I'm not going back to NM, about 800 miles from where I live, because there I was taking care of two grown daughters and there kids and I can't take care of them anymore. My youngest son is also there and I do miss him but text or talk to him several times a week. I can't write

because of my hand. I have trouble walking. I'm social security on disability.

I have a routine though that I have to do. Every morning I do about 25 minutes of stretching which I found helps my muscles that got worse from Fibromyalgia when I was hospitalized. Before that I kept it way under control but those weeks in bed did something to me. Maybe it's from the stroke too. Anyway, stretching helps. Every other day I have a number of strength training exercises I do for upper and lower body and core. Sometimes I use videos to walk and exercise indoors. I try to go out and walk some but the hot weather kept me from doing it and I'm looking forward to lower temps again. 100 degrees or so and high humidity just doesn't agree with me ha ha. I live in a second floor apartment by my request to make me climb stairs. Most days, except when I give my legs a break, I go outside early before daylight and climb those steps over and over. I can usually do 5 sets up and down, rest, do 5 more, etc. I usually do 30 flights altogether a day. I have to hold on the handrail on the steps all the time to keep from falling but I have to do it for me. I had to start over with everything almost because of things left with daughters. My furniture wasn't worth going that far to get, or household items. I did get some of my clothes when I got my car, my DIL bought me some, and eventually I got some of my own. I have a small living room and dining room, and I walk 15 laps at a time around those numerous times a day to get my 10.000 steps per day in. If I do go out and walk, I have to stop and rest often. I was doing this more before temps climbed so high. Takes me time to get all these things done but I do them.

So why do all this? Some of you may know I worked with all kinds of senior citizens in a senior program from 1995 to 2006. First as a director of volunteer programs funded through the federal Corporation for National Service and then as executive director of the agency. I worked with seniors of all types, from homebound to senior centers to Senior Olympics at the local and state level. I worked a couple of other jobs after that, then in late 2008 I started working for a major insurance agency who had a contract with NM for the elderly and disabled on Medicare. I worked with those that received homemaking services in their home and visited them on a monthly basis at least and helped coordinate different types of care. I met both younger disabled adults and senior citizens who often had just given up and didn't do much of anything because of their disabilities. They didn't use what they could do, although a few did. I did that job until my stroke. I can't be one of those who just give up. I may be "disabled" now but I will do what I can and will keep pushing myself. I will not stop. I could stay in bed or in a chair and watch tv most of the day and do nothing but it's not in my nature anymore. I might have at one time, but the last few years something changed in me. I do know that medical professionals have told me in offices and therapies that the shape I was in when I had the stroke helped keep it from being even worse, or from me being dead. So I do it because I can. I can't walk like I could a year ago, but I can walk some. I can't do some of the things I did but I can do some. I insist on enjoying life all I can. I love zoos, and there is the Dallas zoo and the Fort Worth zoo near me. I have a yearly membership at both so can get free parking and admission and have been to both numerous times. Today we have a cold front and thankfully we need a jacket today instead of temps around 100. I plan on going to a nature park that has some trails and multiple benches to get out in nature, which I love. I do these things because there is something inside that drives me to keep living life to the fullest I can, whatever that may be. Not to waste what I have while wishing for the "old" days of a year ago.

So this is why I keep pushing myself, exercising, trying to eat healthy most of the time, staying active on my computer even if I have to backspace numerous times, and other things. Why do you do what you do?

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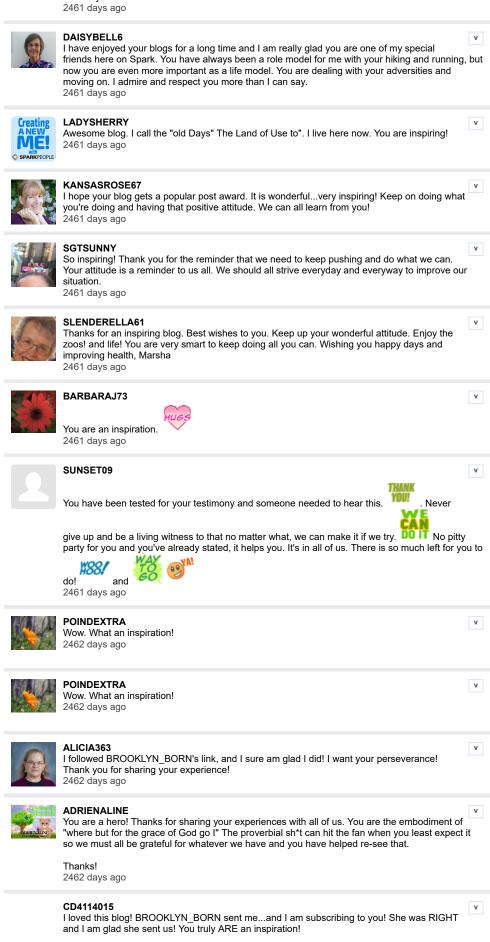
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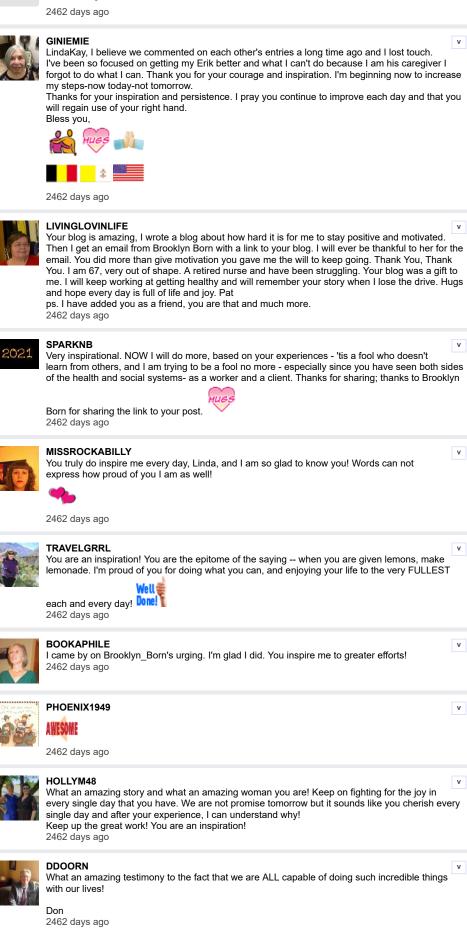
	CD13538600 That is a lot to go through. I would think you could get on disability. I wish you the very best.	v
	I'm not sure I would be as strong. 2454 days ago	
	<b>READYRISA</b> What an amazing blog post! Thank you so muchI also survived a stroke - had one just in February of this yearit's been a quite a journey and I'm trying to keep my sense of humour a just keep going day to day Thank you again for the wonderful post!!! God Bless You and a	
	thanks to Brooklyn_Born who sent me a link to your wonderful blog post.	
	REENSKI Your dedication and determination is an inspiration to us all. You are amazing!	V
	2455 days ago	
	<b>TEMPEST272002</b> Wonderful blog. You are such a hero to me. 2455 days ago	v
	CHERALA Thank you for sharing your inspirational and motivational post.	v
	2457 days ago	
	<b>GRACED777</b> I'm Barb, and I too had a stroke, but it was July 29, 2008-six years ago. I loved hearing why you do what you do, and I do what I do for the same reasons. My typing is still hard, but I too dr again, and just got a gym membership Monday, because I want to keep gaining ground and livin	
	my best life. God bless you, friend.	
	2457 days ago	
6	SPEEDY143 Anne (REGILIEH ) sent me and I'm so glad she did because I've seen you around SP for a long time but I wasn't aware of your stroke or the incredible progress you've made by shear determination to "live" You are inspirational for sure and I applaud your strength and resolve to o what you can and improve each day the human spirit is amazing. YOU are awesome and it is because of people like you that share their experiences so we can take a deeper look at oursely	
	and our excuses for not doing what we clearly can do with little effort.	•
	"Why do you do what you do?" Because I still can and because of survivors like you Linda I'm in your corner	
	CELIAMINER What an amazing story! 2461 days ago	v
	SONDRAJ20 Linda, You are so awesome. You were awesome before you had the stroke and even more so now. You're right, it would have been so easy to give up, but you never have and I know you ne will. You inspire me every day when I see how much you've already been doing while I was still asleep! You are the best!! 2461 days ago	ver
	<b>STRINGI719</b> You actually got me back on here after all these months because I was so curious about this	v



blog you mentioned! I am so grateful that I got to read it. I really miss having you here to visit with face-to-face everyone once in awhile. But I'm so happy that you are making the absolute best of it where you are at. And I'm not in the LEAST bit surprised that you are continuing to inspire all those around you!



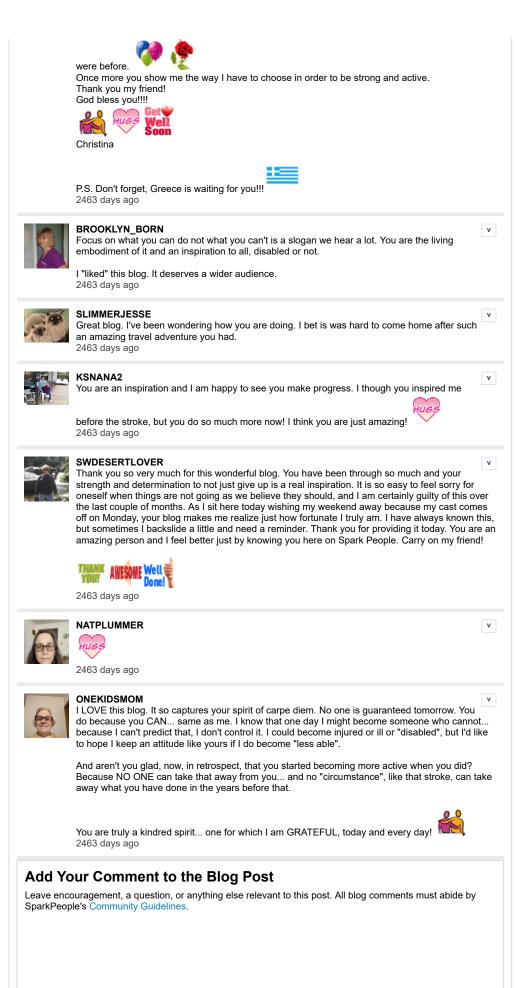






**REDEEMED\_DANCER** What an amazing story! You have such drive and determination! Thanks for sharing! 2462 days ago

	MISCHAKEO I am very inspired by you. Your determination to make the best of your life is wonderful and courageous. You are doing what you can do to stay healthy and to stay happy. You are so right about focusing on the present on what you can do now. May we all have your strength and determination as we proceed in life. 2462 days ago	V
6	KSGROTHE	v
	All I can think to say is "Wow!"  - Karen 2463 days ago	
	AMBER281 You have been through a lot in the last year and you continue to push forward. I feel truly blessed to know youeven if we've never met in person. Reading this blog reminded me to not take things for granted because it can change in an instant. You are such a strong and inspiring lady Fues 2463 days ago	V
	<b>CD14903239</b> Forgot the given! Crazy little keyboard on the phone! 2463 days ago	v
	<b>CD14903239</b> Thanks for sharing the details of what happenedalways wondered, but didn't want to intrude. That was so shocking to hear you had a stroke after being as active as you were! Shows us the body can betray us no matter what we do sometimes, just from family history! I had an uncle that was a fitness fanatic, ate healthy and still had a massive heart attack! And then another one a yo later. Family history! His lifestyle is what saved him! Keep up that awesome determination! Very inspiring you never have up!! Hugs 2463 days ago	at ear
(	CHEBBA What an inspirational person you are. Well done you. VERY well done. (1) 2463 days ago	V
ANY	MARYJEANSL I am so impressed at what you have achieved! The word 'inspiration' is used a lot, maybe even overused, but you are the epitome of inspiration to me. Wow! As for me, since you asked, most of what I do, I do because I have no choice. I do what I have t My kids, especially Danny, depend on me. I have actually had people say to me that they could never do what I doI have never said this out loud, though I have wanted towhat choice did I have?	
	So I don't think what I do is particularly admirablewhat you do is, because you do have a choir and you choose the hard road. 2463 days ago	ce,
	<b>1CRAZYDOG</b> Three words: You are awesome! 2463 days ago	v
No.	<b>FLYCHRISTI</b> Linda I am so proud of you! I love you for the way you thinking and for the way you see life. I admire you more now and wish you from the bottom of my heart to be strong and healthy as you	v



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