

News from Nancy
April 2015

Well, I am starting this on Easter Sunday. Grant volunteers as a ranger in our park on Sunday afternoons so I get a lot of odd jobs done. Our church service was awesome, and you should have heard the choir! We left with our hearts full. Then we went to an Easter brunch at our park. Wow! We had the usual ham dinner, another station had omelets, one had pastries, quiche, and the list went on. I really need a nap but felt like starting the newsletter. (You will notice that I write this letter as a diary of sorts, adding to it as the days go by.)

I got this from Mary Alice Carlson so wanted to share it with you. These days we never know when we will need something like this.

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough and the cough must be deep and prolonged as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movement squeezes the heart and keeps the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to the hospital. CALL 911 FIRST!

HEALTH ISSUES: My Joy Boy is all better. J Yes, he passed the stone. He raced into the doctor first thing on Monday morning with the stone in his hand and it was confirmed! And best of all, the heart issue is under control. Life is once again looking up. Now, I just want you to know that I had a struggle too. I had to drive him around and talk about back seat drivers! I don't know who was more glad that he could drive again.

My gosh, I got a letter from Sharry Jerrell telling me about her latest situation. She was laying awake at 1:45 A.M. on April 3rd and became aware of her pulse beating very slow. She had been keeping track of her oxygen level for another problem. The device showed up at 30! She woke Jere and they decided to keep track of everything until the doctor's office opened at 8 A.M. They were told to go right to the ER at the hospital. They begin to work on her but couldn't bring the pulse up so she was put in ICU with paddles taped to her body, just in case. Then something happened, she's not sure just what, but it was decided to transport her to the valley by helicopter. She had surgery Saturday morning, the 4th, and they put in a pacemaker. She started feeling better right away. She had absolutely no symptoms of any heart condition! Gosh Sharry, know we're thinking of you.

And we finally had some good news! Audrey called to let me know that Elvin had tests run on the morning of the 4th and it showed NO infection in his body anymore. He is also having his pace maker transplant today (the 7th) so things are finally looking up for the 'ol boy. It's high time. I've lost track of the day but he has been transferred into a rehab location so things are really looking better. So glad to hear some good news and I'll just bet he's even happier than we are. Amen. What a time he has had! And Audrey, she is just plain "tired"! Update: He was finally able to have visitors so after Audrey called to give us the good news, Grant and I went to see him. He was tired but glad to have company. He is eager to get home but has to gain his

strength back again. Soon Elvin, soon ... Well, after we saw him we got another call from Audrey telling us he had pneumonia. What next, eh? However, that too passed and the last call said he was coming home soon. Amen to that.

RECIPES: Do you like new recipes? When Sharry wrote to tell me about her scare, we started to talk about an old favorite recipe of yesteryear. Then I decided to share a good one with her. It's a light, super easy dessert that is ideal for the hot summer nights ahead of us. I have no name for it and I have no idea where I got it but trust me, it's so good. The way to a man's heart ...

One dry one step angel cake mix
One 20 oz. can crushed pineapple

Mix these two together with a spoon. Put in a 9 x 12 pan and bake at 350 for 30 min. Serve with whipped cream. Enjoy!

GOSSIP

is it true

is it kind

is it necessary

is it timely

(things to ask yourself before you say something about someone)

CONGRATULATIONS TO VIRGINIA PHIPPS:

Yes, our 90 year old friend was convinced to enter "Oregon Masters Swimming Association Championship" by one of her sons. Virginia took the challenge and started to work hard to get in shape for this. Well, this month she entered three races and won blue, first place ribbons in all three races. Now what is even neater is the fact that her three children were there to support her, her daughter even entering too. What a family! Of course we always knew that Maury and Virginia were special. We're proud of you too Virginia.

Then too, we also got a note from the Loomis family. Once again they are going to be homeless. Their South Dakota home has been sold. They are excited and are busy with garage sales, etc. How I wish I were around there because they sure have some nice things. Now it will be interesting to see what happens. If it were up to Maggie, they would be going full time but I don't think Jerry can handle that for too long. He likes roots. Stay tuned ... results to follow in the months ahead. J

We left Mesa on the 5th and drove to Holstein, IA to visit my mother. Mom is 98 and living on her own, doing just great. We spent several days with her and then headed to Marshall, MN, getting home on the 30th. It's good to be home but there is so much work to be done when we get back. We have everything unpacked now, I even have the laundry done, but the cleaning is staring us in the face. I would bet it would be done in the next two days and that includes windows! Grant is feeling better and mentioned he might do windows and I think I just might let him. J

While in Holstein, I got a call from Jo Westerhausen. She was wondering about Grant. She said they are going to drive their Jeep to Oregon and live in cabins, motel rooms, etc. this year and see how that works. Oh boy, I can't wait to get my emails from them. They will have

tales to tell. It sure will be different for them but I can understand why they are doing things this way this year. (Remember, they had a bad accident last year on their way back home, losing everything.)