

TABOO OPINIONS #102

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3-30-08 So what have I been up to for the past year?

Well ... I developed more 'wear and tear' in my lower spine, had to give up using my three-wheeled bike because I couldn't walk upright anymore, due to "On your knees, motherfucker!" pain, so while I could ride the bike I couldn't walk to it in the garage or away from it into a store or the bank or post office, yea even with my walker (which I had been transporting, folded, in the bike's capacious rear basket).

Two MRI's which were inconclusive said another (fifth) operation on my spine would not be assayed by 'my' surgeons, leaving me the life I now lead --- scooting around the house sitting down (pain free) in my wheeled chair [a Drive transport chair, so-called --- \$99, free shipping].

I can stand --- for about two seconds at a time --- before I *must* sit down, which allows me to reach things on "high" shelves and hangers.

I can move, hunched over, two steps from chair to toilet.

And I can judiciously take a shower with the help of a shower chair.

It's a whole new way of living, and if that ain't enough I'll find a different way to strut my stuff.

The most important household additions are a 42" plasma hd tv in the livingroom where Paulette and I watch one or two movies each night [the quality and differences in movie writing and directing down through the generations is another Opinion in itself], and a new hp Pavilion computer with Vista Home Premium in it [another Topic which will leave me foaming with rage].

Did I mention I'll be 81 in July? I owe it all to minimum life-long exercise, lots of fiber in my diet, a ton of vitamins, minerals and some food additives, and a lot of luck.

The very important thing unchanged is this desk-with-computer next to my bed.

So how do I do the shopping, get the mail, go to the bank? Thanks to Safeway.com I have food and other Safeway-stocked items delivered about every five-six days, and our wonderful woman mail deliverer, Cindy, delivers our accumulated box mail to the house every Friday, yea even packages.

And I use Delivered Dish to bring us restaurant meals about twice a week, using Visa to pay for everything.

So I avoid having to go to the bank. That, and going to the medical clinic or to a specialist's office at the hospital, involves an expensive medical taxi service which I avoid as much as possible.

Oh, and Paulette, through Kaiser, has the services of a housekeeper twice a week, and she keeps everything clean and has on occasion made special trips to mail important letters and/or pick up special mail/packages/prescriptions which cannot wait till Friday.

Altogether, lacking relatives here in Portland, we manage very well.

Next Opinion I'll probably give you a mindful of my take on current events. Ghod have mercy ...

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