



10/13/91

Dear Jessie,

Thanks for the article, but it was your letter that affected me most. I know too well how despair sets in, and in truth my denouement is undoubtedly closer to happening than yours is. Anyway, despite the incredible weakness which barely gets me from room to room; which keeps me from talking on the phone and no telling when any of this will improve, my inability to be Doing Something which will make me feel useful and a part of the world, somehow my spirits are not bad. I attribute this to a number of things which I will now pass on to you- or rather, remind you of. During my chemo cycle, when I am feeling worst and most helpless, it always takes Kathy to remind me that it is the chemo that does that and that in a week or two I will feel better and be able to drive myself to the store. So I'm reminding you of some things now.:

1. You have Anya. Granted she is a responsibility, which I know I couldn't handle, but she is the apple of your eye and you are hers. And this is a responsibility which is shared by Pete and he will always be there for her, as I hope I will someday be too.
2. When I have my low points, I say to myself well what is it I fear? I fear losing life. But I am living now- this is the life I don't want to lose and I'm wasting it by anticipating its loss. So I focus on something like the backyard, or the cars, or whatever, and remind myself that this is the life I want to keep.
3. There is always the AA gospel. If you can't change it, forget it.
4. Recognize your physical limitations, and don't try to exceed them. OF COURSE, THAT'S easy for me to say since part of the time I have Kathy, and I have a cleaning woman, and I have financial resources. These



past 2 weeks Kathy has been out every day acting the part of a Demon being cast out from Mark, for the American Bible Society, and it happens to be the time when my chemo most affects me so it hasn't been easy for me- noone to fend off the phone calls, make my bed, feed the cats, market etc, so I know something of what you're going thru when you're not feeling well.

5. Don't let today pass you by because you're worrying about tomorrow.

6. This is the time to call on your family. They must help you. Incidentally, I wrote a note to your mother ~~xxxx~~ er in which I mentioned the fact that we both must help our children.

I am sorry to hear that you fell. This is something I dread. I am very unsteady on my feet and Shamba is always right under them since he's so senile and doesn't really remember what he planned to do or where he planned to go.

One day at a time is the rule for both of us, but not the bad parts - only the good parts. I determine what I can hope to accomplish each day-(such as writing to you) and don't try to do more. In some ways, I am better off when K isn't here because meals, etc., can be simpler but I am completely dependent on her or my friends for shopping. Notice my deteriorating typing skills- this is because one of my left fingers isn't working right yet since I got the hemo burn in that hand. Now the scab has fallen off the hole, but the finger is still not reliable.

I am having something sent to you which you might want to use in your bee piece. Xmas will be slim pickings this year- just small things from catalog again, and I do not expect to come to Phila. for Xmas. By then I will know the results of my CAT scan and where I go from there. Keep your chin up old friend, and think of Eileen Rogot who lost her son- nothing could be worse than that. Don't hesitate to write when you feel the need. I wish I could be more helpful.

Best,

PS. I find very helpful the Bach Flowers, which Kathy gives me. She mixed up a concoction and I take 4 drops 2-3-4 times a day and it seems to keep my mind on track. If you have no access, you might ask her about this.

---