

# Letters to the Editor

## OUR READERS SPEAK OUT

March 9, 2016

### DEAR EDITOR:

After feeling poorly for several months, on October 2 my very irregular heartbeat, high blood pressure, and congestive heart failure combined to cause a stroke.

Earlier that day, I was working in my office in Montgomery City. Later in the afternoon, I went to my farm to feed cattle and do other minor chores. Feeling weak and dizzy, I was taking my time and easing along. Next thing I knew, I couldn't walk. A minute later, I could not stand. As best I can remember, I then fell down on the gravel driveway.

Several hours later, I woke up and assumed I had fainted. With a great struggle, I managed to get myself in the house. My right arm and leg did not work properly. The cell phone in my pocket seemed too complicated to figure out how to call for help. Same thing with the land line in the house. Still believing I had simply fainted, I assumed I just needed more rest. After lying in bed several hours, I figured I'd be okay in another day or two.

Four days later, I managed to drive to my office. Upon arriving, I was strongly urged to get to a hospital. Against my will, a couple of my friends hauled me to the hospital. I'm thinking they'll say I fainted and need more rest. Instead they did a few tests and kept me there for two weeks. Even with my groggy mind, they helped me to understand I had several serious issues that needed lots of medications and continuing expert attention from several doctors. Regular visits to Columbia will be part of life.

After I came home, everyone was very nice. Being single and living alone, and told you cannot drive for a few months, and unable to think or talk plainly, you realize you need some help. That help quickly arrived from the Montgomery County Health Department.

These women were wonderful and did all they could to help me out with testing, medications, putting me in touch with other people I needed to contact, and on and on. Yes, several others also helped greatly. But the ladies from the Health Department were not a resource I had previously been aware of. Now I want them to know how much I appreciated their efforts and time. I also want YOU to know that if you need a helping hand, they are possibly able to help you more than you realize. The Montgomery County Health Department can be reached at 573-364-2495. While I learned again how to talk, think, and read, they perked me up and helped me slowly regain much of what I'd lost.

Although I'm not the man I used to be, I am happier than ever. THANK YOU to our Montgomery County Health Department and to all the other friends and neighbors who were so kind to me. I truly appreciate you all! Thank You Everyone!

John Wick