

**This is a bit of a journal of the last few weeks.  
Some of you beautiful and kind souls have asked, "What happened.?"  
And some of you already have read this.**

**November 6 at 9:46 PM**

Hello, To those at today's yoga practice. Thank you. I am glad I came to Kalispell and so is my Mom. My stepdad passed early this morning and I spent today with my Mom. All is as well as it can be, thanks for your thoughts and prayers, I can feel your support.

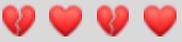
**November 8**

I am camped in our camper outside my Mom's house in Kalispell. She is showing signs of Covid. I am the only one going in and thank God for Connie's n95 masks and shields. I wear them faithfully with gloves. My mother is suffering from Dementia and the loss of her husband. I have incredible support from my family and friends. I do not know what is next and I feel all your love and support. We will keep Bonnie M. in the loop with phone calls. She and Carolyn will keep this week going but I don't know how long. Seems turn, turn, and change was a great theme for this year.

**November 9**

There is class today Bonnie M. is leading. I am back to the trailer house from the emergency room. Mom went to the hospital last night. She is going to the COVID-19 wing for tonight and tomorrow. Maybe out tomorrow afternoon. No visitors are allowed, I can call her tomorrow. She is extremely low in potassium and dehydrated. Going to check her chest and heart as it has been a long time since a scan. She is as coherent as she has been. And HARD to manage. I could not see her and the doc promised to tell her they made me leave. Talk to you in the morning. Love to you all

**November 10 at 7:08 PM**

Thank you to those who are continuing to attend classes in my absence. This is soooooo not how I wanted this to go. I dreamt of themes of sweet reminders of our times together, I wrote out sequences for transformation. I imagined beautiful moments of your gorgeous poses, sweet oms, and all with a smile of course. And I made gifts for each of you to share in class. I still hope to be able to pass them to you. Bonnie M and Carolyn will keep classes going thru next week. Huge hugs of gratitude to them. We are blessed with their caring and sensitive natures. My sisters, brother, and I are slowly working our way thru this powerfully heart wrenching time. I feel your love and support. Until our mats meet again  

**November 14 at 7:31 AM**

Good Saturday morning, I got my Covid test results and I am negative.  My mother has been placed in long term nursing care. I have seen her twice there and talked with her on her phone. She seems to be doing well. Getting her medications and food regulated, she is looking healthy already. My focus now is taking care of her and my stepfather's business details. We look to have a memorial for my stepfather early December. His daughter and I are working together to make sure that it is the memorial he wanted. Thank you for all the kind words, thoughts and prayers. My family and I know we are not alone and that helps. Love and healthy hugs.  

**November 26 at 8:28 AM**

Dear Friends, I am so thankful to each of you for your kind words and thoughts. This time has been a test of just about everything I am. Thank goodness I know I have had your support from home.  It feels like I have been in a time warp. Nov. 6th seems sooooo long ago. I am still wading my way thru this very complicated financial, legal and emotional journey. Mom is in a safe place. We will close out her last "stuff" with a storage unit sale Saturday. Leo, my stepfather's funeral will be Dec. 3 in Kalispell. I am finally able to be at home for the nights and continue going to Kalispell every day, all day for all sorts of appointments. Sure makes me want to have everything in place so my daughter does NOT have to do this gauntlet. You all have my deepest gratitude. Be well this peaceful holiday.

May your day be filled with ease, joy and grace.  