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Proem

Hello, fine listeners and readers. This is my 143rd episode and my 510th post. I began weekly blogging on July 24th, 2012, and weekly podcasting on November 28th, 2018. I've missed two posts in nine years. A short episode on mic- just me talking for 10 to 30 minutes- takes five to twelve hours to produce. This episode took six hours. A full 40-to-60-minute interview takes 12 to 40 hours to produce. Yikes. While I enjoy almost every minute of doing it, I feel the pressure of maintaining this production level and quality. A few months ago, I shifted to alternate weeks of interviews and on mic episodes. That reduced the effort. Now I'm going to give myself a break- not stop- because I love it. But not pressure myself to produce every week. So, I will miss some. I'm letting you know. Thanks for your continuing support and support from our sponsor, Abridge, going into our third year together. And as always, thanks to Kayla Nelson and Joey van Leeuwen. You helped me make this great. Thank you.

Six-word caregiving poems 02:37

So, let's start with six-word caregiving poems. For this week, from the past, and it's from an episode on January 13th, 2019.

- ⇒ Blood, sweat, tears. Shared by two.
- ⇒ Helping one end and another begin.
- ⇒ Disaster that ultimately gives back.
- ⇒ Hearts clubbed by diamonds in spades.
- ⇒ We learned, we cried, we continued.
- ⇒ We did it because we could.
- ⇒ Pillow, pills, poop, piss, and pain.
- ⇒ 20 years of caregiver. I adapted.
- ⇒ Personal care? It depends. Mother? Wife?
- ⇒ Managing the dis-ease of disease.

Now a word from our sponsor, Abridge. Use Abridge during your visit with your primary care, specialist, or any clinician. Put the app on the table or desk, push the big pink button, and record the conversation. Read the transcript or listen to



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clips when you get home. Check out the app at [abridge.com](https://www.abridge.com) or download it on the Apple App Store or Google Play Store. Record your health care conversations.

#### [A Guide to Pathological Optimism 04:38](#)

Now, let's listen to a poem written a couple of days ago by the [Good Listening Project](#) after listening to me for 20 minutes.

My life's rich; fulfilling  
I wear many hats:  
End- of life carer -  
Saxophonist, at that!

I avoid complaining;  
Will the process to slow  
I'm an optimist -  
Pathologically so!

But here's the thing  
With MS progression:  
I dip, then I rise -  
Face fragmented depression

“Take two minutes to bitch!”  
A trick from a dear friend.  
So sometimes it's just “FUCK!”  
Then reset: start again.

#### [Reflection 05:34](#)

Okay. That's all for this week, folks. We'll be back soon. Onward.



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