

Columnist returns home after battle for life, therapy

I finally got home Wednesday, Sept. 29, later in the afternoon. Mrs. Beynon brought me from Aurora after Dr. Beynon had come to the center for me.

She spent a couple of days visiting some of her former fellow bank employees and other friends. They both seem to be doing OK and getting adjusted to city living.

It has been a rocky two months plus, but I seem to be getting stronger and feeling better every day. As if getting that leg pinned and a plate placed wasn't enough, I spent several days in the intensive care unit, when several serious events took place and caused me to become critically ill and have to battle for my life.

As you might guess, I recall nothing during that time and have been told it's just as well, as nothing could be done with my memory returning. It seems strange that your mind blocks out those days, and all of a sudden you are awake and asking questions that have no answers. Thankfully, there is no residue from those events, but I still have to be seen by specialists to make sure. No one could give me a reason for the breaking. Contrary to reports, I did not fall, but the leg broke while I was walking.

Why? remains an unanswered question, but one doctor said there may have been damage from the original fall, and it took that time to come apart. Who knows why, but it happened, and I hope it is the last time. It was a strange meeting when I finally got to the rehab center. There were many of both residents and staff from a year ago who stopped at my room. It was an emotional couple of days.

I didn't even miss one meal at the dining room thanks to one of my



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• goodland gazette

therapists who helped get me back up and starting to move. At first, I could only have my toes touch the floor, no weight on that leg for a couple of weeks.

Then they added a little weight and gradually got me to 25 percent weight bearing. The next step was adding a little more and finally what weight the leg would bear. During this time, the doctor had two different braces put on the leg, and finally, he took them all away and I was on my own.

I used a walker and am still using one, not because I can't walk, but for security and safety reasons.

That walker will be a part of me for six months, but around the house, I can use a different aid.

I still need special hose, but I can leave them off a day or so and then put them back on, especially if swelling occurs around the surgical area. They give my legs support and also help to keep blood clots from forming.

I'm in therapy at the local hospital under the direction of Jack Lucas and his staff.

I had a therapist at the center that was a very handsome man. I told him if looks could cure, I'd have been gone the first day. Boy, oh boy, is he good looking. All he could do was look at me with those lovely eyes, giggle and keep on working on my limbs.

That therapy is no easy thing, and at times, it took all my energy to do it. I usually did a lot of grunting and groaning, but still they worked on my limbs. They are a very kind and compassionate group of people but very determined to get you going and

Therapist shares wisdom

One of my physical therapists shared this bit of wisdom that I would like to pass on. It is called "Take Care of the Golf Balls."

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large empty jar. He proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. The pebbles rolled into the open areas between the golf balls. He then asked the students if the jar was full; they agreed it was.

The professor then picked up the box of sand and poured it into the jar. Of course the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed. "Now," the professor said, "I

want you to recognize that this jar represents your life. The golf balls are the important things — your family, your children, your health, your friends and your favorite passions — things that if everything else was lost and only they remained, your life would still be full.

"The pebbles are the other things that matter, such as your job, your house and your car, etc. The sand is everything else — the small stuff.

"If you put the sand in first, there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have time for the things that are important to you.

"Take care of the golf balls first, the things that really matter. Set your priorities; the rest is just sand!"

One of the students raised her hand and inquired what the coffee represented. The professor smiled.

"I'm glad you asked," he said. "It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

out of the place as soon as possible.

It's a wonderful place to be when you need that kind of care. The only bad part is being so far from home.

The nursing staff was also great. You were a person, not a room number. They were very helpful with all your problems or needs. I'll get to see some of them when I return in mid-November for checkups and X-rays.

I saw and had so many doctors that it seems unreal to only remember my main two, Dr. Durbin and

Dr. Whitsett. All the others played an important role in my recovery, but for the life of me, I don't remember them or even their faces.

Thankfully, I didn't come out of it with major problems or parts that failed to function properly.

In closing, I'd like to thank all who sent me cards, flowers and other gifts. The phone calls were wonderful, as were the personal visits by Bud and Pat Perrey, Father and Mrs. Hal, Vernon and Iris Irvin of Goodland.

Some of my canyon friends dropped in, as did a few Fort Collins residents, among them Lisa Wegener, Betty Harding and Jeanette Miller. Paul and Bobbi Wegener of Tribune came for a visit also.

My sister and brother-in-law, Martha and Bob, were there almost every day even though Bob himself had surgery but is doing OK.

A great big thank you to my neighbors, who took care of my home and yard while I was gone. Their help continues as I write this column.

I will close for now and see you all next week. Again, thanks for all your kindnesses since that fateful day on July 20. God will surely bless you all.

public notice

IN THE DISTRICT COURT OF SHERMAN COUNTY, KANSAS

IN THE MATTER OF THE ESTATE OF MARY CLARE MCCULLOUGH, DECEASED
CASE NO. 04 PR 27

NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

On October 7, 2004, a Petition was filed in this court by Robert C. McCullough, praying for admission of the last will and testament Mary Clare McCullough, deceased, to probate and record and that letters testamentary be issued to him to serve as executor without bond.

You are further advised that the petitioner in this matter has requested administration pursuant to the Kansas Simplified Estates Act, and if such request is granted the court may not supervise administration of the estate and no further notice of any action of the executor or other proceedings in the administration will be given except for notice of final settlement of the decedent's estate. Should written objections to simplified administration be filed with the

court, the court may order supervised administration to ensue.

You are required to file your written defenses to admission of the decedent's will to probate on or before the 2nd day of November, 2004, at 10:00 o'clock A.M. MST, of said day, in this Court, in the city of Goodland, Sherman County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the petition.

All creditors are notified to exhibit their demands against the estate within four months from the date of first publication of this notice, as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

Robert C. McCullough
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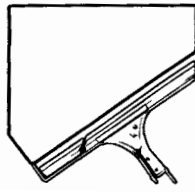
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