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I know the nerve damage isn't going away but it is getting worse. I have had 3 back surgeries. Twice on L4-L5 disc and L5 S1 disc. 3 ruptures. I know the difference in pain, hurting and aches. I have a constant ache, often hurt and too much pain with simple movements. You catch yourself holding your breath and bracing for the pain when you sneeze, cough, walk or sit down. It often wakes you up when you can get to sleep. I have worked since I was 16 to earn a paycheck. Before that I was raised to work. We worked the garden, took care of animals, cut and busted fire wood and yardwork. In the house you did housework and ~~for~~ homework when in school. Now I'm a 54 yr old woman depending on others to take care of me and pay my bills. I can't even pay for my meds. I have high blood pressure, cholesterol problems, COPD, low Vit D, Hypothyroidism, Class 3 Kidney disease but the worse is depression. Dr. Ogunfowora told me I would not be able to beat it till I could take care of myself again. I never realized how it holds you back till now. It cuts you off from living. I can't do housework or exercise because of the pain, numbness and burning in back, hips, legs and feet. I can't get out or exercise. I'm worthless. Just a burden to my family. When I was a nurse, I felt good helping others. The pain got worse. The work got harder. My nerves shot going through "the change" and pain. I self-destructed. I have failed in my life but I have always bounced back. I have learned a lot in the past 2 years. I'm not proud of my health or the way my life has turned out. I know I can't turn back time. I need help so that I am no longer a burden to my family. With no insurance or income, I can't pay for test or see doctors that can help. I put in for SSI on Feb 7, 2013. I have been waiting for hearing since Sept 23, 2013.

2/16/2015

Dear Stephanie Hately,

I need help I have started writing this letter several times and end up leaving it up. I have always been independent and skin told that is my problem. I have always taken care of others and left myself out. I have to do this now. Why?

Enough is enough. On all the medical papers I have filled out it ask for your daily activities. How it is. I sat on the toilet this morning trying to clean myself. The pain in my back, legs and hips won't let me. I can't cook my husband. He would but I just can't do it. With tears and tears I complete the task and hope I did get clean. I go to make coffee. My husband asked if I was alright and if I was in that much pain I should go back to bed. He would make it. I didn't realize he was this and that to me you're and quiet. I try to get dressed. He snags up changing my house hold. He always ask why don't I just wake him to do things for me. I often stay in my room. I'm not going anywhere. No one coming by. I'm clothes to wash and it's so close on me and him. My day is not going well. I have taken my medicine. Now I have to run to bathroom often because of the blood pressure med. I often wet myself before I can get there on let clean. I'm going but can't take NSAIDS because my kidney function is near 3. I've a morphine taken but they didn't help much for the nerve pain. The next of being it try to figure out what we will eat. Dishes and pots are on there top in which I'm as I can get to them. I do try to cook some things on good days. Today will be necessary and opening a can. Maybe sandwiches. The sun is out today but I'm stuck inside. My spouse today will be getting up and down. Realize to bed to between. On and off sleeping past. I wait and need my back fixed.

I don't want charity. I want help to get me back on my feet. I want to be independent and help others again. I want to be a part of life. Not just watching life pass me by. Sitting and wondering if today the power or water is turned off. We have to depend on others to get to town or Dexter. I can't pay insurance on tapes or truck or car. The truck won't even run now. Home phone turned off. I do receive food stamps and have a pay like phone. My husband tries but there are no jobs in Kenosha. Everyday is a struggle. I'm tired, worthless and a burden. I don't want sympathy or handouts. I need help. Now I have to ask. I'm out of options. Please help me. Thank you for your time. I will be grateful for any help.

Sincerely

Dora Beth Hargett

George Dirk P.A. is my lawyer.

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