

## **Alternate Delegate Report for the AWSC-March 29, 2025**

Dear Al-Anon Family,

On January 9<sup>th</sup>, we found out that Fred's brother who lives with us had stopped taking his mental health drugs and on January 11<sup>th</sup>, he was transferred to a psyche ward 45 minutes away without the hospital telling us. On Sunday, January 12, my husband had started to drive to church but ended up turning around when his head started hurting and his right eye became blurry.

I convinced him to let me take him to Urgi-care because he thought he had a sinus infection. The Urgi-care sent us to the ER because they said they were not equipped to check for sinus infections. We drove 30 minutes away to a less busy ER. One of the questions they asked Fred was if he had fallen recently. Fred had to think for a moment and then remembered that he had fallen off of our old wooden chair when he leaned back to get something and hit his head on our wood floor, but he could not remember when. He did not think anything of it, but when he told the ER doctor this and the ER Doctor saw that he was on Eliquis, which is a blood thinner, they took him in for a cat scan. They found that he definitely had a sinus infection but worse than that he had a brain-bleed on the left side of his brain which was causing blurriness in his right eye and significant weakness on his right side. They immediately had him transferred to Fairview Hospital where he was in intensive care for several days. They started him on medicine to begin clotting the blood which is the opposite of what a blood thinner does. After a couple of days, he could not move his right foot, and his entire right side was becoming weaker, and he started seeing strange things with his right eye. The trauma team called the Neuro team in who decided to put him on an EEG which read that Fred was having 26 seizures a day. They began prescribing Seizure medicine, and when it was all said and done, he had to be put on 4 different kinds of seizure medicines twice a day in order to go 24 hours without a seizure. Because he kept having seizures and his right side was growing weaker, they decided to do another cat scan and found that the brain-bleed had increased and was putting pressure on the left side of his brain. Therefore, on January 24, they did a craniotomy to remove and irrigate the blood from the left side of the brain. On the 31 of January, he was transferred to an acute rehab center in Avon and was there until the 15<sup>th</sup> of February. He started Home Health the next week and just finished his last home health care on March 28<sup>th</sup>. On April 3<sup>rd</sup> he begins out-patient Physical Therapy, Occupational Therapy, and Speech and Memory Therapy. Once the brain heals, we are hoping that Fred will eventually be able to walk on his own and get back to doing some of the things he loved like cooking and food shopping. Fred will have 41 years of sobriety on April 25, and his AA friends have come to the house to visit and

fellowship him. They are all willing to pick him up for meetings when he is stable enough on the walker to go. He has to go at least 30 days without falling before they will consider letting him use a 4-wheel walker. As of today, we are on day 6 without a fall, so things are moving in a positive direction.

I am thankful for my boss who is allowing me to work from home and in the office throughout the day, so that I can give Fred his meds and prepare his meals. My brother-in-law, Frankie, is now taking his meds because we realized after his last hospital stay that he could not remember taking them, so my son and I are now doing that for him. Frankie is also on a walker, but is in better shape than Fred right now and has been a huge help in following Fred to the bathroom to make sure Fred gets in and out of the bathroom safely when we are at work.

So, due to all of this, I have not been a very active alternate delegate in the last 3 months and the other officers and past delegates have been very understanding. I accepted the fact that between work and home that I was not going to be able to get the first Ohio Al-A-Notes done.

However, I would like to ask everyone who would like to send in a share to write how they have used the Al-Anon program to get through a crisis in their life. If you could submit the shares to me by April 30<sup>th</sup>, I could get the newsletter to everyone by the first week in May.

I appreciate all the support that I have received from the Ohio Area Assembly and would covet your continued prayers for our family as my hubby continues in the recovery process. Our higher power which is Jesus Christ continues to show his love and support through our church and Al-Anon and AA families.

Respectfully Submitted,

Merri G

Alternate Delegate, Panel 64 Area 44.