

Old Saratoga Reformed Church
Jacob's Well
April 2020



Easter Blessings to all!

(Due to the current situation there will not be a regular April newsletter)

***A message from Anna Bierma which she wished to
have sent out in the April newsletter***

On May 30, 2019 was the day of my accident where I lost my left leg, 9 months ago. I have therapy 3 hours weekly. In each hour I tread on a machine and I can see the percentages of strength in my legs – left 25% - right 75%. After this workout I walk with Lesley (therapist.) She puts a strong strap of material around me and holds it tight in her hand. I use a walker (not a fan of one) while Lesley holds on to the wheelchair behind her in case I fall. (It has happened once.)

I wish more therapy came my way; this is all the insurance allows. There are two nurse's aides who can walk with me if they are certified. My prosthetic is a big plastic "tube" surrounding my upper leg, then a metal "knee;" then a stem with a diameter of just over an inch which connects to my shoe. I wear it now from 7am-2pm and increase the time slowly.

I share a room with a friend from Arlington. She is my age. We have a director for activities who keeps us pretty busy with games, questions about world affairs and a lot of other subjects. Wednesday afternoons comes a deacon from a Baptist church. 8-10 people attend. We start with singing; he reads some liturgy. We end with singing "Amazing Grace." Since a few Sundays a lady minister sings her message; she has a beautiful voice; to me not loud enough. And so the weeks pass.

On March 19 my gym teacher from the YMCA in Saratoga comes. They moved to Virginia about a year ago. She stays overnight with Jikke (my daughter.) Rixt (my oldest daughter comes) March 23 with her 3 children. David (son-in-law) stays home to do his work.

What will the future hold? It is a question mark. We plan to come to Schuylerville in August. Hopefully we can sell the farm then too.

Greetings and love to all.

Anna Bierma
March 5, 2020