



Times Remembered
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Knee Injury Surgery

Out last week with my husband, Bob. He was having knee replacement surgery. His knee has been in bad shape for probably 30 years, but he just kept putting off surgery and suffering the pain as it got worse and worse.

He did get a reprieve for relief when he took shots at Osteo-Relief four years ago, but the second time around they didn't work for him. Horrible pain set in, and he went to physical therapy for a while; but it was bone on bone. Next stop: schedule surgery with Dr. Christensen, Orthopedic Surgeon at Blue Orthopedics, Lexington. Surgery was scheduled for October 16th.

Blood work, x-rays and all pre-surgery tests were done the week before with Dr. Michael McKinney, our family doctor. So the 16th October at 6:00 a.m. was a go.

I didn't sleep much the night of the 15th; I was concerned about the seriousness of the surgery and getting up at 4:30 to get to Lexington at

6:00. It was raining, dark and dismal as we set out for Lex. I was happy that Bob could drive instead of me; I don't see well at night or any dark hours of the morning.

We arrived there safely and parked in the designated space for surgery patients. The nurse came out and registered Bob and did the temperature check and the required questions. She told us they would call my cell phone when they were ready for him and he would enter the building without me; no one can accompany the patient even in the prep room. That was hard for me; he would probably be in surgery and recovery about 6 hours, 1 1/2, for obtaining necessary information, about 2 hours in surgery and then about 2 in recovery. The medical staff instructs and helps the ones that have knee replacement use a walker before they leave recovery.

Tara and I sat in the car and waiting approximately 6-7 hours during the time of surgery. I was so nervous; I was sick to my stomach; but that's just me. I am so happy that Tara is cool at this kind of stuff, but I was basket case. She also has been through two knee surgeries. She's my cheerleader.

Finally, a nurse called me and informed me that he was out of surgery and that he did great and was doing fine. What a relief. In about 2 hours he would be able to go home. Normally, a few years ago, knee replacement patients stayed in the hospital a couple of days, but not anymore. Coming home is risky to me.

I was so happy to see him being wheeled out to the car. It was like I hadn't seen him in

a month. He rode in the back seat with legs propped up and he was really a "Chatty Cathy," all the way home. It was the after effects of the anesthesia.

We arrived home and started the process of getting him into the house; we have a very long walkway from where we park to the front door. But Tara and I managed and got him to the downstairs sun room where he was comfortable. No upstairs bedroom for a while.

Next was the chore of medications to be picked up at Walgreen's, so I headed out to pick them up... guess what? I backed into our other car, the older Jeep. I wanted cry, but I didn't; I'd forgot we moved it there when they were sealing our driveway the other day. It didn't hurt the Jeep but the Tahoe has an ugly dent. Oh! Well, it's just a little fender bender. I'm heading to the insurance company and to a body shop to get an estimate shortly.

I've spent the past week as nurse, cook, cleaning lady, massage therapist, insurance and medical counselor to mention as few. It is very tiring but I'm plugging along and Bob is really walking well on his walker and getting stronger every day, but the pain is horrendous; he said the worse he has ever had. I am hoping this week will be less painful for him. He's using the CPM Machine, doing exercises and going to Physical Therapy and that takes up a lot of time not much time for sleeping. The medicine and exercises keep him busy and tired.

We'd like to thank everyone for their prayers, phone calls and texts inquiring about Bob. We always need them. God Bless.

Church & Community

Mail announcements to The Estill Tribune,
6135 Winchester Road, Irvine, KY 40336
Call (606) 723-5012; Fax to (606) 723-2743;
or E-mail it to <News@EstillTribune.Com>

Wednesday, October 28th at 5:30pm Board of Health Special Meeting

The Estill County Board of Health will hold a Special Called Board of Health Meeting on Wednesday, October 28, 2020 at 5:30 p.m. at the Estill County Health Department. The public is welcome.

Friday, October 30th 6-8pm Providence Trunk or Treat

Providence Baptist Church, 1115 Winston Road, will be hosting Trunk or Treat for the youngsters this coming Friday, October 10th from 6 until 8 p.m.

Sunday, November 1st at 10:00am Ravenna CG Welcomes Pastor

Ravenna Church of God welcomes their new Pastor, Chuck and Sherry Ferrell, on Sunday, November 1st. Join us for Sunday School at 10:00 a.m. and Morning Worship Service at 10:45 a.m. Evening Service is at 6:00 p.m. See Page 2 for more information.

Friday-Saturday, November 6 & 7 Lady Veterans Connect Sale

Come on over to 11400 Irvine Road, Winchester, Kentucky, at Trapp, home of Lady Veterans Connect, to do your Christmas shopping. Friday and Saturday November 6 & 7, 2020, 8 a.m. - 3 p.m. We'll have all new toys, clothing, household items, health and beauty aids, and much more. All proceeds benefit homeless women veterans.

Signup before November 1st St. Elizabeth Christmas Help

The Church up north that has been helping us each year with the St. Elizabeth Church Christmas Help Program has let us know that they need to cut back by HALF the number they can assist with this year. Therefore we can only help those most in need. And the number is limited.

Call the office (606 723-8216) and sign up, before November 1, if you really need help. Senior citizens who are in need of a food box can also sign up now.

Hello, Voters of Estill County School Board District #2



My name is Tammy "Tambo" Hardy. I'd like to take this time to ask for your support in the upcoming November election. I've been involved with the children of Estill County for 20-plus years. This is the reason I decided to run for the school board. I feel all students, families and employees deserve to be treated with fairness and respect. So, think of the kids. Go to the polls and Vote 'BO'.

Paid by Tammy "Tambo" Hardy