

## 022608 Tuesday

helping Dad get up in the morning

bringing Dad to outpatient rehab

homeschooling with Aliana, with a focus on reading

caregiving for Dad

catnapping

reading, composing and sending church-related email

audio listening

weight training

hanging upside down with anti-gravity boots for stretching

treadmilling

CCRC (Compassionate Communication for the Resolution of Conflict panel) meeting at CCUU

housework