

iMessage
4/15/24, 5:31 PM

Dad

Attachment stored in iCloud:
FullSizeRender.jpeg (Image)

Dad

Wow-Stephen has a secret occupation-modeling for Amish Country travel brochures.😂
Found this in a rest stop on the way home from Rock Hall.
Hope all is well.
Dad

4/15/24, 7:34 PM

That's Trog.

Dad

I had a feeling Trog converted to Amish but I wasn't sure.

4/17/24, 8:01 PM

Attachment stored in iCloud:
IMG_4063.heic (Image)

Attachment stored in iCloud:
IMG_4067.heic (Image)

Attachment stored in iCloud:
IMG_4065.heic (Image)

Lucy is happy to be back to grilling again

Mom

How cute!
I've never seen her smile like that!

Melissa

Loved an image

Melissa

Loved "Lucy is happy to be back to grilling again "

5/2/24, 1:05 PM

Mom

Attachment stored in iCloud:
IMG_0261.jpeg (Image)

Mom

Today is the National Day of Prayer. From our back yard, I heard beautiful patriotic music and singing from this local high school, and went to check it out at City Hall plaza.

Met some of the students. It was an extraordinary experience.

Kids these days . . . making a real difference.

My faith in the future is renewed. 💕🙏

Dad

Nice!!!

Melissa

Loved "Today is the National Day of Prayer. From our back..."

5/4/24, 9:59 AM

Mom

*Attachment stored in iCloud:
IMG_0268.jpeg (Image)*

Mom

*Attachment stored in iCloud:
IMG_0267.jpeg (Image)*

Mom

My men. 💕
Stories of our lives together.
And the love is stronger than ever.
Lucky us.
I love you. 💕

I really love this picture.

Dad is doing the same thing here - guiding steps, cementing a future that lasts.

Keep the pictures coming.

Mom

Loved "I really love this picture.

Dad is doing the sam..."

5/4/24, 4:39 PM

Melissa

Loved "I really love this picture.

Dad is doing the sam..."

Melissa

Loved "My men.💕💕
Stories of our lives together.
And the l..."

5/9/24, 3:04 PM

Attachment stored in iCloud:
IMG_4478.jpg (Image)

Our Gulfport friends say "safe travels, Pops!" - their words exactly. Have a safe trip, Dad. Thank you both.

Mom

Loved an image

Mom

It's always our
pleasure, Stephen.
We're all on this
journey together.
We love you
so much.💕💕

5/9/24, 4:22 PM

Dad

Thanks to my Gulfport friends and family, dogs and — oh, can't forget the coyotes. Gulfport is a very unique place filled with very unique people. We'll talk soon.
DaD/CaP

5/9/24, 6:18 PM

Melissa

Loved "Thanks to my Gulfport friends and family, dogs and..."

Melissa

Loved "It's always our
pleasure, Stephen.
We're all on ..."

Melissa

Loved "Our Gulfport friends say "safe travels, Pops!" - t..."

5/15/24, 12:45 PM

Really really good appointment with nurse practitioner of neurology.

Full diagnosis is pending as she will know more as she gets to know me over time, but I'm sticking with this woman, she was excellent. Melissa joined me today. Glad we didnt wait for the other appointment later this month.

More time and basic tests yet to go, but for now she had high conviction around diagnosing me with PTSD. She is doubling my Zoloft to 100 mg, adding a mood stabilizer, and added a BP med that is also used to treat attention deficit. Throw in a pinch of depression, make it two pinches actually, and a sprinkling of anxiety as well - all of which should be dealt with by taking these meds, physical regime, starting a cognitive therapy regime through this new clinic, and things like mindful meditation etc. - all in all, some new info, some info we knew already, a few hunches confirmed, and we're off and running. Love and thanks to you all. I got this. We got this. I'm much better overall. No sugar on this coat, but a long way to go.

Mom

A really thorough plan.
You being 100% on board with this new direction is the best news.
We really appreciate your updates.
Thank you.
So much love to you, Melissa, and Lucy. 💕

Dad



5/15/24, 11:12 PM

Attachment stored in iCloud:
19811C59-044A-415F-BFB9-7B47BC717B72.PNG (Image)

A good day. Family day

Attachment stored in iCloud:
E0A486C2-73FF-4868-9E99-FF9C2E168C95.PNG (Image)

Attachment stored in iCloud:
574DB663-16DD-4B85-8F5B-E50D46FD1EED-1130-0000031B7B86C9DA.
MOV (Video)

Attachment stored in iCloud:
DE0593F1-B577-4A6E-AAF1-30D73CC2A330.PNG (Image)

5/16/24, 8:30 AM

Mom

Beautiful 💕

Mom

And the moving sky and water! 🙌

5/23/24, 3:38 PM

Attachment stored in iCloud:
IMG_4910.heic (Image)

the crow..
...is in...
...the nest.
operation successful.

may i open now or wait for melissa?

Dad
Wait for Melissa

Mom
Yes, wait for Melissa.💕💕

Mom
Loved “alrighty. color me excited ”

Melissa
Liked “the crow..
...is in...
...the nest.
operation succes...”

alrighty. color me excited

5/24/24, 12:10 AM

Attachment stored in iCloud:
IMG_1329.MOV (Video)

5/24/24, 9:06 AM

i have so much to be thankful for. i love you all. i will call you this evening. let me know a time that works please

5/24/24, 10:16 PM

Attachment stored in iCloud:
IMG_4983.HEIC (Image)

enjoying the view and tinkering with the new addition. thank you again.

5/25/24, 10:37 AM

Mom
Loved “enjoying the view and tinkering with the new addit...”

6/8/24, 5:34 PM

Melissa

Thank you so much for the birthday cookies and for thinking of me! They are delicious! 🍪

Mom

You are so welcome, Melissa! Enjoy!

6/8/24, 7:05 PM

Melissa

Loved "You are so welcome, Melissa! Enjoy!"

6/17/24, 9:07 PM

Attachment stored in iCloud:
IMG_5721.MOV (Video)

Mom

This is all extraordinary, Stephen!
And that mosaic!
What a meaningful gift.
Thanks for including us in Melissa's birthday celebration!
Love you both
so much. 💕💕

6/21/24, 9:54 AM

Mom

Attachment stored in iCloud:
IMG_0424.jpeg (Image)

Mom

Twins 💕💕 🐶

6/21/24, 11:57 AM

Cuties. Love you guys:)

Mom

Loved "Cuties. Love you guys:)"