

# one page profile

## Me



## What people like and admire about me...

KIRK Keeps smiling - no matter what!  
Keeps everyone laughing  
Family man  
Best dad ever!  
Wonderful cook  
Wonderful supporter to others  
Sees the bright side of things

## History

About KIRK's Health:  
It began in spring of 2002. It started out with constant tripping and then falling and from some pain to extreme burning and electrical shocks from my toes throughout my legs. I was diagnosed with diabetes and began medication. By summer of 2002, I was hospitalized, began insulin and had every test imagined under the sun to figure out what was going on. By 2003 I was not able to walk.  
This experience taught me love & dedication of my family.

## Hope and dreams for the next few months

KIRK's hopes:  
-My pain is under control and that on a scale of 1-10, my pain will range no more than a 4-that would be nice!  
-I hope I am always blessed with my family's support  
-Medications continue to do what they need to do-but less would be nice!

## What's Important to Me...

Important to KIRK:  
- My wife and children, their love and support.  
- Having "down" time with my wife just hanging out together.  
- Calls from or calling my wife everyday and checking on how her day is going.  
- Not always thinking about what hurts today!  
- Not having to stop my day because of pain.  
- Working in my yard and my garden - I really want to become an experienced gardner  
-Spending time with Klondike (our family pet)and going for walks with him - he is my encouragement!  
- My consulting work  
- Helping others in whatever way I can  
- Keeping in touch with my mother and sisters in New Orleans  
- Talking to my neighbors as often as possible  
- Up front, easy to talk to, friendly and honest doctors

## How best to support me...

Supporting KIRK:  
Help me to have laughter in my day, every day!  
Having my daughter (from out of town) call me several times a week and texting with my son (he doesn't like to call).  
I need reminders to tell all of my doctors / specialists important details about changes in my health and about what is working/not working.  
Having my wife, son or daughter (when she is in town) with me on my appointments. They help me to remember important doctor instructions - otherwise I may not recall at all!  
I need others to stay on top of alternative treatment so that I can have discussion with my docs about possibilities.  
I don't mind reminders to slow down because on good days-I forget to take care of me.