

**From:** "[REDACTED]"

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I had an epiphany this week when I realized that I had no one to list as my "emergency contact" on a form at the doctor's office. It was mind-boggling to me that after a 25 year marriage and a life devoted to my family that I am so alone. My sister [REDACTED] and I haven't spoken to each other since August. I think she has a borderline personality disorder. My parents are gone and then there's just [REDACTED]. He's 24 and has his own life working as an art handler at a gallery in [REDACTED] during the day and working on the weekend and at night on his own art. Plus he's been living with his college girlfriend for the past two and half years. [REDACTED] has not called once in the past four months to ask how i am or if i need anything. I see now how selfish he is and I'm shocked. He came back to NY in the end of Sept. He said that since he doesn't have a job, he had to live at [REDACTED]'s place in Westport, CT. How crazy is that? Especially when I've told him how mean [REDACTED] has been

to me. He just doesn't care about me, he does whatever is expedient and in his own best interest.

So I had a big pitty party after the visit to the doctor's office and there was no one out there to really give a shit.

So believe it or not, Your simple "you ok" meant a lot to me this morning.

I'm still waiting to hear how you're doing....