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To: [REDACTED] <[REDACTED]>

Subject:

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I thought i had already outlined this but i will try again 1. 5-30 6 , wake up help with breakfast face feet food every day no exceptions, 2 I exercise until 930 10 30 . no contact calls unless urgent. , after i need stretch face cream for one hour. 12 work until 4 i need nothing. late lunch. 5. after 5 fun, fun fun .. my nails have not been touched, they are a mess. IF you see a mess , help out, instead of passing it by, [REDACTED] asked to learn massage , with little of her own resources, she shopped , bought face products, rubbed my feet to sleep , every night, spent her time reading or finding ways to help. laid out pool toys, made sure robes were there. made fresh fruit for after exercise.

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