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**Depression tips**


Date: 06/24/2021 (06:56:28 AM MST)

From: Corey [REDACTED]

To: Carrie [REDACTED]

You replied to this message on 06/24/2021 11:49:23 AM.

You forwarded this message on 11/28/2023 09:05:21 AM to: Matt [REDACTED]

 Text (3 KB)

I found this on Facebook and thought it was a solid list to get people through hard times. It might be helpful for you when you're bored or just struggling to get through the day.

I love you, Carrie.  
Me

**DEPRESSION TIPS:**

Shower. Not a bath, a shower. Use water as hot or cold as you like. You don't even need to wash. Just get in under the water and let it run over you for a while. Sit on the floor if you gotta.

Moisturize everything. Use whatever lotion you like. Unscented? Dollar store lotion? Fancy 48 hour lotion that makes you smell like a field of wildflowers? Use whatever you want, and use it all over your entire dermis.

Put on clean, comfortable clothes.

Put on your favorite underwear. Cute black lacy panties? Those ridiculous boxers you bought last christmas with candy cane hearts on the butt? Put them on.

Drink cold water. Use ice. If you want, add some mint or lemon for an extra boost. I always use lemon.

Clean something. Doesn't have to be anything big. Organize one drawer of a desk. Wash five dirty dishes. Do a load of laundry. Scrub the bathroom sink.

Blast music. Listen to something upbeat and dancey and loud, something that's got lots of energy. Sing to it, dance to it, even if you suck at both.

Make food. Don't just grab a granola bar to munch. Take the time and make food. Even if it's ramen. Add something special to it, like a soft boiled egg or some veggies. Prepare food, it tastes way better, and you'll feel like you accomplished something.

Make something. Write a short story or a poem, draw a picture, color a picture, fold origami, crochet or knit, sculpt something out of clay, anything artistic. Even if you don't think you're good at it. Create.

Go outside. Take a walk. Sit in the grass. Look at the clouds. Smell flowers. Put your hands in the dirt and feel the soil against your skin.

Call someone. Call a loved one, a friend, a family member, call a chat service if you have no one else to call. Talk to a stranger on the street. Have a conversation and listen to someone's voice. If you can't bring yourself to call, text or email or whatever, just have some social interaction with another person. Even if you don't say much, listen to them. It helps.

Cuddle your pets if you have them/can cuddle them. Take pictures of them. Talk to them. Tell them how you feel, about your favorite movie, a new game coming out, anything.

May seem small or silly to some, but this list keeps people alive.

\*\*\* At your absolute best you won't be good enough for the wrong people. But at your worst, you'll still be worth it to the right ones. Remember that. Keep holding on.

\*\*\* In case nobody has told you today I love you and you are worth your weight and then some in gold, so be kind to

11/28/23, 4:07 PM

Mail :: Depression tips

yourself and most of all keep pushing on!!!!

Find something to be grateful for!

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**Re: boundaries (recapping)**


**Date:** 06/25/2021 (11:05:34 AM MST)

**From:** Corey [REDACTED]

**To:** Matt [REDACTED]

**Cc:** Carrie [REDACTED]

---

 Text (7 KB)

No need for further discussion, Matt. I've already agreed to try my best to follow the boundaries you are setting and apologized for the mistakes I have made as I'm getting up to speed.

I understand about taking some time away from each other. That's probably for the best.  
~Corey

Corey [REDACTED]  
[REDACTED]  
cell. [REDACTED]

On Jun 24, 2021, at 11:52 PM, [REDACTED] wrote:

Corey,

I need to make a clarification. In my last email, I welcomed further discussion. I will do my best to respond to emails and I encourage you to take your time when responding to them. I can't promise quick responses and I'm not expecting them.

I've been thinking about this issue all day. At this point, all in-person visitations and discussions are suspended. Sorry, no walks or game night right now. As Carrie's guardian, I really do not have time for this and I'm done justifying boundaries. Please don't ask me to call or meet for a discussion. Carrie and I will finish her history and treatment plan and send it to the family. This may take a week or two. Then we can all discuss it calmly via email (over time). That is the best I can do.

Matt

Quoting [REDACTED]

Your bad? Every time you fail to think then I am left with the consequences. And I'm the one spending all of my resources to help Carrie. This does affect Carrie. She might read that email and try to bake or something. And I hope we can both agree that baking might be dangerous. I'm still monitoring her remaining burns and bandaging her every few days (at some expense).

I will admit to being a little frustrated at this point. Please think about the importance of positive role models in Carrie's life. You are not acknowledging the depth of the problem.

With respect, at the moment, I do not believe that we are on the same page. I'd like to change that. I welcome further discussion.

Matt

Quoting Corey [REDACTED] <[REDACTED]>:

I'm sorry about that list, Matt. I didn't think through how many suggestions just won't work for Carrie. My bad.

Corey

Corey [REDACTED]  
[REDACTED]

Sent from my iPhone

On Jun 24, 2021, at 12:57 PM, [REDACTED] wrote:

Hi Corey,

First, I really need to say that I sincerely appreciate that you want to be there to support your sister. I encourage that. As a psychologist, I wholeheartedly agree that she needs social support. I am not trying to offend you. However, in the spirit of our recent conversation, I need to discuss an email that you found on Facebook and sent her recently (Depression Tips). As we discussed, it can be difficult to accept that someone has dementia and it can be easy to forget. And I take responsibility for not finishing her recent history and treatment plan yet. We're both working on it. You may not realize that some of her older boundaries still apply, and that's my fault.

---

As an update that I should have sent earlier, one of Carrie's boundaries still involve showers because she may get distracted and not track time (see Depression Tip #1).

She still needs to be careful not to drink liquids too often or she suffers from incontinence (see #5).

We have large speakers (the classic Radio Shack Mach 3) and if she decides to vent her frustration with loud music, then we may very well get evicted (see #7). That would be a big downer.

I hope we can both agree that the issue of food has been raised repeatedly, and she cannot simply eat freely. She definitely cannot cook freely given the restrictions related to the stove and oven which still apply (see #8).

We also discussed restrictions related to Carrie going outside unsupervised. She takes Bran outside or checks the mail -- maybe a short walk within the complex if her energy levels appear high -- when I'm around to keep track of her. Whenever I'm away, then she cannot go outside alone, at least not yet (see #10).

---

This is a great example of why Carrie is not on Facebook.

Please let me know that you're starting to understand the depth of the problem here. I am not suggesting that you are the problem, only that this situation requires a lot of work. And if you find my suggestion offensive -- and I am sincerely not trying to offend you -- then we may have an even larger problem.

with love,

Matt



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**Re: boundaries**

Date: 07/03/2021 (08:47:44 AM MST)

From: [REDACTED]

To: John [REDACTED]

Cc: Kristen [REDACTED] Judy [REDACTED] Corey [REDACTED] Carrie [REDACTED]

 Text (6 KB)

John,  
Please take your time.  
Matt

Quoting John [REDACTED]:

[Hide Quoted Text]

Matt

Before I can make any comments, I need to reread and study your email. You have given us much to think about and contemplate. I will get back to you.

John

On July 2, 2021, at 11:29 AM, [REDACTED] wrote:

Hi y'all,

Carrie and I are working on a written treatment plan, though we've already developed one verbally and behaviorally so the written plan has been placed on the back burner. In the meantime, I know that other family members would like to visit with Carrie. That's the goal. With that in mind, I need to draw some boundaries for the time being. Based on the literature (and I can find a reference if you want one), please understand that discussing dementia with/around Carrie is naturally difficult for her and doing so too often will likely cause depression. I'm not planning on discussing this much more and that's a good reason why I'm communicating this in writing. Sorry, this is going to be a long email. My goal as a caregiver is to create a safe space for Carrie where she can develop relatively healthy habits; as a result, I can supervise her behavior, draw gentle boundaries, and hopefully there won't need to be much discussion about dementia. That's very important.

Also, this issue has extra depth because it involves everyone. On the one hand, social support is important when someone has dementia, on the other hand, negative role models are worse than nothing given the susceptibility to pick up bad habits. Being a positive role model for someone with dementia is difficult. I'm challenged with this, and I've made mistakes and I'm going to make mistakes, and this will be difficult for all of us. As one example, Corey [please don't be offended, this is for educational purposes]: recently, you and I had a heartfelt in-person talk about vigilance when supervising someone with dementia who also has a problem with cortisol levels and who might pass out; the discussion included boundaries with showers, taking walks or cooking/baking without supervision; and the following day you forwarded her a Facebook posting that encouraged her to - among other things - take walks, cook, or take showers to help her deal with depression. Mistakes are going to happen but we need to recognize the seriousness of these mistakes. This is only one example.

The family has been supportive in expressing gratitude and offering support. The usual question is, "How can I/we help?" The answer is

being a positive role model. In the past, I have reminded everyone that Carrie struggles with an addictive tendency toward food and screens (and also money, although thankfully, that hasn't been available to her as much lately). Helping Carrie to enjoy life without having to be eating or talking about food at the time would be good; for example having visits or other activities (such as games) that do not include food. Otherwise, it's like inviting a struggling alcoholic to a party where drinking is one of the planned activities. Also, please help Carrie to enjoy life without having to watch a screen, whether movies, social media, or the internet in general, because of addictive tendencies in that area.

Things that don't help: Planning activities (such as visits or playing games) with food always included; offering food to take home as a way to help; placing Carrie in front of a screen to browse social media while supervising her; in zoom meetings, always talking about food at some point (not just a mention but a roundtable discussion), as well as talking about who may be browsing social media or the internet for several hours but it's considered no big deal; sharing a meal with Carrie and demonstrating a lack of self-control with food portions (which she has later emulated at home). Social learning is a powerful influence.

On a tangent, if anyone wants to offer financial support -- a topic which I must mention because I've heard this more than once -- I would encourage it; you could start a savings account or trust in Carrie's name and save whatever you can, and make sure that everyone in the family knows about it. This is not about me and she may need it later. She will likely outlive me. In any case, please do not offer food because that's really not going to help.

Lastly, I realize that we may disagree. Some members of the family may feel that food or social media is not really a big deal, and that I'm being too strict. Perhaps so. I'm not going to argue that I'm always correct because I'm not. There would be no point in responding that I may be wrong. I already agree.

Carrie and I have an agreement: I have promised to do my best to care for her as long as she can accept my guidance as a caregiver. If she cannot accept my guidance, then I can no longer help her and our marriage will end. I've made my promise and it's her choice. I'm very glad she's choosing to remain married and I would miss her a great deal otherwise. (Carrie and I have already talked about this and we would mutually miss each other terribly.) If anyone wants to argue that I'm being too strict, please keep in mind the consequences for everyone if Carrie decides to seek independence. Again, it's her choice.

For anyone willing to respect these boundaries, then it would be nice to arrange some visits (Zoom meetings, talks, walks, or games) that I would help supervise for the time being. Carrie misses everyone. Please let us know if you have questions.

Matt (and Carrie)



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## Re: Visits

Date: 09/15/2021 (05:15:30 AM MST)

From: [REDACTED]

To: Corey [REDACTED]

Cc: Carrie [REDACTED] Judy [REDACTED]

 Text (2 KB)

Corey and Judy,  
Carrie and I both appreciate it. Bran will be missed.  
Matt (and Carrie)

Quoting Corey [REDACTED]:

[Hide Quoted Text]

I'm really sorry to hear about Bran, you guys. He will be missed.  
Love and hugs to you.  
~Corey

On Sep 13, 2021, at 6:41 PM, mkeener@xmission.com wrote:

That was a nice visit. My schedule at Raising Cane's may be erratic, so let's check in closer to the last week of September to schedule a Zoom meeting. Carrie and I want to minimize indoor gatherings at this point, because Colorado is running out of ICUs. Also, we're vaccinated but Carrie's immune system is "moderately compromised" (per Dr. Widdom) and she might want a booster in October if they become available to patients in her condition.

Carrie and I also want everyone to know that Bran died a few days ago. He's been a significant part of our lives and we thought you should know. He brought us a lot of joy.

Judy, I appreciate the offer to bring Carrie to make applesauce, and I remember Corey passing along this offer during our last visit. I know you all mean well. I didn't say anything at the time because I preferred to enjoy a pleasant visit and I am not trying to offend anyone. But as Carrie's caregiver, I need to point out that the offer breaks one of the big boundaries that have been set in place (hint: food). This is an example demonstrating a need for supervision.

We're both looking forward to playing music (and listening or singing) at some point. John and Judy, thanks for getting the piano ready for Carrie's beautiful music. Sorry, it may be awhile longer before it happens.

Be well and we'll be in touch.  
love,

Matt (and Carrie)

Quoting Judy [REDACTED]:

When we got together last week, we didn't set another date.

While the weather is still nice, it would be fun to get together when you guys walk; we could do a music thing here or wherever. We could meet in a park again. Corey and I will be making applesauce this Friday if Carrie wants to get involved in that.

It was great to see everyone!

Mom

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**Re: Zoom meeting in late October (pending improvement with boundaries)**

Date: 09/28/2021 (09:38:30 AM MST)

From: [REDACTED]

To: Corey [REDACTED]

Cc: John [REDACTED] [REDACTED] Kristen [REDACTED] Judy [REDACTED] Carrie [REDACTED]

Text (6 KB)

Hi all,

Recent communications have been surprising and I still have a lot to consider at this time. I'll let you know when I know what to say.

Matt

p.s. Carrie sends her love.

Quoting Corey [REDACTED] &lt;[REDACTED]&gt;:

[Hide Quoted Text]

Carrie,  
I am sorry if by offering to include you in a food-related activity, I disregarded the established boundaries. I'm not trying to do that. We all love you and want you to thrive.  
Be well,  
Corey

Corey [REDACTED]

Sent from my iPhone

On Sep 27, 2021, at 5:39 AM, [REDACTED] wrote:

John, that's interesting. I'll need some time to think about that.

Corey, we haven't heard from you. Carrie and I met with you in-person at our place (outside at the playground) to discuss these specific boundaries. Do you remember this conversation?

Matt

Quoting John [REDACTED] &lt;[REDACTED]&gt;:

Matt

First, let me assure you that none of us is encouraging any divorce of you and Carrie! This has never been a consideration in our family. We want you and Carrie to remain married.  
Next, regarding the food boundaries, we didn't respond because we didn't know what to say. Partly because we don't seem to understand the boundaries exactly.  
As far as the applesauce is concerned, that was a plan to harvest apples from our trees, chop them up and make applesauce to freeze for use later in winter.  
None of us seem to understand how that project crossed the boundaries. Perhaps a face to face conversation with questions to clarify our confusion would help us?  
I know that all of us want the best for you, Carrie and the rest of the family. I am open to however that can be accomplished.  
Please don't be upset, pick up the phone and call me.  
John

Sent from my iPhone

On Sep 26, 2021, at 10:18 AM, [REDACTED] wrote:

Hi Kristen, there was a link in the original email ... but I have some disappointing news. I need to postpone the Zoom meeting until late October. Carrie has been having significant trouble with boundaries in the last couple of weeks.

John, Judy, and Corey, I need to ask a favor of you to help Carrie. As mentioned earlier, the recent invitations extended to pick up Carrie without my supervision to bring her to help make applesauce (a food activity) had essentially ignored the boundaries that I have established as her caregiver. And after I pointed out the problem, there was no acknowledgement about this by anyone. I was planning on discussing this during our Zoom meeting but this cannot wait. Please review these boundaries. I expect that this was an oversight but I am asking that you try to understand that Carrie seeing you ignore these boundaries is likely to have a negative impact on her behavior, and I am also asking that you apologize for the oversight and acknowledge the importance of these boundaries.

That should help a great deal. Thank you!

Matt

p.s. Carrie has reviewed and approved this email.

p.p.s. If I am wrong and boundaries are being deliberately ignored, please keep in mind that you are actively encouraging Carrie to get a divorce. And she has said that she wants to make this marriage work. So I sincerely hope that this was simply an oversight.

Quoting [REDACTED] Kristen <[REDACTED]>:

Did y'all want me to create the zoom link or is someone else taking care of that?

On Sep 24, 2021 6:21 AM, [REDACTED] wrote:

Sounds good. 9:30 on 9/30 should be easy to remember. The invitation for the meeting is below. And I am realizing that I forgot to include Kristen on the original email.

Kristen, sorry, we can reschedule if you want to be there and that time does not work.  
:)

Matt

Matt [REDACTED] is inviting you to a scheduled Zoom meeting.

Topic: Zoom meeting

Time: Sep 30, 2021 09:30 AM Mountain Time (US and Canada)

Join Zoom Meeting

<https://us05web.zoom.us/j/84524526814?pwd=VU9BNzJPbGNiV0JFWXo3VDRxRDA1QT09>

Meeting ID: 845 2452 6814

Passcode: 9Lgyle

Quoting Judy [REDACTED] <[REDACTED]>:

How about 9:30 on 9/30?

That time would be easier for Dad, but not too late.

Mom

From: Corey [REDACTED] <[REDACTED]>

Sent: Thursday, September 23, 2021 11:52 AM

11/13/23, 9:24 AM

Mail :: Re: Zoom meeting in late October (pending improvement with boundaries)

To: Matt [REDACTED]  
Cc: Judy [REDACTED]; Carrie [REDACTED]  
[REDACTED], John [REDACTED]  
Subject: Re: Zoom meeting, 9/30?

I can do 9/30 at either time.

Corey [REDACTED]  
[REDACTED]  
cell. [REDACTED]

On Sep 23, 2021, at 6:13 AM,  
[REDACTED] wrote:

Hi there,

We'd talked about a Zoom meeting near the end of the month. Would 9/30  
(Thursday) work? Earlier in the day might be easier (9 or 10 am)?

Matt

11/13/23, 9:50 AM

Mail :: Re: important request

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**Re: important request**


**Date:** 04/02/2022 (06:49:47 PM MST)

**From:** carrie [REDACTED]

**To:** Corey [REDACTED]

**Cc:** [REDACTED] Judy [REDACTED] john [REDACTED] Kristen [REDACTED]

---

 HTML Message (7 KB)

Thank you, I appreciate it so much.  
Love, me

Quoting Corey [REDACTED] <[REDACTED]>:

Of course, Carrie. I respect the boundaries and want you to do the same.

I think it's important that you do everything you can to take care of your body and your brain. I will help with that.

Love you

Corey [REDACTED]

Sent from my iPhone

On Apr 2, 2022, at 3:33 PM, carrie [REDACTED] wrote:

Hi Corey,

I'm not sure I understand. Will you respect the boundaries? Please this would help me.

Love, Carrie

Quoting Corey [REDACTED] <[REDACTED]>:

Hi Family,

I think we are aligned on your objectives, Matt, and we support you and Carrie always.

With love,

Corey

--

**From:** [REDACTED] <[REDACTED]>

**Date:** Friday, April 1, 2022 at 1:24 PM

**To:** Judy [REDACTED], john [REDACTED]

[REDACTED], corey [REDACTED]

**Cc:** carrie [REDACTED] <[REDACTED]>

**Subject:** important request

Hi Judy, John, and Corey,

I need to check in because Carrie and I have been having some recent difficulties. Because it's relevant, I should remind you that I sent an email on July 2, 2021 to explain Carrie's situation and give reasons for some boundaries given prior events. On September 26, I sent another email due to continued disrespect for these boundaries by all of you and asking for you to please respect these boundaries and encourage Carrie to do the same because you're all important role models for her. After this email, no one encouraged Carrie to respect

boundaries and your behaviors did not change. In October, I made it clear that I would supervise any future visits with Carrie for as long as I am responsible for her.

I mentioned recent difficulties. In the last few weeks, Carrie has gained 10 pounds and it was discovered that she was lying when reporting her weight to me in the morning. Her answer for why she did this was "I don't care as much as you do." The doctor we visited recently was concerned; she had decided that Carrie did not need further testing for potential diabetes following earlier tests until she noticed the significant change in weight, and now further testing is needed. Also, Carrie was recently caught casually lying about her daily activities. And she's had incidents of incontinence due to being less careful with the number and/or size of her drinks.

On a positive note, Carrie has committed herself again to respecting boundaries and she has been doing better. Her weight has gone down a little and she's been productive. Kudos!  
:)

The most relevant boundaries that I am asking all of you to remember are:  
(1) Family members are welcome to visit Carrie in the apartment whether or not I am there. Carrie should not leave the apartment unless I am there. You are welcome to take short walks with her when I am in the apartment and I can confirm her physical condition and remain available before she goes outside.  
(2) Activities should not include food, alcohol, or social media.

Judy, I appreciate your willingness to visit Carrie at the apartment on a regular basis. Carrie enjoys these visits a great deal. You have respected these boundaries overall and I really appreciate that. Thank you sincerely. Today however, when you asked Carrie if you could pick her up to take her to an activity that would not include me -- without me in the room and without consulting me in any way -- that showed disrespect for an established boundary. And it has a powerful effect on Carrie.

Judy, John, and Corey, I need your help. If you do not like the way that I am taking care of Carrie, then you should try to convince her to get a divorce so that you may take care of her the way you see fit. Seriously, I do not wish to get a divorce and I sincerely hope that Carrie chooses to keep trying to respect boundaries and remain married, but I would respect your actions if you were willing to commit to taking care of her. You've all avoided saying anything that implies you'll take care of Carrie if needed. Are any of you willing to commit to taking care of her if something happens to me? She would like to know this as well.

And if you wish for me to continue doing my job as caregiver, I am imploring all of you to please acknowledge these boundaries and encourage Carrie to keep trying. You are all important role models and your support would be invaluable because she's known all of you much longer than she's known me. As I said, I need your help. And by the same token, further disrespect may erode her discipline to the point where I can no longer help her.

Carrie and I await your responses.

Matt





11/13/23, 9:54 AM

Mail :: Re: New email, same subject

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**Re: New email, same subject**

Date: 04/04/2022 (02:39:12 PM MST)

From: Corey [REDACTED]

To: [REDACTED] Kristen

Cc: John [REDACTED] Carrie [REDACTED] Judy [REDACTED]

 Text (15 KB)

Hi Matt and Carrie,

Mom, Dad, Kristen, and I just met. We discussed it and I have permission to speak for the group: We all agree to abide by the boundaries. No one will encourage Carrie to leave the apartment without your permission and supervision. No activities will include or encourage food, alcohol, or social media.

We're all on board with this.  
Sending love,  
Corey, Kristen, John, and Judy

--

---

**From:** [REDACTED] <[REDACTED]>  
**Date:** Monday, April 4, 2022 at 6:46 AM  
**To:** [REDACTED] Kristen <[REDACTED]>  
**Cc:** John [REDACTED] <[REDACTED]>, Carrie [REDACTED] <[REDACTED]>, Judy [REDACTED]  
 [REDACTED], Corey [REDACTED] <[REDACTED]>  
**Subject:** Re: New email, same subject

Carrie and I agree that the responses we've been getting appear to be doublespeak, also known as being verbally evasive. You can easily Google that if you're not familiar with the term. This is harmful for someone with dementia. Kristen, you've mentioned in-person communication, but there is no way that I am exposing Carrie to an in-person interaction that will likely involve doublespeak. And these boundaries are not open for discussion. We are not getting together in-person to discuss them.

I am asking everyone one more time: for the record, who will clearly agree to respect the boundaries below (points 1 and 2), as stated, no ifs, ands, or buts, and no further discussion needed?

The most relevant boundaries that I am asking all of you to remember are:

- (1) Family members are welcome to visit Carrie in the apartment whether or not I am there. Carrie should not leave the apartment unless I am there. You are welcome to take short walks with her when I am in the apartment and I can confirm her physical condition and remain available before she goes outside.
- (2) Activities should not include food, alcohol, or social media.

Matt

Quoting [REDACTED] Kristen <[REDACTED]>:

- > Personally I think you would all be better off talking in person rather
- > than by email. But you should do what you feel most comfortable with Matt
- > and Carrie.
- >
- > Know that I love you Carrie and support you and encourage you in doing and
- > being all that you wish to be.
- >
- > Love Kristen
- >
- > On Apr 3, 2022 8:58 PM, John [REDACTED] <[REDACTED]> wrote:
- >

11/13/23, 9:54 AM

Mail :: Re: New email, same subject

>> I m sorry! I m at fault. If you want to postpone, so be it. I m no  
>> longer confused about the boundaries. But you do what you want to do.  
>> Dad

>>  
>> Sent from my iPhone

>>  
>>> On Apr 3, 2022, at 8:48 PM, carrie [REDACTED] wrote:

>>  
>>>  
>>> Hi everyone,  
>>>  
>>> I'm very sorry about this. We want to postpone tomorrow's visit. Matt  
>>> and I are confused. We have been as clear as  
>>> we can about this. And this is Carrie typing. Matt is not making me  
>>> type this. But we do not feel like we're being heard.  
>>>  
>>> The boundaries are clear, I understand them and I agree with them. Your  
>>> reponses seem to avoid the boundaries. We  
>>> need time to think about this.

>>>  
>>> I love you all, Carrie

>>>  
>>> Quoting John [REDACTED] <[REDACTED]>:

>>>  
>>>> Ok. Didn't mean to confuse anyone. I understand. Only visit at the  
>>>> apartment, short walks if physical condition allows, no food, alcohol,  
>>>> social media period!  
>>>> Please forgive me for trying to expand my understanding of the  
>>>> boundaries.  
>>>> I'm only trying to understand and support you both.

>>>> John (Dad)  
>>>> Sent from my iPhone

>>>>  
>>>>> On Apr 3, 2022, at 2:09 PM, carrie [REDACTED] wrote:

>>>>>  
>>>>>  
>>>>> Please Dad,  
>>>>> I thought you agreed to point one. I'm confused, why are you asking  
>>>>> about food?

>>>>>  
>>>>> Love, Carrie

>>>>>  
>>>>> Quoting [REDACTED]:

>>>>>  
>>>>>> John,  
>>>>>>  
>>>>>> Please do not include any food, alcohol, or social media, when  
>>>>>> visiting with Carrie. I'm not asking you to monitor her food intake  
>>>>>> -- that's my job. And I'm a little confused because you did not  
>>>>>> mention point one below. Are we clear that you may visit Carrie in  
>>>>>> the apartment, but she stays in the apartment unless I'm there to  
>>>>>> monitor her?

>>>>>>  
>>>>>> Matt

>>>>>>  
>>>>>>> The most relevant boundaries that I am asking all of you to remember  
>>>>>>> are:

>>>>>>> (1) Family members are welcome to visit Carrie in the apartment

>>>>> whether or not I am there. Carrie should not leave the apartment  
>>>>> unless I am there. You are welcome to take short walks with her when  
>>>>> I am in the apartment and I can confirm her physical condition and  
>>>>> remain available before she goes outside.  
>>>>> (2) Activities should not include food, alcohol, or social media.

>>>>>

>>>>> Quoting John [REDACTED]:

>>>>>

>>>>> Hi Matt

>>>>> I'm starting a new email because I was getting confused.

>>>>> I can state that Judy and I will observe and support the boundaries

>>>>> you have stated for Carrie (food, alcohol, social media). We have

>>>>> no problem supporting Carrie and helping her follow these

>>>>> guidelines and boundaries. And if we should make a comment or ask a

>>>>> question that inadvertently crosses the line, please kindly lead us

>>>>> back by explaining what we did wrong.

>>>>> Now, it would help me if I could get some more specifics on the

>>>>> boundaries you stated.

>>>>> Social media: what's off limit? Email seems to be ok. I know

>>>>> Facebook is definitely out. But what else?

>>>>> Alcohol: this is easy. We all know what constitutes an alcoholic

>>>>> beverage. If there is anything else in this category, let me know.

>>>>> Food: this is a tricky one. We have been very casual in the past

>>>>> but I pledge to change!

>>>>> Let us help you monitor Carrie's food intake. If you give me your

>>>>> trust, I will follow the guidelines you set. And I know Judy will

>>>>> also. But we need more specific details on what is acceptable and

>>>>> what is not.

>>>>> Please know that we are all doing the best we can to make this work

>>>>> for everyone. And we want to make your life and Carrie's life as

>>>>> easy and pleasant as possible.

>>>>> John

>>>>>


>>>>> Sent from my iPhone

>>>>>

>>>>>

>>>

>>>


[Reply](#)[Forward](#)[Junk](#)[Delete](#)**Re: Dinner****Date:** 07/21/2022 (06:55:07 AM MST)**From:** [REDACTED]**To:** Judy [REDACTED] **Text (1 KB)**

Sorry. For obvious reasons, we'll need to decline the invitation.  
Thanks anyway,  
Matt

Quoting Judy [REDACTED]:


As Kristen and [REDACTED] will be here for a few days next week, we'll be having a family dinner Monday evening. [REDACTED] will be out of town, but Corey and the kids will be here. We'd like to invite you and Carrie to join us as well.

Judy

[Reply](#)[Forward](#)[Junk](#)[Delete](#)**Great to see you****Date:** 12/18/2022 (03:57:26 PM MST)**From:** Judy [REDACTED]**To:** Carrie [REDACTED] Matt [REDACTED] **Text (2 KB)**

Can we get together for dinner on Christmas Day? We'll be having ham, scalloped potatoes and some kind of dessert.

We'd love to visit and have you eat with us.

 Mom

11/13/23, 10:02 AM

Mail :: Re: Zoom?

Reply

Forward

Junk

Delete

**Re: Zoom?**


**Date:** 04/05/2023 (05:03:16 PM MST)

**From:** Corey [REDACTED]

**To:** John [REDACTED]

**Cc:** Matt [REDACTED] Judy [REDACTED] Kristen [REDACTED]

---

 Text (6 KB)

Corey [REDACTED] is inviting you to a scheduled Zoom meeting.

Topic: [REDACTED] bunch zoom

Time: Apr 9, 2023 02:00 PM Mountain Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89494684827?pwd=RDRsWU1ZU0F1YTR4MVJaZTc1aDgrZz09>

Meeting ID: 894 9468 4827

Passcode: 254593

One tap mobile

+17193594580,,89494684827#,,,,\*254593# US

+16694449171,,89494684827#,,,,\*254593# US

Dial by your location

+1 719 359 4580 US

+1 669 444 9171 US

+1 669 900 6833 US (San Jose)

+1 253 205 0468 US

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 360 209 5623 US

+1 386 347 5053 US

+1 507 473 4847 US

+1 564 217 2000 US

+1 646 931 3860 US

+1 689 278 1000 US

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 305 224 1968 US

Meeting ID: 894 9468 4827

Passcode: 254593

Find your local number: <https://us02web.zoom.us/j/89494684827>

Corey [REDACTED]

cell. [REDACTED]

On Apr 5, 2023, at 9:50 AM, John [REDACTED] wrote:

Matt

We will definitely be careful about trying to stress Carrie and add to any other problems during the upcoming zoom meeting.

Also, I'm sure we can provide you some help.

John

Sent from my iPhone



On Apr 5, 2023, at 7:56 AM, Corey [REDACTED] <[REDACTED]> wrote:

Hi Matt,

I'm sorry to hear it's been hard lately. We're all sending our love.

Absolutely, we can honor that request to talk about things that won't trigger Carrie's sadness/stress. I'm glad we get the chance to be together as a family in any form.

I'll send that zoom link today.

Corey

Corey [REDACTED]

Sent from my iPhone

On Apr 5, 2023, at 7:01 AM, [REDACTED] wrote:

Hi everyone,

It's been a very stressful week here. We need to renew our lease soon and they've increased the rent by almost \$200 a month. I'm still looking for work and I already did not know how we were going to cover the existing bills. We may need to move to a smaller place (and moving is expensive). At this point, financial donations would be accepted, but that's not why I'm writing.

Carrie is excited to hear more about her being a great aunt. However, we're both stressed right now. I hope you can understand that discussions of the latest trips that people have taken, or new jobs, or home remodeling in-progress, etc. would only make Carrie's emotional state worse. It wouldn't help me either, but I'm focused on taking care of her. She's looking forward to the Zoom meeting. Please, please, please avoid burdening her with extra stress. And I really hope you can understand why I need to ask this.

Matt

Quoting Corey [REDACTED] <[REDACTED]>:

Kristen says 2:00 pm, mountain time on 4/9 will work. I'll send out a zoom invite when we get closer.

Thanks, everyone!

Corey [REDACTED]

Sent from my iPhone

On Apr 2, 2023, at 6:05 AM,  
[REDACTED] wrote:

We'll leave time open in the afternoon on April 9. Just let us know.  
Matt and Carrie

Quoting John [REDACTED] [REDACTED]:

Sure! We can make a Time work. Our Sacramento Mtg is 10:30 -11:30 and usually we are early, so figure 10am- Noon to be safe. Any time other than that....  
Love to all  
Dad


On April 1, 2023, at 10:18 AM, Corey [REDACTED] [REDACTED] wrote:

Hi family!

I think I've talked to you all separately. Let's do a zoom. Kristen and [REDACTED] will be visiting that new baby over Easter, and Carrie and Matt are available over weekends, so can we tentatively hold a slot on 4/9? Kristen said she would need to figure out a time slot once she's there. Does that date work for everyone?

Love you all, Corey

Corey [REDACTED]  
Sent from my iPhone

[Reply](#)[Forward](#)[Junk](#)[Delete](#)**Re: From John****Date:** 04/11/2023 (07:26:24 AM MST)**From:** [REDACTED]**To:** John [REDACTED] **Text (2 KB)**


John, I appreciate your apology; however, I don't blame you specifically. Corey, Kristen, and Judy were part of this conversation. Your explanation does not explain why Corey and Kristen failed to change the subject, or why Judy did this in the first place. As stated more than once, we are under immense stress and this simple Zoom call made it even worse.

I hope you can understand that I need to cancel future Zoom meetings, and that phone and email conversations will be strictly monitored. I will take it upon myself to protect Carrie's mental health because I have to do so. Any phone conversations that venture into the area of "all the cool things Carrie's family is doing with their money, or their new sources of income" will be ended with a hangup. And any emails that go there will be deleted. At this point, unfortunately, that's my job.

Matt

Quoting John [REDACTED] &lt;[REDACTED]&gt;:

Matt I'm sorry about yesterday's zoom call going into vacation and trips. I should have thought and tried to change the subject but my back was hurting and I wasn't thinking clearly. Muscle spasms in my back were distracting me during the call. I can usually calm things down by reading, listening to music and relaxing in my recliner. But yesterday the spasms were too frequent and intense. I'll remind Corey and Kristen and we'll try to do better, especially in reminding Carrie that she will always have a safe place. Again, sorry about yesterday. John

[Reply](#)[Forward](#)[Junk](#)[Delete](#)**Re: From John****Date:** 04/17/2023 (09:49:19 AM MST)**From:** [REDACTED]**To:** John [REDACTED]**Cc:** Carrie [REDACTED]**Bcc:** [REDACTED] Matt Text (5 KB)

John,

I have given your email serious thought and I've discussed it with Carrie. We have no intention of hurting you or anyone else. Nevertheless, there appears to have a case of irreconcilable differences here with respect to our values. I could speak much more on this subject in another email if you wish to read it. I have also been reviewing emails from the past two years and they demonstrate a pattern. I'll be happy to gather these emails into a PDF and send you a copy if you wish.

First, I alone have the responsibility to take care of Carrie (regardless of whether you disagree) while you and other family members disagree about how this should be done. I am responsible for my own mental health and I am responsible for Carrie's mental health because I'm her husband and she suffers from dementia. I am in no way responsible for your mental health or anyone else's.

Second, regarding topics included in social conversation, I recommend Googling "is it impolite to talk about money" in order to get a sense that there are people who consider this rude. Of course, some people do it and this relates to irreconcilable differences. You are going to do what you're going to do, and the same goes for Judy, Corey and Kristen. However, when this has a negative effect on Carrie's mental health, then I have a responsibility to take care of her. Carrie and I have discussed this and we agree that we should limit communication at this time to texts, email or mail. (Meaning: no visits, phone calls, or Zoom.) Again, we are not doing this to intentionally hurt anyone, but it is clear that you, Judy, Corey and Kristen are going to do what you're going to do. This boundary is necessary to protect Carrie's mental health.

John, you are Carrie's father, therefore, I hope you can appreciate the effort that I am making to take care of her. Please respect this boundary that Carrie has approved. And if you wish to communicate this boundary to other family members, let me know and I'll leave that to you. Otherwise, I can send out another email.

Matt

Quoting John [REDACTED]:

[Hide Quoted Text]

Matt

It has taken me several days to gather my thoughts so that I can share them with you. And I do so with understanding and good will and hope you can accept these thoughts in the same way.

First, when you are angry with, criticize, or are rude toward Judy, Corey, and Kristen, you need to realize that I love them very much! I love them as much as I love Carrie! They are just as much a part of my family as if they or Carrie were attached to my arm. So it hurts just as much as if you criticized me or Carrie.

Secondly, you need to understand that in normal human discourse and conversation people talk about what they have done, what they are doing and what they are going to do. Judy will talk about quilting, people that we known from Rock Springs and she wants to know what is happening in the lives of her children and grandchildren. Corey will talk about her work, Charlie's work, her kids, where they are going and what they are doing. Kristen will talk about the same things. I will talk about doctors I am seeing, TV shows, music and occasionally a book or a movie. That is what you can expect in any conversation with us. If you limit all these topics, you leave us with little or nothing to talk about. And makes it difficult for any us to contact Carrie. What do we say??

Finally I would like discuss mental health. I commend you on looking after Carrie's mental health. But at times it also is necessary that you consider my mental health and when possible, the rest of the family to say nothing of your own

Now specifically to Carrie. I acknowledge that you are with her constantly and I have seen and talked with her very briefly, but I would also remind you that I have had over 30 years experience dealing with adolescent moods and attitudes on a daily basis. So I know whereof I speak. Carrie's affect appears to be in the adolescent range. She

11/13/23, 10:09 AM

Mail :: Re: From John


has a hard time initiating a conversation, responds often in one word answers and is impulsive in changing focus. Those are just a few of my observations and because of that I think her mental health could benefit from more exposure to the family members not less.

Matt, I only ask that you consider all of us as allies to help with making Carrie feel more we secure and safe. And I will do what I can help both of you.

Also, I have a few thoughts on your financial situation and employment future if you want to hear them. Let me know.

Dialogue between us is always open as far as I'm concerned.

John

[Reply](#)[Forward](#)[Junk](#)[Delete](#)**Re: From John****Date:** 06/05/2023 (10:32:38 AM MST)**From:** [REDACTED]**To:** John [REDACTED]**Cc:** Judy [REDACTED] corey [REDACTED] Kristen [REDACTED] Text (1 KB)

John, I've been giving this a lot of thought. And I was not offended by your question.

For Carrie's sake, I would like for her to be able to talk to you, or Judy, Corey, or Kristen, whether by phone, Zoom, or in-person. Therefore, if everyone can respect current boundaries until December (texts, email and mail), then we can discuss opening up communication for the holidays. I need to know that everyone can do this.

In the meantime, John, I am not comfortable accepting donations, though I sincerely appreciate the thought. Thanks to you and Judy for the prior support.

Matt

Quoting John [REDACTED] <[REDACTED]>:

Matt


I have a favor to ask. Judy's arthritis has taken a serious flare up and she is in some pain. That has also caused her to be a little despondent.

I think that a call from Carrie would raise her spirits and help her forget about the pain for a few minutes. It wouldn't need to be long just a quick hello. But I think it would help.

If you don't think it's a good idea, I understand.

Thanks for giving it consideration

John

[Reply](#)[Forward](#)[Junk](#)[Delete](#)**Re: From John****Date:** 07/23/2023 (07:37:54 AM MST)**From:** [REDACTED]**To:** John [REDACTED]**Cc:** Carrie [REDACTED] Text (1 KB)

Hi John,

I have been getting your emails. We will not be there on Tuesday for what should be obvious reasons. In other words, you really should not be asking.

To clarify: at this point, Carrie and I will not be available for any Zoom calls, phone calls, or in-person visits, including hospitalizations and funerals, between now and December. If more respect is shown to boundaries between now and December, I will consider making exceptions to this boundary to some degree. So far, I have already had multiple requests from different people ignoring this boundary. If this does not improve by December, communication will be severed. And I am not willing to discuss this further. (Note: if you cannot remember the boundary issues that go back a little over two years, then I will agree to compile these emails and send them to you, though it would take some time.)

Carrie has approved this email, and she hopes very much that you'll be willing to respect this boundary.

Matt

Quoting John [REDACTED] &lt;[REDACTED]&gt;:

Hi Matt

Just a quick update on the arrival of [REDACTED], [REDACTED] and baby. They plan to be here around 8-9 am. And they won't stay long as they are trying to make it to Omaha Tuesday night.

If that's too tight of a turn around for you. No problem. Or if you didn't plan to do anything, I understand. I would appreciate some sort of a response, so I know you're getting my emails.

Tthanks

John