

Amplifying My Voice

In this place, amplifying your voice becomes easy because there are so many things that need to be fixed or that need attention. The last time I amplified my voice was at a nurse for picking on me and mistreating me. When I first came here I was quiet and shy, my vocal chords were damaged & it was hard to be heard. I manage to get things off my chest and ease the knots in my stomach because things are not right. Speaking out helps get things done, but soon after, I get a visit from the social worker telling me I was out of line. The psychiatrist just starts to laugh to himself because I say "throw me out please!"

I think I help others and speak out about the lack of concern about counting cups of ice and towels to make sure I am not hoarding any. I am trying to help by going to every meeting and speaking out so that someone quiet and afraid will be spoken for. They asked me to be president of the residents but I don't want or need the aggravation. ^{It's a dirty fire} No one needs to speak up for me, but some things are getting out of hand. That's when I speak to Eleanor or the ombudsman Sharon.

Sometimes I stay silent:
Pythagoras said:

"It is better to be silent
than to dispute with the ignorant."

I said: { Some days there are lots of them }