

Restless Legs Syndrome

The description of restless legs syndrome (RLS) in "Night Moves" (March/April 2010) fit my experience exactly. My RLS came on along with my multiple sclerosis some 15 years ago.

For many years I dealt with it with incomplete success using heating pads and ibuprofen or Tylenol. But I've discovered that I can relieve the symptoms completely by being very warm in bed—soft fleecy blankets next to me on top and bottom and a big pile of warm blankets on top. I sleep in the center of the bed and pull the blankets around me so there are no "drafts" to start my leg twitching.

—Marilyn Rench Racine, WI

One More Thought

I read the poem "One More Thought" in the back of the March/April 2010 issue, in "Speak Up." My husband had dementia, died at 65, but had been ill with depression and anxiety for many years. It was probably the beginning of dementia, but he didn't get diagnosed until many years later. I could relate to everything that Rachel Hadas says in that poem.

—Sandy Levitan

The poem "One More Thought" very much describes my husband and me. "Our neighbors at the movie holding

hands": A year ago I had to place my husband in a home

after taking care of him for three years. One of the first things I noticed on going to a show by myself was a couple walking together. I'd often gone to the movies by myself before this, but just knowing I could no longer take him anywhere with me and "be a couple" really hit me.

I think the "I" has also leaked from my husband. He is so passive and content in not wanting anything, or being responsible for anything, that it is as if his will has just melted. I am fortunate that he knows me and lights up when I appear—also that he is so grateful for attentions he used to take for granted.

—Rosemary Hackett

Golden Opportunity

I found the article "Golden Opportunity" (March/April 2010) on the MindUp! program very informative and full of promise for the youth of the world. Ms. Hawn's wish "to give children the tools to pull themselves up out of their sadness, their uncertainty and anxiety" made me wonder how a program like MindUp! might have helped Phoebe Prince of South Hadley, MA. Phoebe committed suicide as the result of bullying and harassment by fellow high school students. MindUp! may even have helped those doing the bullying.

—Richard MacDonald Medford, MA

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