

Married 1992, separated 1999 because of his IED causing property damage and fear in me and my children, divorced 2005, remained 'friends' because I retained hope of reconciliation after him resolving his anger issues and that never happened, a perfect storm of unfortunate events forced me to make the only choice available--move back in with him in 3/2023, these included (in chronological order): 1/2019 family murder/suicide and crime scene cleanup for which I received no trauma support being turned away by 25 mental health clinics citing Medicare Panel full, over next several months family abandonment of me one member at a time culminating in 10/2019 with banishment by my daughter from her live and lives of my grandchildren who joined the family scapegoating of me for their own survival within my toxic family of origin expanding the inter-generational trauma/abuse/family scapegoating dynamic, this despite me having moved from KS to OR at my daughter's request to help with her family medical crisis (my channel has other playlists describing this familial abuse in further detail. Note that this type of abuse often sets the victim up for future abusive relationships due to the phenomenon of normalcy of abuse and gravitating toward the familiar rather than the safe and comfortable), 3/2020 moved back in with John because I was brokenhearted living only a 3m walking distance from my daughter and grandchildren's home knowing I no longer invited to participate in their lives and the lack of access to mental health services to process the murder/suicide and crime scene cleanup trauma, but, faced the same barriers to accessing mental health services compounded by COVID lockdown mandates, John and I immediately got on each other's nerves because he had not resolved his issues that caused our separation and divorce and now I was dealing with my own trauma and abandonment without mental health support to process it, so in 2/2021 I moved back to KS in an attempt to access mental health services and preserve our friendship, faced the same barriers to mental health services compounded by COVID short-staffing, 6/2021 contracted P aeruginosa pneumonia in my pulmonary fibrosis/bronchiectasis riddled lungs because of immunocompromised state caused by hereditary chronic pancreatitis and overwhelming chronic stress of the murder/suicide and crime scene cleanup, familial abandonment, being turned away from mental health services, the tense living environment I endured with John for that year, the stress of a third relocation in just 2 years, I was prescribed Levofloxacin which caused tendon and ligament damage leading to mobility issues, at this point, I was told by my son, "We are no longer a part of each other's support system" because of his own severe health issues preventing him from being able to handle the stress of my circumstances and offering support, concurrently, my friends abandoned me saying I am now "just too negative", in 9/2021 I was diagnosed with Fusarium colonization of my lungs for which I was denied treatment, after filing a grievance with my Medicare Part C provider triggering a Quality of Care investigation I received a formal dismissal letter from the entire KU Physicians Network in 11/2021, contacted several law firms to fight the patient abandonment and all declined to take my case, the Quality of Care investigation and dismissal letter triggered a flag in my electronic medical records causing every PCP I tried to re-establish care with to refuse to accept me as a new patient giving various 'reasons'--not accepting new patients, Medicare Panel full, but the unspoken reason was the 'no-listing'--my conditions were too complex and cost-prohibitive to treat and after filing the grievance and triggering the Quality of Care investigation, I was deemed a 'difficult' patient, now left to manage 2 life-threatening diseases on my own, in the middle of this in 10/2021 John moved in with me to be my In Home Supportive Service providers paid by the County because of the mobility issues, I was also paying all of his living expenses, I ended up kicking him out in 2/2022 planning never to speak to him again when during an argument after he said, "I feel like a fucking slave" and me replying, "Dude, slaves don't get paid," he volunteered to me he had lied when he promised NOT to bring weed from NV to my home as KS is a zero tolerance state and

possession would result in immediate eviction—he had not only lied, but committed a federal felony of transporting a federally controlled substance across state lines and put my housing in jeopardy, in 11/2022 the excavation explosions for the new Panasonic lithium battery plant that was being built across the street from my apartment complex, on the old Sunflower Army Ammunition Plant property, rattled underground cracking the original 1940s lead water and sewage piping causing cross-contamination (my apartment complex was originally military housing for the Ammo Plant), city, county, and state government agencies and the landlord all denied this occurred, but the reality was my housing was no longer habitable, having tapped out my savings and maxed out my credit on all the prior relocations I had no \$\$ to move, I was no longer eligible for HA because my income is \$400 over the gross income test to qualify and the income restricted housing had 2-year waiting lists, I had no one to talk to about all of this and reconnect with John, who invited me to move back in with him in NV offering to be my caregiver and make up to me the reasons we got divorced and the falling out that occurred when he had moved in with me those several months earlier, I initially turned him down; but, tried to find housing near him so he could check on me once/week, bring groceries, and do light housekeeping; but, I ran into the same housing barriers and ended up having no choice but to move in with him in 3/2023, and that's when all the trouble began, yet again, beginning with a home invasion only 4 hours before our trip from KS to NV and because the promise was just a lure I, instead, became a hostage in a hostile environment, now facing medical blacklisting and an even more difficult time accessing mental healthcare, leading to my suicide attempt in 6/2023, in early 11/2023 John created a financial emergency by failing to maintain the van I gave him causing me to have to use what I had been able to save for moving into my own apartment to cover the month's household expenses to prevent us from being homeless because, despite him bringing in 3x my income, his irresponsibility with his own finances meant he was spending paycheck to paycheck and had no savings, on Thanksgiving Day 2023 he threw a punch within a fraction of an inch of my face because I had an attitude against him and he physically blocked me from leaving the apartment so I called 911, LVMPD Crime Victim's Unit closed my case because there was no report nor witness to actual physical assault, DV shelters denied me a bed for the same reason, I refinanced my signature loan and moved out in 2/2024 only to have to move back in 4/2024 because the property manager was double-charging me for things I had pre-paid for and refused to correct the books, things escalated and included another of John's manufactured financial emergencies for which I again had to cover a month's household expenses with the money I had again tried to save for a final escape, until in 2/2025 APS was called for a home visit and they closed the case citing relationship difficulties, despite seeing the hoarder home conditions, my food being stored out of my reach in forced dependency on John for even preparing my own meals, the financial exploitation, the fact we have separate bank accounts, separate food, separate bedrooms, and have never reconciled as a couple...and here we are documenting the abuse due to familial, friend, and systemic abandonment (and yes, being a vested, retired HHS employee, I reached out to all available resources and escalated the issues of medical, mental health, housing, and DV denial of services up every known channel all the way up to the OIG and sideways to advocacy groups, elected officials, and news media all to no avail)