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**Sent:** October 10, 2020

**Subject:** Psinas health update

Hello friends! I know this update is long overdue and I apologize for that! We so appreciate every prayer that has been lifted for us. A lot has happened since that first update.

Kerry is now home from the hospital after being in there for 10 days. Ten long days. But we are very thankful for the medical care he received. He was still very sick when he was released, but being home, I could give him more individual care.

I'm thankful I am mostly recovered, just get very exhausted (normal symptom of covid). He has been diagnosed by the lung doctor to have a bad pneumonia. He is on oxygen 24/7 and has 6 breathing treatments a day. Home health nurses and a physical therapist come in weekly. Kerry is faithfully doing his leg & breathing exercises that were given him. He is on the road to recovery because we see some small improvements every day! Very thankful! We are also so thankful for our church family bringing in meals. This exhaustion is like no other!

We appreciate your continued prayers! Our "normal" life has been put on hold for right now, but we are trusting in God's healing and leading.

Thank you again for every prayer!

Your missionaries to Grenada, West Indies,  
Kerry & Terri Psinas  
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