

Xenia Williams

Dear Senators and
Representatives

considering Senate Bill 53,
Universal Access to Primary Care -

Here is, essentially, the written
version of my testimony tonight.

Thank you,

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Jan. 23, 2018
VT. State House
Public Hearing on
Access to Primary
Care, S.53

S.53 ~~Christine Sicard APRIL~~
Univ. Primary Care ~~my PCP at~~

Xenia Williams ①
Jan. 23, 2018

Gifford Health Care at Berlin
Federally Qualified Health Center

I am now on Medicare + Medicaid
as a "dual eligible"

Living on Social Security \$1,120 per mo.
So every six months, I must do the "spend down"
Below are some of the specialists I see regularly
↓ (Primary Care only is Not Enough) ↓

- ① Speech & Language Pathologist - brain damage work arounds, trying to deal with a high level of disorganization
- ② Podiatrist - bunionettes on feet
- ③ Vascular surgeon - monitor my thoracic aortic aneurysm that will kill me if it ruptures
- ④ Urologist - monitors my pee
- ⑤ Dermatologist - she diagnosed a precancerous lesion above my upper lip + zapped it with liquid nitrogen - zowie! (next page please) ↓

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Xenia Williams (2)

⑥ Radiologists — monitor severely arthritic spine, the polyps in my gall bladder, the aortic aneurysm, my scoliosis that aggravates the degenerative disc disease + other spine problems. I'm very lucky that most of my serious health issues show up on X-rays, MRIs, cat scans, etc — when it's known that you have a history of mental health issues, you are often not believed when you report health problems

⑦ service cats for my Post Traumatic Stress Disorder. For many years, I've worked to reduce the effects of PTSD (from childhood sexual abuse by a family member). Although mental health counseling from ^{human} therapists has helped, most helpful has been Kitty therapy from my live-in feline therapists. My boy cat, "Almost," died on December 11, of 2017. He was a wonderful cat, and I miss him terribly. My girl Kitty, Nefertiti, is my only remaining therapist. Net lies on my bed, purring as I pet her in her favorite places, then purrs even ^{more loudly} (next page please) ↓

Dec 11,
2017
Almost to
Kitty Heaven

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Xenia Williams (3)

→ (continued), as I trained her to, in response to me taking off my glasses and burying my face in her fur. I respond to her intense purring by passing into a mental state I call "Kitty Bliss". In "Kitty Bliss" I escape from feeling re-triggered into the terrifying re-experience of PTSD, of feeling powerless, + trapped by my sexual abuse predator. In "Kitty Bliss", I transcend all of that awful stuff, and all is right with the world.

Thank You,

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