



**BIG NEWS & UPDATE: Hi, y'all, Nay Nay (Renee) here...**

We just learned some critical news yesterday about my shoulder recovery. I edit our podcast and have not been able to do so for 11 ½ months. Sigh...

After 11 ½ months of pain and a very complicated shoulder surgery recovery, finally an MRI and CT scan was ordered for me. The BIG news is that we now know what has been wrong all along. They both showed that one of my hardware anchors had loosened and a cyst had formed around it causing the bone defect you see in the CT scan image in the collage (circled in yellow – it looks like a keyhole). In addition to the anchor coming loose, the cyst forming and the bone defect, it caused another tear and capsulitis has formed. This is the reason for all of my pain, inability to regain ROM and the inhibition of recovery.

I visited with the surgeon yesterday. He wants me to have surgery ASAP; it is scheduled for May 22nd. Wow! We are in some shock but grateful...We are grateful for healthcare; we are grateful for an explanation and grateful for a 2nd chance at a possible full recovery.

As Aim Me says, “we know how to do this”! She is so amazing and I weep, thinking of all the tender loving care she has given to me. She is so selfless and unconditionally loving! We are both tired from the past almost year of me trying soooooo hard to get better, but we know we have to march onward and make it to the other side of this next recovery. She has given me so much and I do want to ask for consideration to offer her help (especially for all the work she has to do on the land) while she is caretaking me. If it's in your heart to do, she could use a helping hand.

It means having to put much of our lives on pause again. To all of you and to our venues...I am so sorry. Many of the things we have planned as Troubadours and for Way of the Heart will just have to wait. Some will remain after some recovery and we do plan to only cancel one of our shows at the Temple of the Heart. I was able to come up and at least sing and hope to do that again and see some of your lovely faces. (This is a good chance to mention that we do have one coming up before surgery on Saturday, May 18th at the Temple of the Heart. We hope as many of you as possible can join us...we sure would love a hug from you!)

We are taking it all in...it's a lot but we are equal parts tough and tender. We are letting ourselves have our feelings and amping up our fortitude and resilience. We have needed you and we will need you, sweet friends. We appreciate all the ways you have shown your care and love and helped to cheer us along this road to recovery. Thank you for your heartfelt prayers!

We know the rainbow is coming after the rain and we will make it through this...especially knowing you are with us and for us! Please know we are with you, for you and we troubADORE you! You are love and you are loved immensely and infinitely.

**CARAVAN OF THE HEART WILL RETURN FOLLOWING RECOVERY**

**You are love – You are loved!**