

~02³⁰ Up for shower, coffee
Wrote 1-page letter to Uwaifo re:

(drafted) "My diagnosis, treatment & discharge plan" #1

20250107
Tuesday

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~07³⁰ Up for breakfast

Re-wrote copy of letter, submitted ~~copy~~ original for Uwaifo; but, original was returned and "copy" was provided for Uwaifo

~09⁰⁰ Uwaifo w/ student [] attended. Uwaifo asked for a summary as letter was too [hard to read ??] I reminded him that I was here voluntarily for a CNS-depressant prn Rx only and needed to move forward w/ legal & housing matters (approx. 15 mins.)*

~09¹⁵ Upon exit, door closed, I overhear Uwaifo say to student "the next step is to ascertain whether or not she is capable of consenting to treatment" — this was after about 60 seconds of some "post-interview" opinion that I could not quite hear

~10¹⁵ Social Worker [Heidi] arrives. Asks if I am here voluntarily or not. I explain how I was admitted [and eventually reminded her that if I had been forced, I would have had to ^{have} been informed via a Form 42].

Discussed needs re: contacting court for ^{virtual} appearance co-ordinates, OW/ODSP, Safe Beds ~~vaccancies~~. Asked about capacity to print evidence while here in case Uwaifo has doubts about my testimony. Answer = "no need to print evidence unless you are contesting a form; in which case you would contact a lawyer who would print your evidence."

Me: "No I would not. I would self present"

10⁴⁵

Either before or after Heidi, nurse [Susanna] arrives to take vitals & stays for additional testimony, probing for "difficulties". I explain how I "third-partied" the torture to endure jail, robberies, child loss, etc.

* Note: Uwaifo attempted to claim I had requested Haldol, which was false. I req'd Ativan & his recⁿ was that Ativan worked better with Haldol. Apparently, he Rx'd 5mg of Haldol 2/day (not 2.5 mg as nurse stated) with zero Ativan. Regardless, I requested the complete product monograph.

by 11⁰⁰ I had received a copy of "Redemption" (from Donna the "Spiritual Care Advisor") via "Susanna". Donna is to expect a "consult request" from Elwzifo for me.

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Unfortunately, I missed the two morning activities Gym &
I also req'd a Δ in diet as I don't eat sucralose, drink juice or milk

⇒ realized that I should have added P.S. to my letter re: Dr. Jackson's report and the fact that we communicated while I was illegally detained in Winnipeg. Edited same & had ~~new~~ ^{revised} original filed in chart with a copy kept for me

14:25 Ben at COAST says call at 22:00

14:30 Crown (613) 239-1200

14:35 On Hold

~~MAH~~ MAH-ON (416) 326 2220 (800) 518 7901 No response

14:40 → Crown no answer; Lauren K. no answer

14:50 DW Niagara's Sandy "off until further notice" — leave a message

15⁰⁰ l/m for Ottawa Civil to leave teleconf info re 20250109 at
(905) 378-4647

15⁰¹
COAST 1(866) 550 5205 — Ottawa Criminal (613) 239-1153 (criminal)
St. Catharines (905) 988-6200 (ext. 2765 or 4)

15⁰⁸ l/m for Ottawa Criminal to leave teleconference info for 20250110
JPT for 24-42045/11401201 (? 23-387231/11409065)

15¹³ 20240224 Endorsement re: CV-23-61902 20240205 Matter to be stayed
Gurt Supervisor (905) 988 2776
To civil re: justice official
Free 30 mins of advice 1(850) 947 5255
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