

## 5, ハイム花壇散歩

今日は 11 月 3 日、晴れの日曜日・祝日です。天気予報に反し雨もなく朝から太陽の暖かい光がまぶしい日です。

数日前 3 台目の車椅子が届いたので、いつも切望しているこの八景ハイムビルの花壇のお散歩ができると思い、朝からウキウキしていました。朝から 2 回も歩行練習をして準備万端整え、朝 10 時に、薄手のコートを着て外に出ました。「今日こそは少しは舗道を歩けるかな？」と楽しみにしていましたが、体の不自由な私にとっては少しの問題が大問題になり、せっかくの楽しいプランが却って悲しいものになってしまうことがあるんだなと思いました。

1 つは、通路と舗道に強い風が吹いていたことです。思わぬ強い風が向かい風では足が前に進みません。もう 1 つは太陽の暖かい光が、身体の左側に困難がある私には眩しすぎて、目くらましになってしまうことでした。サングラスを持って出なかったことを悔やみました。

それでも 花壇には コスモス、ケイトウ、菊、百日草など色々な花が咲いていて、海は穏やかで真っ青に晴れていて、美しい景色を楽しむことができました。

舗道の中ほどで花壇の手入れをしている友人に会ったこともとても嬉しいことでした。彼女は自分の花壇からコスモス、百日草などの可愛い花を切り取って小さなブーケを作り持たせてくれました。

部屋に帰る前に、それを抱えて写真を撮りました。写真を撮ることは私にとってはとても重要なことです。他の人は「そんなにいちいち撮る必要はないのでは？」と思うかもしれませんが。先日北鎌倉の家に行った時も、息子に思わず、「写真を撮るのは私の存在証明なのよ。」と言いました。今日も自撮り 1 枚を含め写真を数枚撮りました。とても良い日でした。

今は午後 3 時です。ずっと晴れて海は穏やか、ベランダにはハイビスカス、ガジュマル、菊、トマトなど、いろんなものが風に揺れています。



Today is November 3rd, a sunny Sunday and national holiday. Contrary to the weather forecast, there was no rain and the warm sunlight was dazzling from the morning.

A few days ago, my third wheelchair arrived, so I was excited from the morning at the thought of being able to take a walk around the flower beds of the Hakkei Heim Building, which I have always longed for. I practiced walking twice in the morning and was fully prepared, and at 10am, I put on a light coat and went outside. I was looking forward to walking on the sidewalk a little today, but for a disabled person like me, even a small problem can become a big problem, and I realized that a fun plan can sometimes turn into a sad one.

One reason was that there was a strong wind blowing on the walkway and the sidewalk. When the unexpected strong wind is blowing against me, I can't move my feet forward. Another reason was that the warm sunlight was too dazzling for me, who has difficulty with the left side of my body, and it blinded me.

I regretted not bringing sunglasses with me. Still, the flower beds were filled

with various flowers such as cosmos, cockscomb, chrysanthemums, and zinnias, and the sea was calm and clear blue, so we were able to enjoy the beautiful scenery.

I was also very happy to meet a friend who was taking care of her flower beds in the middle of the pavement. She made a small bouquet of cute flowers such as cosmos and zinnias from her flower bed and gave it to me.

Before returning to my room, I took a picture holding it. Taking pictures is very important to me. Other people might think, "Isn't it necessary to take so many pictures?"

The other day when I went to my house in Kita-Kamakura, I couldn't help but say to my son, "Taking pictures is proof of my existence." Today, I took several pictures, including one selfie. It was a very good day.

It's 3pm now. It's been sunny and the sea is calm, and on the balcony, various things such as hibiscus, banyan trees, chrysanthemums, and tomatoes are swaying in the wind.

