Today I got up feeling fine so I decided to go out [and] set out some amaryllis + worked up a bed to plant some seed. I finished and came in the house and decided to take a little break before fixing lunch. I sat down in the rocking chair by the foot of my bed. After a few minutes, I tried to get up out of the chair + fell by my bed. I lay on the floor a little while since the nurse had just called and said she would be around here in a few minutes to check me. I could not get up by myself without her help. She called her office + they sent 2 paramedics who picked me up and put me on the bed. I didn't think I as hurt. I found I could not turn over or get off the bed. I called Frances. She called ambulance service and they came and carried me to Berrien Co. Hospital E. Room etc + found I had a broken [hip]. I was transferred to Valdosta. The emergency [personnel] checked me again. Called Dr. ??? and Dr. Nijim. I had hip surgery 3/14/95.