

## Moose Notes 2020 (Highlights of the Year)

from Peter Mansbach and Jean Austin



**PANDEMIC:** There was a pandemic.

Days turned into weeks, weeks into months. There is a sameness and drabness and anxiety that is ever-present. Everything seems to take longer – I call it the *pandemic tax*.



We are both old, and have other health issues, so we risk serious complications were we to get covid-19. As a result, we decided early on not to shop inside a store, or enter a restaurant. We have avoided doctors' offices except for emergencies. We have not seen friends in person, except outdoors on rare occasions. Groceries are delivered. We look forward to getting the vaccine as soon as we are eligible, and returning to a more normal life.

I'm a creature of habit, and I've doubled down on my schedule, which helps me tell which day it is. Sundays we hike or I bike. Thursday evenings we folk dance – now virtually via Zoom. Tuesday evenings I visit Jean and help with whatever can use an extra hand. Saturday is our date night, usually dinner at my house.

**HEALTH:** I started the year with a kidney stone. Had to get carted off to the emergency room. They wanted to keep me overnight, which was difficult because the guy in the other bed had to be waked up every half hour and \*I\* got no sleep.

Jean is ending the year with a broken vertebra, which has caused her a lot of pain, and caused her to miss our hikes.

Otherwise, we're both in good health. I've postponed my remaining dental implant surgeries, not wanting so many dental visits during the pandemic.

**CSD-N:** I (Peter) spend much of my time working for **Circadian Sleep Disorders Network** (CSD-N), the non-profit organization I started nine years ago to promote awareness of our circadian sleep disorders. Our website is at [www.CircadianSleepDisorders.org/](http://www.CircadianSleepDisorders.org/) (shortcut: [csd-n.org](http://csd-n.org)). Our twisted clock logo is at right.



An ongoing project for CSD-N is our survey which has collected data from patients about their disorder. I should be continuing to analyze survey results and writing them up for publication, but haven't had time to do much. I did attend several NIH Sleep Disorders Research Advisory Board meetings to help support our representative on that board.

**TRAVEL:** None, due to pandemic.

**FAMILY:** Jean's younger daughter Becca and son-in-law Justin live in Colorado with their four kids, Connor (20), Braden (18), Stella (8) and Jack (6). Connor is now in college at Western Colorado University in Gunnison, CO. Jean's older daughter Monica and son-in-law Bill are in Brooklyn with their son, Emmett (13), who plays clarinet and bassoon.

*Happy Holidays!*

(This and previous holiday letters – with actual hyperlinks! - can be viewed online at [pmansbach.com/#holidayletters](http://pmansbach.com/#holidayletters).)

Here's a couple of photos from last year's (Aug 2019) trip to Vancouver and Whistler, BC, Canada:



Cloudraker Skybridge atop Whistler Mountain  
Yes, I really did walk across the Skybridge. But I didn't look down.



Grizzly, at Grizzly Bear Orphanage, Grouse Mtn