

# Moose Notes 2022 (Highlights of the Year)

from Peter Mansbach and Jean Austin



**APOLOGY:** With all the time spent on Jean's post-op (see below), I'm way behind. I have to skip the holiday cards this year. Hopefully things will be back on track by next holiday season.

**HEALTH:** Jean was plagued by back pain and leg pain (pinched spinal nerve) for much of the year. By the end she was unable to take walks, and even getting around the house was excruciating. She finally decided to get surgery to replace a disk and to fuse the offending vertebrae.

The surgery was performed Oct 3, and was successful. But the recovery has been painful and difficult. After a stay in the hospital, she was transferred to acute rehab for two weeks, then to sub-acute rehab for another five plus. There was one crisis after another – including testing positive for covid, without any obvious symptoms, but it required her isolation at the rehab facility. Some of the difficulties were probably unavoidable, some were due to sub-par care at rehab. She was finally discharged, after 8 weeks total. The experience was traumatic for her. Peter visited her daily. Her daughters, Monica and Becca, flew in one weekend (from New York and Colorado, respectively) and did a lot of work cleaning Jean's house, which had fallen into chaos due to her back pain.

She's back home again, and in good physical health.



Peter had less serious issues – an extremely painful shoulder in March, that kept him from sleeping some nights, and a developing hernia in December, that will require minor surgery soon. He's otherwise in excellent health, though aging has its challenges. He still manages to hike or bike once a week, and folk dance once a week.

**CSD-N:** Peter spends much of his time working for **Circadian Sleep Disorders Network (CSD-N)**, the non-profit organization he started 11 years ago to promote awareness of circadian sleep disorders. Their website is at [www.CircadianSleepDisorders.org/](http://www.CircadianSleepDisorders.org/) (shortcut: [csd-n.org](http://csd-n.org)). Their twisted clock logo is at right.



Peter is (still) finishing up a paper, with several co-authors, covering some results of our survey of people with circadian rhythm sleep disorders. We hope to get this published in a peer-reviewed journal in the coming year. The paper was almost ready for submission, but got put off during Jean's ordeal.

**TRAVEL:** None.

## Happy Holidays!

(This and previous holiday letters can be viewed online at [pmansbach.com/#holidayletters](http://pmansbach.com/#holidayletters).)

(hiking photos below:)

Here are some photos from this year's hikes:



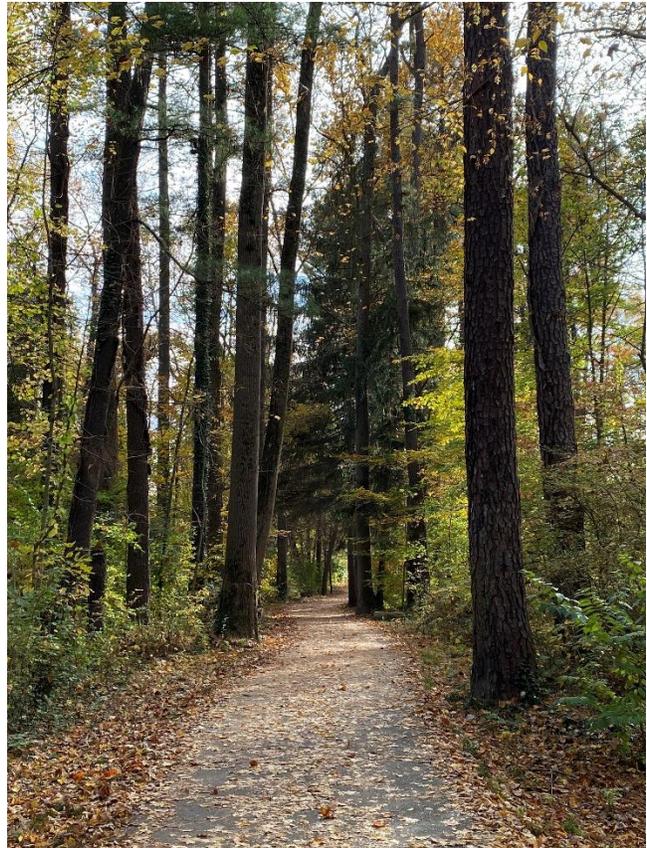
Fairland Recreational Park, MD, May 8, 2022



Clopper Lake, Seneca Creek State Park, Gaithersburg, MD, July 1, 2022



Greenbrier State Park, MD  
Sept 25, 2022



Rock Creek Park  
Hiker/Biker Trail  
Bethesda, MD  
Oct 30, 2022  
(biking)