

Moose Notes 2023 (Highlights of the Year)

from Peter Mansbach and Jean Austin



PHOTO: Cow moose, taken by Peter in Yellowstone NP, 1992 – the only time I’ve seen a moose in the wild!

APOLOGY: Things have gotten really hectic with all the time spent on Jean’s move prep and my manuscript (see below), and I’m way behind. I have to skip the holiday cards again this year. Hopefully things will be back on track by next holiday season.

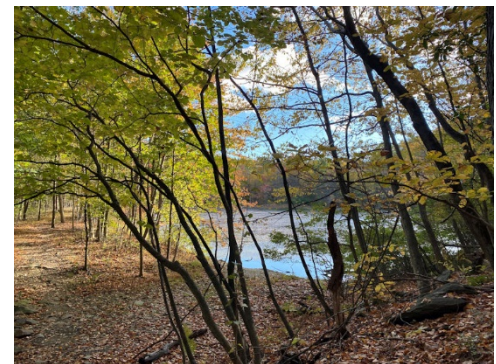
JEAN’S HEALTH: Jean had spinal fusion surgery last year. While the surgery was successful, and she no longer has debilitating pain, the recovery was painful, difficult, and traumatic. Since then she has had cognitive issues and memory problems. She continues to live in her home, with help from caregivers twice a week. She no longer drives.



JEAN’S MOVE: We now believe she will be better off in assisted living, in part because she will be around other people and engage in group activities. We have applied for an apartment in Landow House, part of Charles E Smith Life Communities (CESLC) in Rockville. My mom had been in Hebrew Home, another part of CESLC, and liked it.

But the assisted living apartment is small, one bedroom and a living room. Much smaller than the townhouse where she has been living. So a lot of her belongings have to be sold, recycled, or discarded. That’s a huge project. In addition, she has to sell the house and car. And move the remaining stuff to the new apartment. Her daughters visited to get things started, have helped long-distance by arranging things (selling furniture, moving the stuff she’s keeping, hauling the rest, getting the car towed), and will help with the move itself. We appreciate their taking time away from their own families to help us. Of course Peter helps a lot as well.

PETER’S HEALTH: Peter had hernia surgery in February (on Valentine’s Day, no less!). Recovery was a bit more painful than the last hernia surgery, due to scar tissue from a previous surgery, but was over in a week. He’s otherwise in excellent health, though aging has its challenges. He still manages to hike or bike on Sundays, and folk dance Wednesday evenings. Occasionally Jean joins him to hike. This photo is just off the Catoctin Trail in Gambrill State Park in October. More photos from the hikes are posted on Facebook.



PETER’S CAR: Peter bought a Tesla! For several years he has been



wanting a car that can help drive in highway congestion, which he finds particularly tiring, especially after a long hike. The Tesla can do that, staying in lane and following the car in front at a reasonable distance. The Tesla handles well, is very responsive, and is fun to drive. And I don’t need to pump gas anymore – just plug it in to a level 2 wall charger in my garage. The 330 mile range is plenty for the driving I do, mostly local or occasionally to nearby trailheads on the Appalachian Trail.

CSD-N: Peter spends much of his time working for *Circadian Sleep Disorders Network* (CSD-N), the non-profit organization he started 12 years ago to promote awareness of circadian sleep disorders. Our website is at www.CircadianSleepDisorders.org/ (shortcut: csd-n.org). Our twisted clock logo is on the right.



Peter and co-authors James Fadden and Lynn McGovern have finally finished a paper covering some results of our survey of people with circadian rhythm sleep disorders. It calls into question several assumptions made by doctors in the past. Our manuscript has been accepted for publication by *Sleep Medicine:X*, a well-respected, peer-reviewed journal (the "X" means the article is open access and will be available without charge). It is titled *Registry and Survey of Circadian Rhythm Sleep-Wake Disorder Patients*. Publication date has not been announced.

TRAVEL: None.

Happy Holidays!

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