

# Moose Notes 2024 (Highlights of the Year)

from Peter Mansbach and Jean Austin



**JEAN:** In January Jean moved into assisted living in Landow House, part of Charles E Smith Life Communities (CESLC/Hebrew Home) in Rockville. But the apartment is small, one bedroom and a living room. So a lot of Jean's belongings had to be sold, recycled, or discarded. In April she completed the sale of her old house.



Her daughters visited to help with the move itself. We appreciate their taking time away from their own families to help us. Peter helped as well.

Part of the goal in moving was to be around other people and engage in group activities. Jean has made some new friends, mostly through dining together at meals. There is always some organized activity or other going on at Landow House. Some involve active participation: Jean is now half of *Dear Linda and Jean*, a Dear Abby-inspired question and answer format. She also reads poetry in collaboration with a music trio.

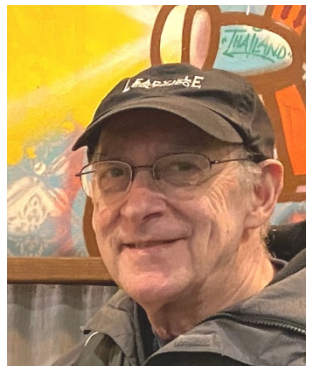
Jean has cognitive issues and memory problems. She no longer drives. She is in good physical health, with occasional digestive complaints.

Peter visits several times a week, often helping Jean manage her financial affairs, medications, and scheduling, or hanging decorations in the apartment. Once a week Jean visits Peter, who cooks dinner at his house.

**PETER:** On Sundays Peter usually hikes or bikes (and posts photos on [Facebook](#)). Wednesday evenings he folk dances. He keeps up with the newspaper, although reading is slower than it used to be.

Peter had tooth implant surgery in July and December, with quick recovery. He developed wet macular degeneration, and gets monthly eye injections for that. He's otherwise in excellent health, though aging has its challenges.

He spends much of his time working for **Circadian Sleep Disorders Network** (CSD-N), the non-profit organization he started 13 years ago to promote awareness of circadian sleep disorders. Our (CSD-N's) website is at [www.CircadianSleepDisorders.org/](http://www.CircadianSleepDisorders.org/) (shortcut: [csd-n.org](http://csd-n.org)). Our twisted clock logo is on the left. He is hoping other board members will take over much of the administration.



Peter and co-authors James Fadden and Lynn McGovern finally got their paper published. It is titled *Registry and Survey of Circadian Rhythm Sleep-Wake Disorder Patients*, and was published in *Sleep Medicine:X*. You can access it at [doi.org/10.1016/j.sleepx.2023.100100](https://doi.org/10.1016/j.sleepx.2023.100100). It covers some results of CSD-N's survey of people with circadian rhythm sleep disorders, and calls into question several assumptions made by doctors in the past.

**APOLOGY:** I'm overwhelmed and way behind – getting older and slower by the year. I have to skip the holiday cards again this year – despite having bought a new printer with which to keep making them. But also I haven't traveled, so no new photos of faraway places to put on the cards. Hopefully things will be back on track by next holiday season.

Happy Holidays!

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