



Dear Family and Friends of Mark Petchey,

Happy holidays to all, I trust all is well with you and yours! I am happy to update friends- on our lives.

Mark's independent living in his own apartment in Santa Rosa, CA started October 2021 and has been filled with activities. He participates in zoom classes with Becoming Independent Adult School, a program designed for social participation. He attends Santa Rosa Junior College Adopted PE class on zoom twice a week. As I sometimes join him during these sessions, I found the seemingly simple physical stretch and mobility exercises very challenging. The instructor gives each body section special attention and customized workouts. I also benefit in the course of assisting him. He has a regular routine exercise with a standing frame for 30 minutes twice a day and participate in stretches that improves his range of motion. He has been working on physical therapy for over 20 years since the accident.



Mark became Lydia's uncle.

It was difficult to attend movies and other public activities due to COVID so Mark's activities at home are good for both him and for caregivers. He also engages in audiobooks, and I would love some help for suggestions. I do not possess too many authors and books in English literature. Isaac Asimov was a great success and some juvenile stories like *The Lord of the Rings* and *Lion, Witch and Wardrobe* are among them. Ken Follett and Kazuo Ishiguro seem to be more to my taste though he was well engaged. Raymond Chandler or other old mysteries seem a bit stale – it does not fit today's world. He is very eager to get something to listen to! Sonoma County Library has a great range of audiobooks and Kindle books. If you have some good books to recommend, please text or email me.

I had introduced his principal caregiver, Kafoune, during last year. I am pleased to report that she gave birth to a beautiful girl, Lydia Doussou Rhodes, born on September 4, 2022. That was one single big event during this year for Mark and extended family. Now, Kafoune has returned back to the main stage and has been singing high! Every Friday, she brings this little Lydia with her when she cares for Mark.

Mark also continues the weekly physical exercise sessions with Letha. He is always looking forward to the session and wants to show off, as he likes to be acknowledged by her. Much of his work these days is on the mat table, relearning how to initiate and control movements. His gains are showing in more ease moving from the mat to the wheelchair. Mark's outgoing personality helps a great deal as he goes through his somewhat restrictive life. This coming January, he will be 40! I still see him as my baby, but he is over 6 ft tall. We are fortunate to get along all those years as we had been since he was little. We accept each other and choose to be good to

each other – though it looks that he is a recipient and I am the mother and main caregiver, the energy and interrelationship between us are not one way. Mark's mind is intact and intelligent, and his emotion is mature and accepting. He provides me my "raison d'etre" to do my best in my daily life.

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Letha giving kidney adrenal work for settling his nervous system prior to his workout.

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