



Hiking in a park close to home



Holidays brought a sense of normalcy



Projects this year: kitchen cabinets, spice racks

*Happy New Year 2021
Christine and Dag*

Menlo Park, April 8, 2021

Our Holiday Letter is late as always, so better call it an Annual Report.

This past year has been different indeed, but we have no complaints. We have each other, have kept active with hiking in nearby parks and swimming in our local pool every morning. On occasion, we have seen our daughters and their families in their backyards.

We have both been vaccinated. Had our second Moderna shots March 18. The CDC says we are now allowed to hug family members! Numerous friends and relatives have been vaccinated (we run with the senior crowd) so a sense of normalcy is returning.

We've done our best during "the year of Zoom." Family celebrated Christine's 80th in a most delightful way using Zoom. Mondays, we have had family dinners over Zoom. We exercise for Parkinson's five days a week with our local therapist as well as a group on the island of Malta. No driving required. We think exercise with Zoom is here to stay.

Christine's Parkinson's is rather benign so far, and we do what we think is right to keep it that way. Our research into Parkinson's and efforts to mitigate, even reverse it, continue. (Hope springs eternal). We posted reports last July: <http://www.forssell.com> *Report on Exercise, Keto, Disease*. Just recently we posted a follow-up that covers what we have learned and implemented in the last eight months. That's report #5 *Journey Continues*. We feel very good and are encouraged.

Since we find ourselves a mere 2 miles, an hour's hike, from the Stanford Hospital geriatric clinic, we changed health insurance from Kaiser Permanente (good for many decades) to Stanford as of Jan 1. We are very happy with the move and our physicians.

Looking ahead, we can't wait to see much more of our family and friends in coming months. By this time next year we hope to be well on our way to visit family and friends in Eastern U.S., England, Ireland, The Netherlands, Malta, Rwanda, and Sweden. To be followed by a second trip to vacation on Fiji and visit family and friends in New Zealand and Australia.

We started out thinking we would travel around the world. Our dream would be to travel one-way to a destination, stay a while (not wearing out our welcome), and from there figure out how to get to the next destination by land, sea, or air with advice from locals. We now hope to create a step-by-step "around the world in 80 days" adventure in two parts. We will avoid long travel segments as best we can and take it really rather easy each day. The emphasis will be on seeing our friends, with some sightseeing in the mix. That's the idea right now, very preliminary. We welcome suggestions. ☺

All in all, we are in a good place, in good health, and in good company.

Wishing you a **HAPPY, HEALTHY** what is left of 2021

Christine and Dag

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