



Dear Family and Friends of Mark Petchey,

Mark's daily physical exercise has been consistently and diligently pursued at home and school. Mark follows a routine of range of motion and table and floor exercises and stands daily in the standing frame. He moves in his wheelchair around the room pulling his weight with his feet. While resting, Mark has his fingers clasped and can keep them clasped until he releases them. These actions all help Mark retain the function of his limbs and reminds his brain of right and left directions and balance. It is very fortunate for him to be surrounded with a support team who know what is important for him.

Those who care for him daily at home and at school are the most significant source of his active life. I would like to provide you the following update excerpt from Letha, the therapist who has provided her professional services throughout this year. She provides us a weekly report on Mark's workout regimen.

Here are some words from Letha –



Mark's cutting edge work has to do with getting control in his core and right up through his neck



In the photo he works on this while kneeling forward on a mat table. Maintaining this position uses his trunk, arms and neck.



We are working toward the ability to stabilize the body so crawling is possible.

Time flies. I still run between work and home to care for Mark, my routine for the past 14 years. But I don't forget to have fun. This year, I attended a week long dance camp and visited my home in Japan to see my Father, age 94. This year, Mark and I did not have an eventful affair like an overnight trip, because the resources and manpower were limited. But Mark and I attended a lecture by Jane Goodall in Santa Rosa in April. That was Mark's idea but the time was so late when she came up to the stage (past 8pm) so that we only participated less than 2 hours and gave up on getting her autograph on her newly published book. She was welcomed with big applause showing this area's interest in her. It was a memorable event.

Some of our good friends whom we would like to see are over 100 miles away, but we would like to try to set a plan to visit them at some point. Meanwhile, please see how Mark is still keeping up his effort to become independent.

PS: This morning, on Nov 29 he stretched his right arm to the side and put his right hand into his pants' pocket. He was showing off this new addition to what he can already do. He will no doubt have another new skill next year to show us all about the power of persistence.

HIDEKO OGA (PETCHEY)
512 NORLEE STREET, SEBASTOPOL CA, 95448 USA
PLEASE CONTACT ME AT HIDEKO@SONIC.NET.