

Greeting from Mark's family for the year ending 2023,

Mark's life is fuller since he chose living on his own. It brought LIFE, energizing his small world. His mind is active and catches anything around all the time.

This 2023, again, has many changes. First of all, his care agency changed to another. We did not lose Kafoune, the principle among all, but all others have gone. This is the new team without Tibetans for the first time in years. The new agency, Gregoire, lead the way to cover his hours 24/7 and left me free from Mark's direct care. Meanwhile, he still returns back home on some weekends enjoying movie going, farmers market and visiting the beach. I fill in the slack slack and am still covering extra needs including all the administration and cooking.

The new team started in August. Kevin is new, handling overnights. We have two new part time, Marie and Gerald. They are from Mali, USA, Haiti and Kenya! A very international team, like the Olympics.

The highlight of this year is that he attended the show of Dr. Neil deGrasse Tyson in October. He has been a big fan of Tyson through his audiobooks and videos. The tickets, \$300 were all sold out. After this disappointment, I saw Mark's wonderful social worker team with Sonoma County. A few days later, Haley Nelson of Sonoma County called me back offering tickets for Mark, donated by a local business. She even brought his autographed poster, later. One big gift after another! I later, found the wonderful present came from Exchange Bank of Santa Rosa. I deeply and sincerely appreciate the generosity from this kind community around us.

Below is the comment from Parris who is, hopefully, becoming his program director for his social activities. By the way, I am administrating Mark's program with the California State Self Determination Program Plan for the past several months. This will be another change but at this moment, it is a work-in-progress. The main purpose is to design suitable life activities for Mark.

For me, life is so packed and pushes me around. I can't really feel how time goes but it flies. I wonder how to keep up at this speed. This is the season we have to feel our own inner being and reconcile our love with family and friends. Hope you have a wonderful time. Wishing you best of your time.

From Hideko

We witnessed Mr. Degradé Tyson give a top notch lecture at the Luther Burbank Center. The astrophysicist focused his comments on the search for exoplanets, that is, planets which reside in solar systems other than our own. He first of outlined the clever ways in which they find them, involving light fluctuations and chemical analysis.

Later on, he showed with great affection and respect some of the recent space missions that have taken place involving astronomical bodies. One such mission shown, which includes exciting video footage, was when NASA successfully landed a "dart" on a small moon orbiting a fast-moving comet. This impact successfully moved the comets' trajectory, which may come in handy if we ever face the apocalyptic scenario which doomed both the dinosaurs 65 million years ago and Bruce Willis in 1997.

In closing, mark had a great time, and he showed to me even more of his nerdy side, he really perked up when Tyson jokes about chemistry if all things.

Parris Mazer / Brother's Keeper ILS

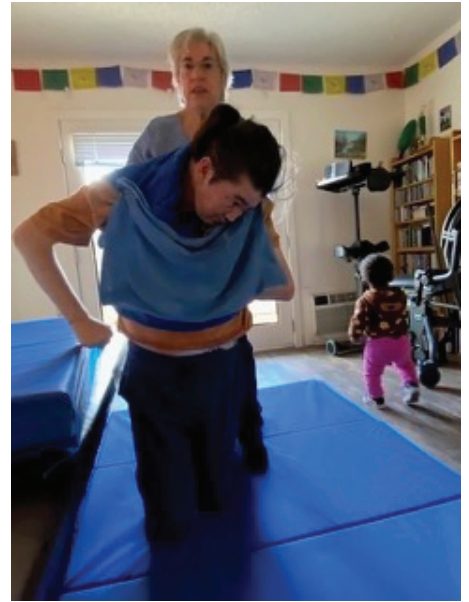
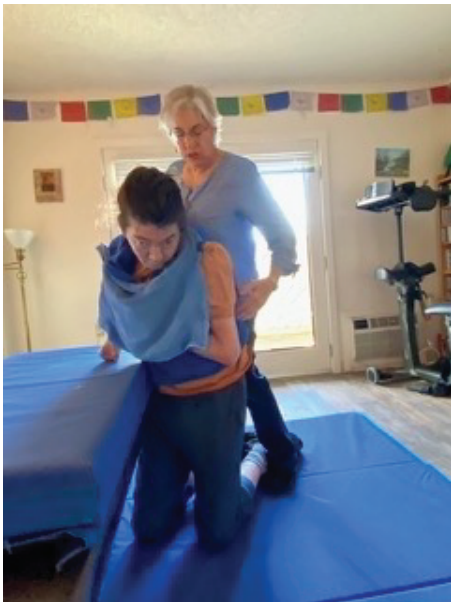


With Haley Nelson, Sonoma County



Parri Mazer & Mark at Tyson Show

Here is from Letha about Mark's therapy and progress.



Mark needs support. He is shifting his weight and advancing each leg himself. New just this season is Mark's ability to move himself sideways, on his knees as he faces the plinth. Until recently, Mark needed someone to shift his weight, and move one leg. Now he can follow verbal instructions and maintain his balance.

Mark maintains his fun-loving attitude and sense of humor. His Occupational Therapist is enjoying Mark's progress and supporting him into more gains.

Sincerely,
Letha Marchetti OTR/L, C/NDT, SEP

