

January 17, 2007

Dear Friends:

A lot has happened since we arrived in Palm Springs. To begin with, I got very fit by doing a lot of exercise which included biking, swimming and golf.

Soon after our return to the desert, Toni went to New York for ten days. While she was gone, my dear friend, Gene Bartley, came to stay with me for a day and a half. It was a wonderful visit.

Toni returned home from New York shortly after Gene left only to find me ill with a viral infection. After seeing the doctor, the result was a six-day stay in the hospital. I was amazed at how much my strength had deteriorated while in the hospital. I was no longer in shape. A couple of days after being released from the hospital, it was Christmas. All the kids and grandkids arrived. A grand time was had by all ... or at least a grand time was had by me.

Pilates has helped Toni and we read that it has a positive effect on Parkinson's patients, so I began taking Pilates three times a week in an effort to gain my strength back. This is in addition to my other workout activities. I am back to playing golf, but not very well. I hit from the ladies' tees, which I refer to as the Executive Tees.

Toni won't let me rest much. She feels that I need to stay active. As usual, she is right! This week, she celebrated her birthday and in her honor, we had a dinner at Wally's Desert Turtle for 22 guests.

I have started a new treatment program called IVIG, which stands for Intravenous Immune Gammaglobulin. I also had good news this week after taking a swallowing test. The result was that I have not lost any capabilities since last April when I had my previous swallowing test. So I have to assume that the Vital Stem therapies are working.

Toni has been deeply involved in the Peebler PSP Research Foundation to make certain that 90% of all the contributions go to research. Thank you for all your support, letters, calls, emails and contributions!

Have a Happy and Healthy New Year!

Chuck