

Where in the World are Ron and Gloria?

So we had a lot of travel along with concert tickets, theater tickets, etc. that was cancelled. I know, we are glad that these are among the worst of our problems. Currently we are booked as follows:

- April – Carnival – Galveston to Seattle. It's not yet canceled and they are advertising Alaska Cruises Looking forward to seeing friends in Seattle if we get there.
- August – Princess – British Isle and London
- October- Celebrity - Galapagos
- December – Celebrity - ABC Islands with Valencia Shores

If you might be interested in joining us, let us know.



. Taken on our annual Anniversary outing (40 years)

With love and best wishes for
a great 2021
Ron and Gloria Friedman

Family Update

So the kids are doing well. Nava turned 5 and started remote Kindergarten, Orli turned 2, she will be 3 in February and is pulled from pre-school at the moment, but she loves books and seems to be picking up skills by herself. Jonathan and Jessica continue to renovate their home in the Bronx. They are in a temporary location a half mile away and hope to move back in soon. Jonathan is still working at home but seems to enjoy his job.

Ron continues to be active with SCORE and racquet sports. He is watching a medical complication from the radiation he had in the 1980's for Hodgkin's Lymphoma. He gets bored easily and I tell him that he can always help me scan photos. He's playing with a vegan no oil diet and has lowered his cholesterol. In Corning, he's planted 10 new trees in the Orchard and pulled about 10 dead ones. The Orchard has about 40 trees. Next summer's project is to build a walk bridge over the swampy part of the pond. He's ordered the parts and started the foundation.

I continue to do a heavy load of exercises and I've felt well enough to take on some volunteer work including Hadassah and continuing to do advocacy for problems that occur when people with Parkinson's are hospitalized. I've also been advising people who are newly diagnosed. I try to put as much of this information as I can on the internet— see my regular website www.gsfriedman.com and a special one I just started www.pdsupportgroup.com

My Parkinson's is reasonably stable. It's nice to be able to meet people without explaining my condition. COVID makes it more difficult for me and that has caused problems, but I try to work through it.

One thing Parkinson's has taken from me is being totally organized and in particular, it's hard for me to start a phone call, so please call me from time to time.

Please keep in touch.