

October 14, 2008

Dear Friends:

Toni and I have been home for approximately one month now following our summer at the Montage. The bike group came over, which was nice for me, and they seemed to have had a wonderful time. Hopefully, we'll be able to do the same next year.

I'm sorry to say that if you visit my website and review the statements of Dr. Golbe, you'll find there to be more truth than fiction in what he says. Toni feels better, as I do, with help walking. My voice continues to weaken, but I am still working to prove him wrong as I exercise every single day.

Toni continues to be a gem as are my boys. David was just here for the weekend from New Jersey. I see Mark regularly as he lives in Newport Beach, CA. Todd will be here for Thanksgiving along with his new dog, Lola, whom he loves dearly. I always love being with my boys, especially the ones from the East since I don't see them as often as I see Mark because he lives much closer in distance and visits regularly.

David Hansen, who is my lifeline, is writing this letter for me and asked if I wanted to mention my son Mark living closer twice and I said yes, because the emphasis is real of the way I feel. I still go to the movies with Toni and my nurse on duty as often as I can. I find that I require more sleep than I used to in order to have the energy when I need it.

I'm well on my way to reading over 150 books on CD this year. I can't tell you how good it feels when people come to visit. I don't get out as much as I used to. I didn't realize that when I went on the feeding tube, how it would impact my communication with people. It's amazing how much communication is done at meals which by the way, is not much fun when you're not eating.

As you worry about the economy, remember that your #1 asset is good health. Be of good cheer as I always try to be because whatever time you have left in life is better spent being happy and healthy than any other way.

Love,

Chuck