

It has now been about a year and a half since Maggie died, and I guess I have basically adjusted to a bachelor life. I have stayed on at Brookdale Senior Living, moving from a two-bedroom apartment in Assisted Living to a one-bedroom in Independent Living. That saves some money, but it again involved a bout of down-sizing in furniture, books, and computer stuff. And two meals a day, which I don't have to cook.

Since the pandemic began I no longer play squash, much less go skiing. I do play pickleball a few times a week, since that can be done outdoors without having to wear a mask. For other exercise, there is a daily session involving about ten other residents here at Brookdale, mostly stretching, which I sometimes serve as a substitute leader. I continue to maintain a guest scientist agreement with LANL, but that mostly involves listening to on-line seminars from home. For other activities I do a lot of crossword puzzles and join the weekly Scrabble group.

My Christmas letter for last year was written with a fellow resident, Susan Parsons, also then in Assisted Living, with whom I enjoyed a pleasant relationship. Unfortunately, her Alzheimers (that again!) got sufficiently worse, and her caregivers felt she needed more intensive memory care. She now lives at a separate facility, Sierra Vista, that can provide that care. I am able to visit her about once a week, and she does appear much less anxious about being alone.

Here is another, recently widowed, resident whom I have come to know as a dinner and hiking companion. Her name is Jere Turner. Obviously the restrictions of the pandemic have put some crimps in my social life, but we do have Friday Happy Hours which, as you can see, are not always so sedate.



In other news, I will be flying to Michigan over Christmas to visit all the cousins and nieces I haven't seen since 2015. A bunch of them were signed up to come here in the spring of 2020, but then the pandemic hit and we canceled. I was able to recover the frequent flyer miles to use this year.

Seasons Greetings from Dick Silbar
(505) 570-9185, 640 Alta Vista, Apt. 311, Santa Fe NM 87505

