

Season's Greetings to All -- 2017  
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I continue at the University of Pittsburgh and UPMC with exciting work in the clinic and research lab. This year, Erik and I are working with the Pitt Innovation Institute on a new product/business. More on that next year. We had the pleasure of travelling to Saudi Arabia in December as I provided a keynote address for a Rehabilitation Conference in Riyadh. Mark accompanied me, and we had a holiday in Dubai on the way home. Niece, Audrey and her husband, Jeshua, live in Dubai. We had a wonderful visit and enjoyed a desert safari.



I had fun travelling to several cities this year to tell stories for The Moth. A Main-Stage story about shopping in China with the boys airs across the nation on the NPR Moth Radio Hour the first week in January. <http://www.prx.org/pieces/222955-1801-live-from-portsmouth-1-2-2018>

Mark continues to make the city of Pittsburgh and the world a better place through swimming and playing well together. He often helps with the Pittsburgh Masters Water Polo practices, plus he coached a water polo practice in Dubai and introduced the game of SKWIM to the middle east! He is evolving his aquatic efforts into a role as the Executive Director of the nonprofit, SKWIM USA. Mark also began coaching middle-school swimming at The Ellis School, as well as continuing high school coaching for Pittsburgh Public School, Obama Academy.



Grant is a sophomore at Tulane University and now lives on the first floor of a beautiful Garden District home in New Orleans. He is busy conducting research and presenting at national meetings.

Erik graduated from Swarthmore College in May and joined The Boston Consulting Group (BCG). He flies each week to work on his assigned account. A busy and exciting start to his career. He has a beautiful apartment on Walnut Street in Philadelphia to enjoy when he is home!

Mark, Erik, Grant and I travelled to Nashville in May to spend time with Bob and Molly to celebrate Mom/Grandma's legacy: Barbara Holt Palmer (March 25, 1934 – January 21, 2017). A line from the obituary in the Columbia University School of Nursing newsletter sums up her passion– "...dedicated her working life to empowering individuals and families to determine their own destinies."

This year we lived in the Path of Totality – some of us literally and some of us figuratively; sometimes in a joyous manner and sometimes not. We hope the coming year will be everything you choose it to be, and that all of your choices include Good Will to ALL.