

*Dear Ken + Staff,*

Christmas, 2016

Thanksgiving is over, the election's gone, too.  
We continue to move ahead, not much else to do.  
Each morning I greet the Lord with a cheery "Amen"  
I am happy to be moving and mobile again.  
Last winter a torn meniscus and physical therapy was the routine,  
Planned a trip to Oregon for the summer scene.  
Lo and behold, by June I gave a sigh; pain in my butt, pain in my thigh.  
"Lumbar radiculopathy" was causing pain; thus P/T began once again.  
They tried something called the "McKenzie Procedure;"  
This specialized technique, I thought would give me a seizure.  
They'd push and they'd pull and somehow manipulate my spine,  
After a month of this push-me, pull-you I felt more in line.  
Determined to vacation with family out west I put my body to the test.  
It served me well, didn't fail; I continue to exercise, I'm not that frail.  
The kids are "growing like weeds," as the saying goes,  
Into all kinds of technology, heaven knows.  
Judy and I made it to the coast this year,  
Met with reps from our "sister city", Seaside, Oregon,  
'Twas a good day, sunny and clear.  
Back home, Fall at the beach is always a treat,  
Weather is nice, walks can't be beat.  
Outdoor showers are put on hold, now that the weather is turning cold.  
It's always sad to see summer go; going to miss that seaside glow.  
I guess it's OK, I'll tell you no fibs,  
I humpteyed my dumptey, and fractured three ribs.  
I'm healing nicely, glad I didn't break more;  
Family and friends are helping "winterize" my home at the shore.  
By Christmas I should be fine, hearty and hale;  
I am happy to share my holiday tale.  
And for all the holidays and days in-between  
I wish you joy and good health and a happy 2017!

*Best Wishes! Maryann Meneghin*