

**From:** [John Rochford](#)  
**To:** [John Rochford](#)  
**Subject:** How sweet it is  
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February 14, 2024

Dear family and friends,

“How sweet it is” was a favorite line by Jackie Gleason. It seems appropriate for the mashup of Ash Wednesday and Valentine’s Day. As I look back on this year there is so much to be thankful for: sweet blessings and acts of kindness. And a keen awareness of “remember you are dust and to dust you shall return.”

Nick has really bounced back from his fall. After months of “protecting” his broken arm, we have pivoted to stretching his muscles and building up his strength. He is now getting around without a cane and going up and down stairs with ease. (Under close supervision, I may add). But it is the return of initiative that I really appreciate. Little things like making the bed, or the setting the dining room table; makes me smile.

I am writing this from my new iMac. As I returned my laptop to King County, I needed a new computer. I love my iPhone and iPad, how hard can an iMac be? Famous last words. But I think I mentioned that I needed to keep my brain “plastic”. Again, famous last words. I remember friends talking about intuitive it would be. Well, I am still mystified by the magic mouse...

I am also practicing making my brain plastic by entering the world of Medicare. I have switched to a whole different system of medicine. My new doctors are within walking distance of the house (by design). On the other hand, my first appointment with my new general practice physician is not until June 6. Welcome to the world of the specialties and waiting lists.

But I did meet with my neurologist/oncologist two weeks ago. She saw my latest MRI and said she couldn't be more pleased. She held up my original MRI with the tumors, against the most recent MRI and she said if I didn't know that something had been there, I'd have a hard time finding it. So, we can return to watchful waiting. And I am relishing growing out my hair. “How sweet it is” and “to dust we will return”.

I had a great lunch with my comrades at KC a weeks ago. Given remote work, it was the rare event to have everyone in the same place. The ironic think is that there is a shortage of meeting rooms. So sometimes they end up having a zoom call from one cubicle to another!

So have a Happy **Valentine** Day and make space for Lent to.

Hugs  
John