

PAST PRESIDENT REPORT FOR FEBRUARY 18, 2026 BOARD MEETING

Recovery Report:

On Monday February 9, 2026 in went into Dignity Health Northridge Medical Center for **Robotic Laparoscopic Inguinal Hernia**, repair with mesh and **open Bilateral Surgery**. The recovery time was 5 hours. A neighbor drove me home. As we drove into the driveway my daughter Jennifer who drove in from San Luis Obispo to take care of my wife Eileen and I for a few days was waiting for me with our second walker. For a few days we became a two walker family.

Our son Daniel also shopped for us, and did all the heavy lifting. He lives locally.

For the next 6 days my surgeon prescribed me to take two over the counter strong pain pills, one opioid (Tramadol) , and a stool softener every 4-6 hours as long as I had pain.

I can't lift anything heavy for the next several weeks. It's been 9 days since my surgery. I'm getting around the house much better. The pain level is way down.

I will be attending the next rehearsal, but not the Board meeting. I have been listening to the songs of the week, and the music Sean sent us of " You're a Grand Old Flag". I would like to thank Sean for emailing this music.

As far as the Onegeneration Encino Farmers Market is concerned, the manager there still hasn't made space and time for us to perform. I'll let you know when she does. This isn't the greatest time of the year to sing there, with the rain and wind.

I'm looking forward to joining the chorus next Monday.

Ben Marder, Past President, VHS 2/17/26