

Shanghai Journal
1-14-16

We arrived in Shanghai four days ago and have now settled into our apartment and dealt with the visa stuff, insurance, etc. Our apartment is on the other side of the building and a mirror opposite of the one we had last year. Somehow this one feels more comfortable to me – suits my left sidedness better! Our boxes and suitcases were here when we arrived so all we had to do was unpack. Ravi stored kitchen things we gathered last year so the kitchen is much better equipped from the start. It was nice to see the friendly concierge and front desk people we know from last time. Everything is so much easier the second time around.

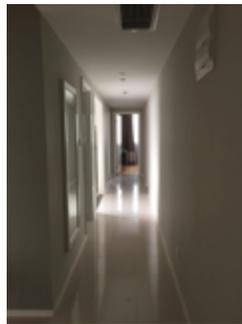
The weather is a huge contrast to sunny, warm Chennai. It hovers between 40-50 degrees with grey skies, sometimes rain or drizzle, and so far bad air quality. Today is the highest since we arrived (210 “very unhealthy”). Needless to say, we wear masks when we are outside and we have an air cleaner running constantly in the apartment. This is the down side of Shanghai.

I went to an orthopedist a couple days ago to make sure there is nothing wrong with my knee (doctor’s office in NY sent my records right away). Relieved to know all is fine with meniscus surgery. I started PT yesterday and already feel better. The therapist did similar things to the one in India but more sustained and focused on the spot that hurts. They put Chinese medicine and a patch on the spot for overnight and that seemed to have a very helpful effect. I’ll go twice a week for a month and hope that will take care of the pain. I’m doing exercises daily and will start riding the bike in our little gym today. The clinic recommended by NYU-Shanghai is extremely nice – advertises its clientele as foreigners and “affluent” nationals, making no bones about the hierarchy for health care. We are lucky to have insurance that covers it all.

Here are some snaps of the apartment to give you a sense of where we live.



Living room (I’m standing
at front door)



Hallway
(L- sm. bathroom, kitchen,
master BR; ahead BR2,
R- large bathroom)



Kitchen



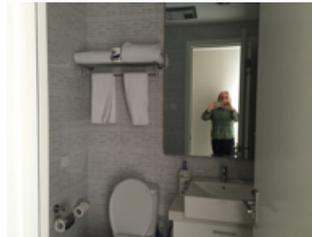
Master Bedroom



Guest Bedroom



Large bathroom w/washer-dryer



second bathroom

Classes start on Monday the 25th. We are planning before then a 2-3 day trip to Suzhou (known as the “Venice of China” and home of I.M.Pei’s family). Ravi just made the reservations for Angkor Wat for the vacation week in February). Life is good.

Thinking of you all back home. I just read Obama’s State of the Union address - such a contrast to the idiot candidates running on the Republican side. Please write when you can.

Zai Jian, Lee

P.S. We went to Vegetarian Lifestyle for lunch on Tuesday. The hot and sour soup and tea tree mushrooms are as yummy as ever! I could eat there every day!

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