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Proem

May the New Year surround you with empathy, equanimity, spirit, and gratitude. You’re hearing me speak in my own voice. Since AI dissemination exploded in 2022, I wanted to create the rest of my holiday letter using a variety of the AI apps out there

I’ll be using two versions of [Descript’s AI created overdubs](#) of my voice, reading scripts created by [CHAT CPG](#) (2020), with images drawn by [DALL.E](#), and my avatar done in [Remini](#).

Podcast intro 00:43



Photo by Rich Rieger

Welcome to Health Hats, the Podcast I'm Danny van Leeuwen a two-legged cisgender old white man of privilege who knows a little bit about a lot of healthcare and a lot about very little. **We will listen and learn about what it takes to adjust to life's realities in the awesome circus of healthcare. Let's make some sense of all of this.**

Or as CHAT CPG translated as a Shakespearean sonnet 01:19

I dropped the intro script into CHAT CPG asking for a Shakespearean sonnet version. Here’s the result. Notice mispronunciations.



<https://www.health-hats.com/pod187>

Listen, dear reader, and you shall learn
Of the awesome circus that is healthcare
A world of endless questions, twists, and turns
Where realities are often hard to bear

We must adjust to life's harsh realities
And navigate the maze of rules and regulations
We must learn to listen to all perspectives
And find ways to work together in collaboration

For in the world of healthcare, no one person
Can know all the answers or have all the solutions
We must listen and learn from one another
And work together to find the best resolutions

So let us listen and learn, my dear friends
And together we'll weather this circus of healthcare
We'll find the strength to adjust to life's realities
And face whatever challenges may come our way



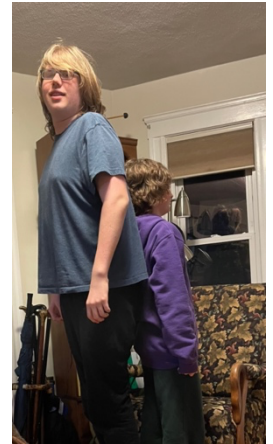
Photo by Diane Feil on Unsplash

Boland van Leeuwen family 02:16

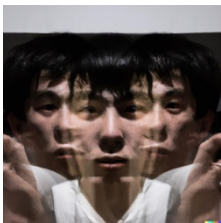


Ann & JoJo

The Boland van Leeuwen family, Ann, Danny and JoJo, managed to avoid Covid in 2022. Seems inevitable we'll succumb, although we're careful
Happy New Year 2023. I traveled to Portugal, Spain, upstate New York, DC, Philadelphia and more, yet still infection free. I can't stand that AI voice. Here's the second voice. My grandsons, Leon and Oscar continue to grow and retain their sweet selves.



Leon and Oscar



Health 02:43

I'm grateful for the relative stability of my health this year.
Managing to keep accomplishing everything I want. Planning for eye surgery in February to correct my deteriorating double vision.

labs.openai.com/e/qK0AYWzbfbstxmh
[UIXpDUNXu/CUf17IDwAbvALkZwa9](https://labs.openai.com/UIXpDUNXu/CUf17IDwAbvALkZwa9)

Music, my life 02:54

I'm playing music almost every day – approximately 320 out of 365 days, averaging 5.5 hours a week, but who's counting. I love the Lechuga Fresca Latin Band. We play about once a month, between



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rehearsals and gigs. Leon’s playing piano as well. Here’s a couple of haikus created in CHAT CPG <https://chat.openai.com/chat>



Jazz Baritone Saxophone in style of Kara Walke
<https://labs.openai.com/e/sgimC5lsgZBWobq2ZlgFQD1i/aDAs9Tgmuk4yfhdAk0aBtkLh>

Saxophonist's breath
Blows life into melodies
Jazz improvisation

Spiraling melodies
Jazz sax improvisation
Soulfully soaring high



Jazz Baritone Saxophone painting in style of Cesar Santos
<https://labs.openai.com/e/v8iDSCzKID13AVPPwjiAO7v2/0YGebq0qdijNJTcxXHgQbggz>

Multimedia publishing 03:27



Avatar created on RIMINI

As you probably know my podcast became written, audio and video, this year. This is blog #552, audio episode #187, and video #21. No wonder I don’t publish weekly anymore. Too much work! My most listened to episode was May 22nd [Burnout, Healthy Habits, American College of Lifestyle Medicine](#) (109 downloads) and most watched, Aug 20th [Playing Baritone Saxophone with Disabilities. Can Be Done!](#) 115 video views and 52 downloads

A word from our sponsor, Abridge a la ee cummings 04:00

Record, record, big pink button pressed
Healthcare conversations now captured, expressed
With doctors and clinicians, oh how they drone
But with [ABridge](#), I can listen and own
The transcript, a treasure trove of medical insights
Read it at home, my worries and frights
Alleviated, my knowledge now increased
Record, record, my healthcare piece by piece
No longer lost in the shuffle or the fray
Record, record, my healthcare at bay
With ABridge by my side, I am in control
Record, record, my healthcare whole



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Advocacy 04:36

My PCORI-related advocacy for 2022-23 centers on patient partnership and community-based research. According to CHAT CPG, patient partnership and community-based research is a collaborative approach to conducting research that involves meaningful engagement with patients and community members throughout the research process. This approach recognizes the valuable insights and experiences of patients and community members and incorporates their perspectives into the design and implementation of research studies. By involving patients and community members in the research process, researchers can ensure that their research is relevant and meaningful to the population being studied. Overall, patient partnership and community-based research can lead to more responsive, relevant, and impactful research that addresses the needs and concerns of patients and communities.



<https://labs.openai.com/e/rrb28Kj/kM47ok i5Ju9BQnwAN/kDDr4QrrDO1GnXH16T6QXSpk>

Reflection 04:36

What do you think? I had fun doing this. I'm not sure I'll use the overdubbing much or the CHAT CPG, but I do like the images from DALL.E. As I become more comfortable with video this year, I'll be ready to focus again on using music more. May you all have adventures, rest, and inspiration. Love ya.

Podcast Outro 05:53

I host write, edit, engineer, and produce Health Hats, the Podcast. Kayla Nelson provides website and social media consultation and manages dissemination. Joey van Leeuwen supplies musical support, especially for the podcast intro and outro. I play bari sax on some episodes alone or with the Lechuga Fresca Latin Band. I'm grateful to you who have the most critical roles as listeners, readers, and watchers. See the show notes, previous podcasts, and other resources through my website, www.health-hats.com and my [YouTube channel](#). Please subscribe and contribute. If you like it, share it. See you around the block



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