



“There are all kinds of medicine – Rest can be medicine. Play can be medicine. Work can be medicine. Good food can be medicine. Reading can be medicine. Friends can be medicine. Solitude can be medicine. Pets can be medicine. Long walks can be medicine. Acknowledging sadness can be medicine. Your medication is LITERALLY medicine. Take your medicine in whatever form you need. OKAY?”

MAL - Terri Fields, former member of Kappa Alpha, has had major surgery. She is in critical ICU. She is on a ventilator and needs our prayers. Pray for her family also. Cards may be sent to: Terri Fields Allegheny Hospital 320 East North Avenue Pittsburgh, PA 15212

Arizona/Colorado – Sandy Alexander – “First please pass along how much David and I appreciate the thoughts, prayers and such special cards. They sustain us. As you said one day at a time. We believe in the power of prayer and God gives us little blessings each day. We are blessed to have friends from Colorado who have been staying with us to help. David still sleeps in a recliner, has headaches and of course pain from broken rib. His brain function is still healing and will take some time. Friends put in grab bars in the shower and David now better at taking a shower unassisted. One week he had follow up appts every day and again this coming week we begin again. I am still having chest and back pain and the “girls” refuse to be kept confined. I have driven the car only twice a few short blocks and find trucks and heavy traffic are a fear factor. I pray God keeps me calm and strong to be able to become self-reliant again. PTSD is real and a frightening reality. A sound sleep without nightmares has not occurred yet. But I am assured this will past as well. Time seems to be the answer. Our friend Jim Smithwick is still in the hospital and had his 4th surgery on Monday. Doctors believe he has hardest part behind him now and recommends a rehab facility to gain his strength and to keep his lungs inflated. Doctors believe this Arizona low altitude is best for some time.

Our Niece Ruth returned to Colorado and is having her follow up doctor and rehab care in Fort Collins. She has returned to work, driving and resuming her normalcy. Again, please give our sincere thanks to everyone for our sustaining prayers and cards. We diffidently feel loved and covered in prayers. I am so sorry for the slow updates. I’m sure anyone who experiences a traumatic event understands the trauma of reliving it over many times understands. May God bless you all, our prayer warriors!” Sandy’s address is 16450 North 164th Drive, Surprise, Arizona 85388

California- Mary Shaw’s brother Tim, passed away Thursday night after a long battle with esophageal cancer. Mary has requested that the condolence card from the state be sent to her sister in law (Tim’s wife); the information is as follows… Jacquie Shaw, 117 Lancaster Way, Vallejo, CA. 94591 Thinking of You/Sympathy cards can be sent to let her know that her ESA family is with her in spirit during this difficult time so here is her address as well. Mary Shaw 1088 Donaldson Way, American Canyon, CA. 94503.

Florida – After several months of specialist doctors’ appointments and intensive testing procedures to determine the degree of her total pelvic organ prolapse, she was scheduled for a 5-hr. surgery with two surgical specialists on January 22. It will require a 12-week recovery time. But she is thankful for a solution and hopefully an end to her pain and discomfort! The Doctors “grounded” her after she returned from our SERC Convention in Raleigh in October. Pinky was released from the hospital on Friday night (1/24) and is starting

her 12 weeks recoup. Sadly, early Saturday morning she received the call that her sister had just passed. Thankfully she had gotten over to Palm Harbor to see her the Saturday before her surgery. Her services are this Tues and doesn't look like her Drs are allowing her to attend. Pinky's address is 8611 Spyglass Loop Clermont, FL 34711

Georgia - Geri Day, Delta Iota, lost her nephew last Friday night unexpectedly. No further info yet. Sending love and prayers to Geri who has had a lot to deal with in recent months. Sure, Geri would love to know her ESA family is thinking of her. Address: 2080 Silhouette Ct., Villa Rica, Ga. 30180

Jean Johnson, Gamma Delta, who was Contracts Committee chair on IC for many years, had a light stroke which caused double vision and sent her to the hospital. After many tests, they discovered she had a broken bone in her neck which caused a pinching of the blood flow to her brain. As of today, she is much better, and she is not affected by the stroke and the double vision is gone. They will operate on the broken bone. More info to follow. Jean is a beloved member of the Georgia State Council and we would ask our ESA family to lift her up in prayer for a speedy recovery. Her address is 3755 Peachtree Rd., N.E. Apt. 1211, Atlanta, GA. 30319

Beta Theta former member Joyce Bethea passed away on January 19th. She was an ESA member for many years. Her great spirit lives on and we miss her.

Evelyn Horgan also was a long-time member. She is in the throes of Alzheimer's and it is such a tragic disease. Evelyn was a dedicated ESA member, who now lives in Ohio. We miss her.

Dee Hollenkamp is suffering from Celiac disease and is not doing well. We also miss this wonderful ESA member. She now lives in Ms. We ask that ESA prayers lift up these former members who worked so hard for all our ideals.

Idaho – Margi Riggs, Kappa Zeta, Idaho Falls, ID Sue spoke with Heather Riggs, Margi's daughter in law, today and she gave her an update on Margi's health. She is out of ICU. She had developed a serious infection at the site of a previous broken leg injury. She is currently at Promontory Point Rehabilitation in Ammon, ID. She will be there a minimum of twenty days. Margi's address at rehab: Margi Riggs C/O Promontory Point Rehabilitation, 3909 S 25th East, Ammon, ID 83406. Margi's home address is: 305 Masters Drive, Idaho Falls, ID 83406.

Indiana – Susie Teschmacher's sister passed away on January 20, 2020 She was 77 years old and lived in Goodlettsville TN. She is going to be cremated. Susie is a member of Beta Phi Rockville. Cards can be sent to: Susie Teschmacher 315 East Stark Street Apt # 307 Rockville IN 47872

Kansas - Carol Reinhardt's sister Cathy Reinhardt. She fell on Jan.12th and broke both bones in her right leg below the knee. She was immediately transported from Lawrence Hospital to KU Med Trauma Unit where they did surgery on Jan 13th. It was a Tibial Plateau Fracture and they put an External Fixator on her leg. They brought her home on Jan. 16th. She has no weight bearing on the right leg and cannot bend the knee, which means she needs help to do just about everything.

They will take her back to KU Med Jan 28th for a follow up appt. They are hoping that everything is healing properly. If it is – she will have the External Fixator on for another 8 to 10 weeks. If it is not – they will have to go in and do another surgery to fix the fracture with plates and screws. No matter what – She has a very long road to full recovery.

Update on Karen Stinson (Delta Delta – Ulysses)'s dad: He went home yesterday. Still in a neck brace and using a walker. Karen is staying until Wednesday as one brother will be back. They don't want their parents to be alone through all this. Bill and Molly (Karen's parents) will be moving to Austin next weekend. They will be closer to her brother Michael. Please continue to pray for Bill, Molly, Karen, and her siblings as they enter this time of transition and pray for Bill's continued healing.

Update on Shirley Keener (Delta Delta - Ulysses): Surgery was performed Tuesday, January 21. The doctor was not able to do laparoscopy as planned. Her lower intestines were all tangled, and they were unable to fix that, therefore, she will have a colostomy bag for the rest of her life. Pain control is still an issue as of today (Sunday morning, January 26). Please continue to pray for Shirley, her daughters, and her granddaughter, Sydney.

Missouri - Brenda Fields has great news to report! She went to the doctor this morning. The cancer was stage 1 and is considered in remission. No additional treatment will be required at this time. For the next 5 years, she will see him for a check-up and chest x-ray every 6 months. He said her recovery from the surgery was better than a 29-year-old. She is taking that as a compliment. She free from any restrictions. Yay!! She can drive!! She will go to the Orthopedic guy on 2/3 and hopefully will get the boot off of her leg and life can get back to normal. There is truly power in prayers!!

Oregon – Judy Palmer passed away on 12/17/2019 at St. Vincent Hospital in Portland, Oregon after a brief illness. The information for her memorial is as follows: February 15, 2020 1:00 PM to 4:00 PM Claremont Golf Course Country Club 15800 NW Country Club Dr., Portland, OR 97229 Judy was a member of Omicron Omega Chapter and had been a member of ESA over 47 years in Colorado, Nebraska, and Oregon. Judy held many offices within her chapter and state.

The family of Ellie Allen is asking for continued prayers and cards for support. She has recently had two major diagnoses that have been very difficult for her body and morale to deal with. At this time, she is still not able to have visitors, but cards or notes would help brighten her day. Ellie Allen 1519 Arlington Ave. Woodburn, OR 97071

Tennessee – Alpha Beta – Raymond Beebe, wife of Sue and father to Lori Bearinger, will be having heart bypass surgery Jan. 21. From Lori: "We appreciate all your prayers and thoughtful well wishes. We would truly be grateful for your continued prayers for Mom and Dad as we go through surgery and rehab with Dad!" The Beebe's address: 312 Brownview Drive, Chattanooga, TN 37415;

Alpha Omega – Susan Fowles recently had back surgery to hopefully correct spinal injuries sustained from several falls. She is currently in rehab but hopes to return home soon. Her address is: 1432 Lakeshire Dr., Knoxville, TN 37922 Her e-mail is susanfowlkes1423@gmail.com

Cathy Kneeland had knee surgery and is quickly recuperating. She is able to get out and about. Cathy's address: 616 Carriage Station Lane, Knoxville, TN 37934.

Alpha Pi – Elaine Curtis' brother, Allen, died Jan. 14 from heart failure. He was 83. Elaine is in South Dakota with her family and will return home after the funeral Jan. 21. Elaine's address is: 3606 Cimarron Dr., Johnson City 37601

Delta Chi – Sherry Broom has cataract surgery Jan. 17. Her address is: 394 Broom Parkway, Ringgold, GA 30736

Alpha Omega – Robbie Webb's brother-in-law, John Sheneman, died recently in Broken Arrow, Oklahoma. John was married to Robbie's sister, Marsha, for 53 years. He had a wonderful heart for children and he and his wife fostered over 200 children in their home. John was a Mason and Shriner. Robbie is the newest member of Alpha Omega in Knoxville; however, she joined ESA in many years ago in Oklahoma. Robbie's address is 2333 Carpenter's Grade Road, Maryville, TN 37803.

Alpha Pi – Barb DuBois will be undergoing colon surgery Tuesday, Jan. 28, to remove a large BENIGN tumor. She will be hospitalized 4 to 5 days. The silver lining is that Barb had a Cologuard test which came back positive. The biopsy was negative for cancer. Sam has been admitted to the V. A. hospital for wound care and will be able to stay there up to 90 days. Barb's address is: 209 Choctaw Dr., Johnson City, TN 37601

Texas – Carol Thompson – knee replacement. Her address is 17706 Jolly Boat Crosby TX 77532

Grace Kelly – knee repair. Her address is 16038 Broadwater Dr Crosby TX 77532

Sue Jones (Kappa Beta, District I) is having knee replacement surgery tomorrow. Please ask everyone to keep her in their thoughts and prayers. For those who would like to send cards, her address is 2518 Parkside Dr, Garland, TX 75040.

Teri Haley's brother passed the first of last week. Teri went to Illinois for funeral and to be with family Teri Haley 5103 Westway Trail Amarillo TX 79109

Greg Clary- Charlotte Clary's husband of Dist II Their address *4019 Thistledown Pasadena TX 77504*

Patricia Gale, IC Chaplain 2019-2020

ESA—All Heart

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