



Gentle Goals for a New Year:

Fight Inertia. Be kind. Do the hard self-care (not just the easy stuff). Enjoy comfort. Grow. Seek truth. Listen intently. Cultivate empathy over judgement. Take more walks and naps. Ask for help. Love yourself fiercely. Release shame. Speak up. Honor the trying. Expand your perspective. Try something different. Keep putting one foot in front of the other.

Alabama - Sharon Green's husband, Wayne, fell on concrete and is in the hospital. He has about 30 sutures above his eye. The doctor is running tests to check everything possible. Cards may be sent to: Wayne Green 411 Candler Avenue Muscle Shoals, AL 35661

Arizona - Kay Hicks (Beta Gamma, Mesa) is in the Mi Casa nursing center in Mesa now. She moved from the first one she was in. She likes this one much better and she said the food was a lot better. She seems to be doing good and they are giving her PT every day. She can get around some in her wheelchair. She may be in the nursing center for possibly 6-8 weeks. She had to have her little dog put down on December 22. Her son bright her up to say goodbye. Her husband Jerry has been staying in Mesa but as of yesterday, they had to put him back in the hospital where he will be for at least for a couple of days at least for observation. Kay could use some thinking of you cards and says thank you for the ones she has received. Cards can be sent to her home and her son will bring them to her. Her address is 1629 N. Parsell Circle. Mesa AZ 85203-1632. She does have her tablet with her and you can email her cards or a note at kfhicks@cox.net

Colorado – Sandy Alexander, her husband David and two other family members were in a car accident. Sandy has been released with a broken nose and fracture ribs. Ruth her niece still in trauma unit. David has face lacerations maybe broken bones, concussion, brain bleed.

Florida – Ron Remington has been woken the breathing tube removed and out of bed. He is slowly recovering; the doctors are very pleased with his progress. He was in IC for 3 - 4 days and then in a regular room several weeks before going to Gabriel house for rehabilitation. Gabriel House and the address is 4599 Worrall Way, Jacksonville FL 32224

Idaho – Marie and Paul Miller – Alpha Upsilon, Paul got out of rehab the day before Christmas and he is doing much better. Marie had a torn meniscus and had surgery on December 30. I spoke with Marie yesterday and she is on the road to recovery. Her surgery was a bit more complicated since she had torn both menisci and also had arthritis in her knee. They are living with their grandson and family in Iona and hoping to head to Yuma at the end of January. Marie's NEW email address is paulmariemiller@gmail.com Current mailing address is P O BOX 222, IONA, ID 83427

Dorothy Friend – Alpha Boise After quite some time, Dorothy is completely well and back to her normal activities. Great News!! Her address is 1800 N Larch, Boise ID 83706 – 1151

Evette Syverson – Delta Omicron Boise. Evette is doing so much better. She is not 100% yet, doctors said that may take a while. Fortunately, she is not sick anymore, her incisions are pretty much healed they are just waiting for her inside to heal. She thanks everyone for their prayers and love. Her address is 11318 W Poppy St., Boise, ID 83713

Kansas - Phyllis Mentgen's Husband, Jerry, and their family. Phyllis passed away on Sunday Dec. 29. Phyllis was a charter member of Gamma Lambda Manhattan, KS. Cards may be sent to Phyllis' husband: Jerry Mentgen 1953 Judson Manhattan, KS 66502

Melissa Diddle's grandfather passed away and prayer requests were sent for her and her family. Her mailing address was incorrect. Please change her address to: PO Box 31, Greenwood, MO 64034

Dot Sawyer passed away recently. This address is her daughter's and cards can be sent to Susie Sawyer, 11725 W. Alderny Ct. Unit #61, Wichita KS 67212

Ruth and Ray Archambeau, Alpha Delta, Winfield are so excited to announce the birth of their new great-granddaughter, Cora Fay Crittenden. Her parents are Melissa and Jared Crittenden also of Winfield. Cora was born, December 28, 2019 at 8:53 p.m. She weighed 7lbs 7oz and is 21" long. Ruth Archambeau rayandrutha@cox.net 620-229-3590

Rowena Underwood, Beta Beta-Andover, lost her stepdad, Jerry's Spurlock, on Tuesday December 31st. Please keep her and her family in your thoughts and prayers during this difficult time. Rowena Underwood 847 Daisy Lane Andover, Kansas 67002

I am asking for my sisters to keep me in their prayers. I am going through some health issues right now. Having trouble seeing due to scratched corneas. Need to have cataract surgery when they get the corneas done. Ankles are very swollen so I can't wear shoes. Prayers are powerful and I ask you to put me on yours. No cards just prayers. Pat Upham, Zeta Phi - Junction City 520 W. Pine Junction City, KS 66441 pupham1@gmail.com

Karen Stinson's (Delta Delta - Ulysses) father Bill Stinson fell and hit his head on the bathtub. He has a small brain bleed and a cracked vertebra in his neck. They are not concerned about the brain bleed at this time but the cracked vertebrae is a concern. He's in a neck brace and will be going to rehab in the Waco, TX area soon. Bill is 91 years young. Karen's information is: 737 S. Main Street Ulysses, KS 67880

Kai Foor, who is a member of PiRho - Olathe, and the daughter of Sue Peckham, also a member of PiRho. Kai spent several days in the hospital due to a seizure or possible mini stroke. She has been released from the hospital but is still undergoing tests to determine the cause of this issue. Kai's address is Kai Foor, 420 S Esplanade St, F203, Leavenworth, KS 66048, kaitaz69@yahoo.com

Louisiana - Danielle Truxillo Britt is very special to St. Jude, ESA and especially Lafayette's Alpha Omega Chapter. Danielle Truxillo Britt was one of the injured in the plane crash in Lafayette. Danielle was in her car and the plane flipped it and it turned over and caught fire. Danielle was pulled from the car, but she has burns over 30% of her left side. Danielle is a ST. Jude Survivor. She was just about 7 years old when we started doing the radiothon here. She went on to do our tv for the dream home. She was our adopted child. She grew up, went to college, got married, had a little boy and went to work for her dad in his jewelry store. She has gone through her first surgery and it went well. She is in good spirits and the family ask for continued prayers for this brave young woman. Since she is in the burn unit, all cards and well wishes may be sent to her in care of Andy's Jewelry, 204 Feu Follet Rd. Suite 300, Lafayette, LA 70508.

Missouri - L-J Graser passed away in her sleep Thursday Jan 3rd, she celebrated her birthday on Wednesday Jan 2nd. She was happy because she received a refrigerator for Christmas to keep her water and soda cold. She will have no funeral but will celebrate later with an Irish Wake. Cards may be sent to her two daughters. Wendy Cox 16509 Winter Leaf Dr, Wildwood, MO 63011 and Heidi Graser 541 Arborwood, Ballwin, MO 63021.

Oklahoma - Sandi Robinson, Long time, Gamma Zeta Edmond #3464 member, lost her husband, Paul, suddenly. Paul helped all the time with our St. Jude Dream Home and sell-a-thons. Sandi Robinson 717 Northern Dancer Edmond, OK 73025

Texas – Nancy Heuss, lost her sweet mother on December 29th. Please keep Nancy and her family in your thoughts and prayers. Nancy's address is Mrs. Nancy Heuss 1401 CR 100 Burnet, Texas 78611

Natalie Brown lost her mother on December 8. She had been suffering from Alzheimer's for a couple of years. Cards may be sent to Natalie Brown, #10 Billie Circle, Wichita Falls, TX 76306

Washington - Beta Rho Debby Merz home from hospital on December 31st. Debby Merz 2274 Dike Rd Longview WA 98632

ESA Sister Nicole Sweet of Gamma Epsilon who has had a long illness passed in her sleep for her heavenly home. She was loved and will be missed. Nicole Sweet N15417 E26th Ct. Spokane Valley WA 99037

Patricia Gale, IC Chaplain 2019-2020

ESA—All Heart

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