

Merry Christmas & Happy New Year – Karen & Jim Russell

On January 13 Karen told me her motto for 2018 was she had to trust God and let go. Then she said, "I suddenly realized I have to let go of Wenatchee." Instantly, I knew in every cell in my body that she was right -- we had to move closer to our daughter, Lynne, diagnosed with younger onset Alzheimers at the age of 51. She was living at home and sharing her sons with Clemens, their dad. We moved into an over-55 community named Trilogy Redmond Ridge, northeast of Seattle, on February 19. We like the community.

We've participated with Lynne's whole family and her amazing friends who helped move her to assisted living at Aegis—Madison in Seattle.

Lynne has been an inspiration for everyone. She has thrived at Aegis by greeting and caring for the older residents ("her people" she calls them), helps staff, eats and sleeps better and gets her medications. She greets everyone by name and participates in most activities. Friends visit and invite her to join in activities outside of Aegis.



Clemens has really helped and houses three boys, two dogs and a cat. Her 21-year-old twins, Henrik and Simon, and Christoph, 15, had helped care for her before her move to Aegis and helping her move and clean out the house. Henrik and Simon are succeeding at Seattle Central while working at Dick's burgers to earn free tuition. Christoph is a sophomore at Garfield and looking forward to playing baseball again.



Keith and Sheri have been a huge help, not only moving us, Lynne and her boys, but supporting each of us with regular communication and check-ins. Keith continues to Chair the Department of Health & Human Development at Western Washington University and still makes time for his consulting work. Sheri's mediation and consulting practice continues to expand, and she continues to teach law and mediation courses at WWU. Alena is now a freshman at McGill University in Montreal studying international development. Maysee is now a sophomore in high school, excelling at school and as leader on her high school dance team that won third at the state finals last spring. They have had a tough fall with Alena off to college and missing their "family unit" and look forward to having her home for winter break."



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Our youngest daughter Pam and her husband Eduardo still live in Chico, California with their “kids”, a dog and cat. She is an educational trainer/consultant traveling nationwide while Eduardo is a lineman foreman of electrical crews working primarily near San Francisco. They love their new swimming pool. Lynne Karen and I plan to use it this winter. Pam moved out of her home for one night in November because of the nearby Camp Fire that devastated Paradise. She also figured out how to get tickets to Bruce Springsteen in New York, so Pam, Karen and I saw four Broadway shows.



In November Karen and I celebrated our 55th anniversary on a cruise from Hong Kong to Bangkok because all our family said, “Go.”



We miss Wenatchee and not seeing all our friends more. And we’re where we want to be and love being here. We wish you a Merry Christmas, Happy New Year and blessings for your journeys.