



A Letter to Remember

by Kathy Ryan, to her sons, Andrew and Matt

Andrew and Matt,

I have been asked to write you a letter for World Alzheimer's Day and raising awareness.

I love you guys more than life itself and I am so very, very sorry, that I am the one who is going to bring such hardship and sadness into your lives.

Our life has been far from easy and I have always tried to be there for you and now, not only won't I be there, but I will be causing it. The greatest curse of Alzheimer's, for me, is how it's going to impact you both. I have tried to plan things so that you can get on with your lives and

that's what I want more than anything. Please don't let Alzheimer's take any more from us than it absolutely has to. I want for you both to take wings and fly.

So enough of that.

Guys, get up each morning thanking God for being alive and ask for His grace. Do and be your best in everything you do that day – sport, college, relationships, chilling out, work, whatever! At night, look back over the day, thank God for all you have experienced and the graces He has given you. If someone has hurt you – forgive and let go, if you have hurt someone – make amends and let go. If you have not done your best in some area, commit to do better tomorrow. Your day is soon to become your yesterday, so let it go, and don't drag it into your tomorrow. If you do this each day you won't have any regrets, carry hurt or anger, or leave a trail of hurt people behind you.

*I want you both
to take wings
and fly.*



I wish for you love, happiness, joy and peace, wives who will love you as you deserve, children who will challenge you and work that you enjoy. Don't just love the loveable, that's easy – love the unlovable, they have just been hurt by life and you might be the only smile or kindness they receive.

Give back in some way – you have both received so much. I know the incredible friends you both have and it helps to know that they will be there for you, lean on them when you need to, as I know you will be there for them in times of need.

Each moment you have a choice, do right even if no-one else is and don't do wrong just because everyone is. In tough situations ask yourself what can I learn from this? What can I do about it? Do I need to change my attitude?

I love you both all around the world and back and for whatever time we have before I don't know you – let's enjoy each day and each moment.

Your 'mad old scone',
Kathy Ryan

