Every day has sadness and happiness. Let’s try hard to continue to build the positive self, family and community work we are all doing. Let’s find hope and joy through caring partnering and collaborative work with family and friends.  
  
A Haiku:  
  
Let us Not Lose Hope  
Keep Control of Our Lives  
Act and Pray in Peace  
  
Healing peace, grace and gratitude,  
Frederick  
