

# Marler Christmas Newsletter



Well, another trip around the sun and time to sum up what occurred here in Texas. It has been a roller coaster year with LOTS of health issues. In fact, everyone but Braden ended up in the hospital at some point. As we close out 2023, we are currently all healthy, happy and feeling lucky.

As we closed out 2022, we were blessed with a visit of one of Kristy's besties, Denise, who was a neighbor when we lived in Germany. She currently lives down in San Antonio but came up to see her family and still managed a quick visit to see us.

In February, everyone had their annual physicals. Keegan's thyroid results were extremely low so she would need to repeat blood work in 3 months. As far as we knew everyone else appeared healthy.

Jeff decided while the weather was cool to begin a home improvement project over the 3-car garage. We have a 20' x 20' attic but could only access from an opening in the garage ceiling. Unfortunately, the builder only put two pieces of OSB sheeting which wasn't very much usable floor space.



Luckily that attic backs up to a wall in Jeff's office. Jeff's plan was to put down plywood and eventually put in a door from the office so we could use that space. Jeff bought the lumber, plywood and other materials and put them in the garage.

On March 3rd, Keegan turned 24 years old. She celebrated her birthday with a manicure and a monthly massage membership at a salon close by.



Kristy wanted to help move the plywood up through the ceiling access. Jeff wanted to wait until some guys from work could help, as each piece of plywood was very heavy and hard to get up the ladder into the attic. Kristy insisted that we could handle it. As Jeff pushed the plywood up the ladder to Kristy in the attic. We got the first three pieces of plywood up without issue. Unfortunately, on the fourth piece Kristy stepped off the small floor and fell backwards into the rafters. Jeff got Kristy down the ladder and took her to the Emergency Room to see if she had any internal injuries. X-Rays and Cat

Scans showed two broken ribs on her lower left side and they found a nodule on her thyroid.

Jeff took a week off of work to play Nurse and take care of Kristy until she could move around on her own. Follow-up tests showed Kristy had low bone density (osteopenia), a heart issue and she is pre-diabetic.

At the beginning of April, Kristy's best friend Jennifer (also a neighbor from Germany) came up from San Antonio to visit her daughter, Jaycee (our sitter), who was in nursing school in Arlington. Kristy was glad to see her even though all of the laughter hurt her ribs. The following week Kristy took a cardiac stress test to check her heart and performed very well. In the middle of April, we celebrated Kristy's 57th birthday with a dinner date.

Last year a special friend, Brian Akonom, unexpectedly passed away. Kristy and Jeff went on double dates with Brian and Tina in Hawaii over 30 years ago. Tina was Kristy's best friend from high school/college and we had just seen them in 2021 while visiting Colorado.



Brian's memorial service was scheduled for May 10th. Kristy was one of many family and friends who made the trip to Colorado to attend and support Tina and their kids. Although saying Goodbye was hard, leaving Tina was harder. Tina is always in our hearts and minds.

The next day, Kristy's nephew, Christian, graduated from Colorado State University with a degree in Business Administration. Kristy was able to attend his ceremony and personally present him with the stole she made.



Shortly after returning from Colorado, both Keegan and Kristy were seen by an Endocrinologist. Decisions were made on the best path to take concerning their thyroid issues. Kristy's thyroid needed to be checked with two Ultrasound Guided Fine Needle Aspirations. Keegan's thyroid was checked with ultrasound and would need to get surgery to remove her thyroid as there were mid to large nodules pressing against her esophagus.

In June, Jennifer made another visit for Jaycee's 21st birthday.



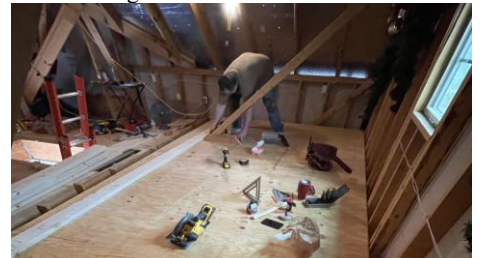
July kept Jeff very busy. Jeff stripped the stain from the fence because our Home Owners Association said it needed to be re-stained. It took 4 days in extremely hot, July weather to prep and strip the fence on both sides.



On July 14th we celebrated Braden's 26th birthday and took Braden bowling (his favorite activity). You can see the two bowling balls and bowling t-shirt he got for Christmas last year.



Kristy spent the rest of that month working on the front yard landscape. After days of working outside, Jeff decided to continue the attic conversion which turned out to be even hotter than working outside.



After months of on-again, off-again work the attic was finally finished. More room to put all the stuff previously jammed in the garage. At the end of the month Jeff and Kristy memorialized our 35th wedding anniversary by going out to a celebratory dinner. It was one of the last times our pseudo-adopted daughter, Jaycee would sit with Braden and Keegan for us.



In August, Kristy had an Ultrasound Guided Fine Needle Aspiration to biopsy two questionable nodules on her thyroid which thankfully turned out to be benign. Also, her heart condition is nothing to worry about and is a normal sign of aging.



It was time to say goodbye to Jaycee, as she graduated Nursing school. We celebrated by having a family outing to Braden/Keegan's favorite restaurant: Outback Steakhouse. Again, Kristy made a custom stole for Jaycee to wear at her graduation ceremony in December 2023. We are happy to see Jaycee graduate and begin her life journey but sad we won't be seeing her every week.



Luckily one of Jaycee's classmates, Lindsey, accepted Jaycee's job of sitting with Braden and Keegan so Jeff and Kristy can continue to go out.



In late August, Keegan had an out-patient surgery to remove her thyroid. Keegan had no complications from the procedure and will take a thyroid replacement medication for the rest of her life. Braden loved chauffeuring Keegan around in the wheelchair.



The very next day Braden had to be anesthetized for a dental procedure. Since this was in the dentist's office, we don't count this as a hospital visit but it was one more medical/dental issue for 2023.

A week later, Jeff started having back issues at work. What started out as a twinge, turned into a stabbing pain over the next 9 hours. Jeff drove himself to the Emergency Room at midnight. The doctors gave him a shot to numb the spasm and sent Jeff home. But when he woke up 6 hours later his back spasm was so bad Jeff was sweating and throwing up from the pain. Kristy and the kids drove him back to the E.R. After the doctors worked their way up the medication ladder, they ordered an MRI. When they began giving morphine it was decided to admit Jeff to the hospital for pain management and observation. This is the first time since birth, that Jeff was admitted to the hospital for the muscle spasms. After 24 hours Jeff was



released from the hospital with muscle relaxers and strong pain medicine. Jeff had to take off of work because he can't instruct while taking the narcotics. After several days bed rest Jeff weened himself off the pain medicine and was back to work the next week.

In mid-September, Jeff was supposed to work at the Denver FlightSafety Learning Center for a week. Since Kristy's family live near Denver, we decided to add on a family visit. The requirement for Jeff to work disappeared but we had already committed to the vacation so off the Denver we went. Again, the timing was perfect as we were able to attend our nephew Connor's 21st birthday party and Kristy's sister Kerri's 55th birthday.



Braden and Keegan enjoyed lots of activities with their grandparents including driving go-karts at Boondocks.



October was very festive after Kristy decorated the house in fall colors, but as soon as the last Trick-or-Treater stopped by Kristy removed the autumn decor. She spent the next week creating Christmas in Texas.

In November, Kristy went to Oak Island, North Carolina to Sue's beach house to celebrate Jennifer's 50th birthday. The girl's weekend included: horseback riding, rescued an injured owl, carriage rides, ferry to and golf cart ride on Bald Island, crashed a wedding party conga line, an 80's night club and lantern release. These ladies know how to party. More importantly was quality time spent with the Birthday Girl.



We welcomed the temperature change in November and enjoyed a home-made dinner for Thanksgiving.

As we finish the year, we will go to Enid for a Marler family gathering before Christmas. As always, we pray that GOD bless you and keep you healthy and safe for the coming year.

Merry Christmas and Happy New Years!

**Jeff, Kristy, Braden and Keegan Marler**  
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