

Share Your Stories



My Story:

I am 86 now. My story has really had its challenges; however, amazingly everything has turned out very well! After 25 years of marriage and three children, I divorced. The divorce was a low point in my life. I wanted to reinvent myself. Over the next 5 years, I created an exercise regimen called Bodymind Harmony that blended the energies of body and mind for overall conditioning and positive thinking! Now, at 86, I am really healthy! I had married the second time at 70. It was a really great marriage. After he died, about a year later, I was diagnosed with breast cancer. It has been 6 years now, and I am doing great-- nothing hurts. During the experience of surgery, chemo, and radiation, I wrote 400 four-line poems beginning with "When I say 'YES' to life." It is now an app.

Barbara Patton
Fort Worth, TX



My Story:

My name is Gail Homer. My story is about celebrating Mother's Day 2020. During these difficult times it's hard to celebrate anything. This year my daughter and I celebrated Mother's Day on our back patio. With stay at home suggested we did exactly that. We normally would go out to dinner, go to a spa and go see a movie, but this year we spent Mother's Day enjoying the outdoors and having a wonderful barbecue dinner at home. We're a very close family and this year we became closer. The photo I will share is of me and my beautiful daughter. We had a wonderful time.

Gail Homer
Wylie, Texas

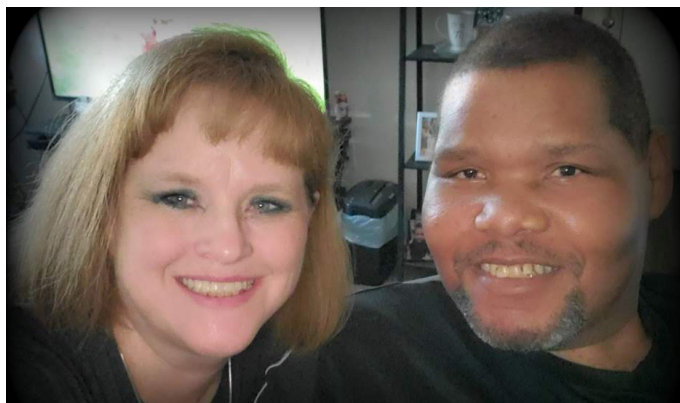
Do you want to share your story with other members of Care N' Care? If you would like us to consider your stories or photographs for a future edition of the Care N' Share member newsletter go to cnchealthplan.com/members/ and click "Share your Stories". We look forward to hearing your story!



My Story:

I try to remain engaged with classmates by participating in class '68 reunion. I was asked to present the guest speaker. My classmate seated next to me. This was the 50th anniversary of our high school graduation.

Deinna Mims Johnson



My Story:

My husband Melis & I meet in 1986 as freshman at South Grand Prairie High School. We reconnected & started dating in June of 2014. In June of 2017, we got engaged then married August 26, 2017. Neither of us had ever been married. On August 27, 2019, Mel had a stroke during hip replacement surgery. He had some other complications and came home in November of 2019 about a week before Thanksgiving. I've been his caregiver since he's been home while working full-time. His stroke affected his right side & mobility. While it's been & is challenging at times, I'm so thankful to still have him here with me & to be able to take care of him.

Heather Peters
Grand Praire, Texas



My Story:

I was one year old (look pretty healthy!) and don't remember much in this picture of me posing with my grandparents. It is interesting looking at it now that I'm as old and older than my grandparents. Lets me see how healthy they look and nobody was overweight! I didn't realize my grandmother was that short! She must be in her 60's. My other grandparents were teachers, but the rural country school closed. I remember they had decided to start a self-laundry in my hometown of Greeley, CO. Grandfather did return to being a principal in the farming community of Windsor, Colorado (1st thru 8th grade). Photo reminds me of being with them as I was growing up. Playing in the playground next to the school, helping pick raspberries in their backyard, etc I can compare whose nose I inherited!

James Domke
Arlington, Texas