

Our Huntington's Disease Story - **Never Fly Alone**

An unknown writer once penned, "When something bad happens, you have three choices. You can let it define you, let it destroy you, or you can let it strengthen you." Fortunately, after flirting too long with the first two scenarios, I finally made it to the third state.

I enjoy the great privilege and blessing of being married to my lovely and talented wife and best friend, Marilyn, who happens to have Huntington's Disease (HD). HD is a degenerative neurological disease that compromises the patient's physical, cognitive, and psychological capabilities. It is progressive, irreversible, and has no cure.

Although HD is not a door that we would have elected to knock upon, through a lifetime of experiences and circumstances, all of which I believe have been orchestrated by the grace of God to prepare me for this journey, and a more recent "coming to my senses" moment, we are weathering this storm as a family. Over the past few years, I have incredibly gotten to the point where I truly would not trade my life for that of anyone we know. How I got there, like many things in life, was for me a little difficult but in retrospect, not very complicated.

When speaking to groups about overcoming challenges, my message in a nutshell is forget about pride, wishful thinking, and self-reliance and to instead take early and massive action to contend with serious circumstances that inevitably pop up in our lives. Employ all available resources including professionals, family, friends, and clergy to help. As I was advised many years ago in my former profession, **never fly alone!**

I have great passion in wanting to share this story and others from my life experiences related to overcoming challenges. If you or your group could benefit from hearing them, please use the Contact page to let me know of that interest.