



A 501 (c) (3) Charity

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Letter to My Daughter Jamie on the Fourth Anniversary of Her Death

I have now lived four years without you. When you left, I would never have believed I could make it that long. It's been a while since I have written but it gets harder and harder with each passing holiday, birthday, etc. I don't want others to think I am complaining because others also go through so much heartache and tragedy. Also, I am always asked how I or we as your family are doing, and I say the dumbest thing instead of just telling the truth. We will never be good or well again. We will never be the same again. Nothing can be the same after you lose one of your children and have to endure the challenges of life that are put in front of you. I know now that you really can die from a broken heart. That death starts spiritually then mentally and then I believe that you are physically affected. To try to turn this downward spiral around you have to find your faith and what you depend on to be true otherwise you travel every day alone and lost just trying to get out of bed putting one foot in front of the other.

Friends, family and even strangers have been so good to us. So many people tell me that they think about us and pray for us every day. I find it amazing that if even half of this is true that I am being brought in front of God so many times each and every day. I believe all of these prayers are a big part of why I can do what I can do on a daily basis.

I still look to find you, Jamie, and I do find you in so many places. When I find you sometimes I laugh and sometimes I cry but either way it connects me to you and even in very sad times I find some comfort. I have some little shrines for you everywhere I can, so that others that don't even know you can pray for you and maybe take interest in your story. I find you now in so many places and things like a sunset, a sunrise, a storm, a beautiful snow day, pictures, an event, in the quiet moments of my life and in the loud fun of your kids, nieces and nephews getting together. They just love each other. We talk about you, and they ask questions. I believe Laney saw you in heaven before she blessed us on earth. She just says the most heartwarming things and she misses you even though you just passed each other between heaven and earth.

We continue to help kids in your name so that you will never have died in vain. So many are joining your team and getting to know your story. You have had a major impact on so many people. Our new motto is to be more like Jamie and the world will be a much better place. Sometimes I am asked what does that mean? I tell them: being more like Jamie means to live like Jamie, give like Jamie, hug like Jamie, laugh like Jamie, smile like Jamie, help like Jamie and above all, love like Jamie! She made it look so easy didn't she.

In closing sweet angel, keep showing up to me in as many ways as you can. I am always looking for you and working hard for your kids and your Foundation to help other kids. My heart hurts but thinking of you helps. Four years later and I am still here. Looking back, we have done a lot; looking forward we have a long way to go. I love you with all of my heart and I will see you again someday. I just have to!

xoxo

Jamie's Dad

