

Kuhns Family Tragedy

Caring Bridge Posts
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David Bennett

Kuhns Family Tragedy

Little did the Kuhns family know how their lives would be changed forever when Joe, RoseAnn, Jana and Jennie embarked in the family car to go to an ordination at Pleasant Valley Mennonite Church on Sunday evening March 30, 2014. What seemed like just an ordinary Sunday, other than the excitement of having young Jennie prepared her first meal alone for the family, the evening was planned to unfold with half the family parting ways for a few hours, then reconvening to retire in preparation for the doldrums of facing another Monday morning.

What transpired though was anything but ordinary. Earth shattering, incomprehensible and inadvertently forced on a journey in search of a new normal became the harsh reality. While there were snowflakes and sleet mixed with the rain as they traveled north on Railroad Ave. in Earl Township, in the back of Joe's mind it was 38 degrees as was registered on their house's thermometer 15 miles south of them when they left there a half an hour earlier. As Joe cautiously kept it below the speed limit he wasn't thinking icy roads, rather he was thinking wet roads. So were the four other drivers that lost control of their vehicles in separate incidents in a few mile radiuses and within a few minutes of the time of their incident.

In a moment, less time than it takes to read this sentence, the four healthy occupants of the Kuhns' Nissan careened on ice, broadside into the oncoming lane of a Kia and its two occupants, resulting in a crash that leaves one wonder, apart from God's intervention how anyone survived it. As emergency personal and equipment began arriving on the scene, it was quickly apparent there was a race against time for life. The race for Jennie was lost soon after transport began and before her body reached LGH, Jesus received her unto Himself. For RoseAnn, according to the LGH ER surgeon, the race was won by a mere five minutes. While she had received numerous broken ribs, fractured pelvis, vertebrae and arm, a partial collapsed lung, bruised heart and pancreas, brain injury, it was a severed spleen that caused her to lose massive amounts of blood internally and a race for time in the OR. Jana's journey for life-giving medical intervention was longer with a brief stop at LGH and then settling in at Hershey's pediatric ICU. The prognosis of her race for life, having received a severe brain injury, fractured jaw and pelvis still largely remains in the realm of mystery.

While Joe suffered significant injuries, his race wasn't against time, but rather a race in time. A race much like a marathon ensued, beginning with a sprint. As the initial crash shock subsided, and he began absorbing the reality of his families' needs, the sheer starkness of inadequacy to meet them as the father and leader of the home became apparent. Four children at home trying to comprehend what took place and the need to speak comfort and assurance to them. One daughter lying lifeless and still, creating with it insurmountable decisions ahead for a funeral and the other in an unconscious critical and largely mysterious condition in ICU 30 miles away. And perhaps the heaviest weight being, the report of his soul-mate given with weeks used in measuring the length of stay in the hospital and rehab, and the term months and months used for recovery, when looking at it from an optimistic perspective.

Jennie was laid to rest on Monday, April 7, 2014. An excruciating painful event for those on this side of eternity that will greatly miss her. While it's a time for much weeping, it also a time for much praises to God. Praises for RoseAnn's miraculous steps toward healing, with memory greatly coming back, surgery on arm successful, and her overall criticalness subsiding. Praises that Jana's presence is still with us and the small "nuggets" of improvements she gives us in responsive movements. For Joe's protection that has enabled him to largely continue the role of being the home's leader. Praises for the grace given to all the family, sustaining them to be able to face the next moment. And the perhaps the greatest praise being, that while Jennie can't come to us again, we can go to where she is. Not in a place where the threat of pain or separation exists, but rather in a place with Jesus that's indescribable and unutterable beautiful and blissful!

Please pray for the Kuhns family...

By Sadie Stoltzfoos — Mar 31, 2014 12:50pm

As most of you know, Joe & RoseAnn & two of their daughters were involved in a car accident on Sunday evening, March 30.

Here is the article from Lancaster online:

"An 11-year-old girl died and three members of her family were seriously hurt when their car slid on an icy road Sunday in Earl Township, officials said.

Authorities have not identified the girl.

New Holland police Sgt. Mark Willwerth said she was riding with her 14-year-old sister in the backseat of a Nissan sedan driven by their father, Joseph Kuhns, 47, of Quarryville.

Their mother, 40-year-old Rose Ann, was riding in the front seat.

Willwerth said Kuhns lost control of his vehicle around 6:30 p.m. in the 600 block of North Railroad Avenue, just north of Snyder Road.

New Holland police Lt. Jonathan Heisse said the roadway was icy at the time.

The northbound Nissan went off the road, then returned to the road broad-side, striking a southbound Kia sport utility vehicle driven by 70-year-old Ronald Gardiner of Ephrata, Willwerth said.

Joseph Kuhns was able to get out of the vehicle on his own but his family, along with Gardiner and his passenger, Myron Otto, 45, of Ephrata, had to be extricated by Garden Spot Fire Rescue.

All six occupants were transported by ambulance to Lancaster General Hospital where the 11-year-old died.

Her sister then was airlifted to Hershey Medical Center where she was in critical condition Sunday night. Police said she remained in critical condition Monday.

Rose Ann Kuhns also was in critical condition Monday, a hospital spokeswoman said. Her husband had improved from serious condition Sunday night to fair condition Monday.

Gardiner was in fair condition at Lancaster General Monday and Otto had been treated and released, the hospital spokeswoman said.

Lancaster County Coroner Dr. Stephen Diamantoni said he does not want to release the deceased girl's name before her mother learns of the death.

The crash was one of several that occurred in the early evening hours as roads began to glaze over after a day of rain mixed at times with sleet and snow."

Please pray for Joe, RoseAnn, and Jana & the rest of the family as they make decisions this week and grieve the loss of sweet Jennie. She was known for her smile & cheerful attitude. She will be greatly missed. We will keep posting updates as they come in.

Funeral arrangements will follow & we will also be setting up an account so you can give to the family, if you feel led to. God bless you...

Updated Information

By Sadie Stoltzfoos — Mar 31, 2014 1:30pm

I just received word that they took RoseAnn's tube out & she is communicating some. She is aware that Jennie passed away. Jana is still sedated & may be for a few more days. Joe is being discharged from the hospital. Please keep praying...

Visitors & Other Details

By Sadie Stoltzfoos — Mar 31, 2014 8:51pm

Upon the family's request, we are asking that there be no visitors in the hospital at this time. RoseAnn remains in the ICU & is still very confused at times. She seems to be comprehending somewhat, but easily forgets things. Joe came home this evening to be with the children. Please pray that he would get a good nights rest & that his pain would ease. He is very sore & has been having some lower back trouble. Jana remains under sedation, so there is not much more to say about her at this point. For those of you who keep asking about who is staying with Jana in Hershey; Mark & Martha Martin have been working on making sure someone is there. As for the other children, they are still in shock & reeling from it all. Please pray that JoAnn & Justin would sense God's peace as they feel the weight of responsibility with things at home. Also, they didn't sleep much at all last night & they need it to keep going. Pray that Jodi & Janessa would be ok with not seeing Mom right now, and that they would also feel peace in the midst of all this. And as they make funeral preparations in the next few days, pray for clarity of thought & also healing for RoseAnn & Jana. Thanks SO much for praying! God never left us. He is still near, always present with us. May HIS peace be in each of your hearts tonight.

Updates from JoAnn

By Sadie Stoltzfoos — Mar 31, 2014 9:53pm

Here are a few updates JoAnn posted on Face book today: "We have been so blessed by our church family. We have meals till the end of the week. Our house was cleaned, laundry was done and we have people to clean later in the week. Jennie's friend brought a gift bag of goodies over. Jodi and Janessa each received a small purse with their name embroidered on it. There was a candle and baked goodies as well as an audio book. It is hard to eat when you feel hungry and yet you feel full after a dozen bites. I feel a lot like a robot. I still feel numb. I can feel it wearing off though. Reality is slowly setting in. Just so you all know Jana was not flown to Hershey. I was informed by the hospital Chaplin she was transported by ground."

Earlier today: "I feel so numb. Is this a bad dream? For those who don't know, my parents and Jana (14) and Jennie (11) were in an accident. Jennie went to be with Jesus. Mom is in critical condition, Jana is at Hershey and dad is in for observation. We are hoping dad can come home later today. Mom and dad are at Lancaster General. We are all doing as well as can be expected."

Donate to the Kuhns Family

By Sadie Stoltzfoos — Apr 1, 2014 11:33am

There is a fund set up for the Kuhns family. If you wish to make a donation you can make a check out to Gap View Mennonite Church & send it to M & T bank. 3621 Old Philadelphia Pike P.O. Box 285 Intercourse, PA 17534 If you would like a receipt, write a note & include it with the check. Also please include a note stating "Joe Kuhns Fund". Thanks so much for your continued prayers and support.

Here is a note from JoAnn's Face book page today: "We all slept fairly well. Jodi and Janessa are playing together. I am doing the things that irritate mom most. They are moving things from one place to another and pushing things to the side when they are in the way on the floor. We received a beautiful bouquet of flowers this morning. There was a white rose in the center. I am hoping to go to the hospital later today."

Update From LGH & Hershey

By Sadie Stoltzfoos — Apr 1, 2014 10:23pm

Here is the latest update on RoseAnn & Jana at this time. RoseAnn remains in the ICU & her condition hasn't changed much. The ICU decided today that there may only be one family member with her and no friends. She needs quiet & as little brain stimulation as possible. This is very important. The biggest thing for her currently is the need for the swelling in her brain to go down, so that they can take care of her other injuries. Also, please pray that she would not develop any blood clots. She was still very confused today & didn't recognize her brother, but the nurse said that was to be expected. They do believe that she is comprehending somewhat. She told the nurse she is sad, because her little girl died. Her body has a lot of healing to do. She had a shattered spleen & they did surgery to remove it. She lost 2 liters of blood. Her pancreas is severely bruised. One lung partially collapsed. Her pelvis is shattered, she has multiple broken ribs on both sides. She also has broken vertebrae and multiple broken bones in her arm. Her brain must be stabilized before they can begin to work on her broken bones. She will need surgeries, rehab, etc. It will be a long process & she needs your prayers.

Jana is also still in the ICU & remains under sedation. When they will take her off, we are not certain. Her vital signs are good, but they are concerned that she is not moving around more. Also, they are hoping the swelling in her brain will go down, so they can allow her to wake up. Someone is with her around the clock. Extended family and friends are taking turns.

The rest of the family will be making funeral plans tomorrow morning, so please keep them in prayer as they do this without RoseAnn & Jana. We will be posting viewing & funeral details tomorrow afternoon. We will also be posting a link where you can give to the family using debit/credit cards. So keep checking back for that. How can you help? Pray...

There is not much else we can do at this point. There will be plenty to do in the next few months like meals, etc. But for right now, they really need you to intercede. Thanks SO much.

Viewing and Funeral details

By Sadie Stoltzfoos — Apr 2, 2014 12:16pm

Jennie's viewing is on Sunday, April 6 from 2:00-4:00 pm & 5:00-7:00 pm

Location:

Gap View Mennonite Church

5385 Mine Road

Kinzers, PA 17535

The funeral: Monday April 7, 10:00 am

Location:

Mellinger Mennonite Church

1916 Lincoln Hwy E.

Lancaster, PA 17602

Update

By Sadie Stoltzfoos — Apr 2, 2014 10:20pm

Here is the latest update on RoseAnn's condition. They were hoping to move her out of the ICU today, into another room, where she would have more quiet and they wouldn't need to bug her as much. But they discovered that her enzyme levels were off, (which comes from trauma) so she had to stay in the ICU. She also had fluid around her one lung, so they put a stent into her chest cavity to drain it. She was confused this morning and couldn't remember things, but as the day progressed, she got much better. It seems to be the pattern of the past few days. Worse in the morning & better towards evening. Pray that she could come out of ICU and also that she could think clearly. Her two little girls really want to see her, but have not been able to yet.

Not much has changed with Jana. They are slowly reducing the level of sedation, but have not taken her off of it yet. They are hoping to remove the device that monitors the brain swelling, so they can do an MRI & find out what her brain injury is. It will give a better idea of what they are working with. Please pray for complete healing of her brain.

Here is an update from JoAnn: "Today was so long. We planned the viewing and funeral. From there Justin came home and dad and I were with mom. She keeps asking about Jennie. She is aware that she died. When she asks we say remember

Jennie went to be with Jesus. Sometimes she says that's so sad and other times she just moans a sad moan. Her brother and his wife stopped in on their way home from Hershey. She remembered him and his occupation. She also asked about his wife. She was in the waiting room as they weren't sure how mom was. Her vitals were good. They did put a drainage tube in to drain the fluid off her lung. She mentioned it was hard to breathe and dad explained why. She ate 4 tsp. of jello when her supper tray was brought. She also had 2 or 3 tsp of something similar to Italian ice. She knows its April and the year it is."

Thanks so much for praying!

Fundraiser for the Kuhns Family

By Sadie Stoltzfoos — Apr 3, 2014 1:38pm

We have set up an online site where you can give to the Kuhns family using credit card. The website is user-friendly, very convenient, and the money will go straight to the account we have set up at M & T bank. If you wish to donate by check you can make it out to Gap View Mennonite Church & send it to:

M & T bank 3621 Old Philadelphia Pike P.O. Box 285 Intercourse, PA 17534 If you would like a receipt, write a note & include it with the check. Also please include a note stating "Joe Kuhns Fund".

Thanks so much for your support & prayers. May God richly bless you!

Prayer Request & Praise...

By Sadie Stoltzfoos — Apr 3, 2014 9:05pm

Thanks so much for your continued prayers. RoseAnn made some improvements today and we are thanking God for that. Her response made more sense & she sounded more like herself. She did sit up to eat a small amount & even took a few bites on her own, but she was soon tired & Joe had to finish feeding her. Her daughters each had a chance to see her today, one by one & only for a very short time, so that is also a praise report. With all that said, she is still in ICU & we are requesting that there be no visitors with the exception of close family, and a few close friends. Her body needs time to heal & we do not want to hinder that. Thank you for understanding. She is scheduled for surgery tomorrow at 3:00 pm & they will start working on her fractures. Please pray for the surgeons & everyone else involved.

Moving on to Jana: they did take her brain probe out today and were able to do an MRI this afternoon. The results are not back yet. They also took her off of sedation, but her body continues to be in a natural coma. This could be her body working on healing her brain, but they are not certain. She did move her head when Martha talked to her, so that is a positive.

The breathing machine is still breathing for her, but she is up to 20% on her own. There are a lot of unknowns, so please pray that God would grant complete healing & that His perfect will be done in this situation.

Just an update on the bank account we set up for them: there has been some confusion about where to donate. When you look at the home page, you will see a purple "donate today" button. That is NOT to donate to the Kuhns. That is set up so you can donate to Caring Bridge, but the money will not go to the family. If you want to donate to Joe & RoseAnn please do so by sending a check to

M & T bank. 3621 Old Philadelphia Pike P.O. Box 285 Intercourse, PA 17534

Also, here is an update from JoAnn's Face book: This evening was another bright spot despite the dreary weather. Dr gave permission for the girls to see mom. They were thrilled. It was only for a minutes but it did them a world of good. Janessa was singing on the way home. She hasn't done that since the accident. Mom was much more alert and remembered some one from her EMS years. She has been out of it for almost 12 years. She quit when she got pregnant with Jennie. Jana was doing better as well. She turned her head toward Martha when she spoke to her. She also tried to fight it when they were suctioning her mouth out. Mom is scheduled for surgery at 3 tomorrow afternoon. They will move her out of ICU if she doing well enough after surgery. Even though I am tired, the improvements lifted my spirits. Mom also is realizing plans we will not be doing. That part is hard. I know God is giving me strength to go on.

Update for 4/4/14

By Sadie Stoltzfoos — Apr 4, 2014 11:10pm

Here is an update I received from Mark Martin this evening: RoseAnn: This morning was by far RoseAnn's best day since the fateful moment Sunday evening. The nurses got her to stand briefly as they brushed her teeth, despite her protests and complaints of pain. She recognized and named a close friend that hadn't seen her yet in the hospital and her memory was defi-

nately the clearest yet. She had surgery scheduled to repair her right arm for 3:00 pm. At 12:00 noon they told her that surgery was moved up to 1:00. When they wheeled her out of the room at 12:30, Joe headed for Hershey to see Janna. At 3:30 he called LGH from Hershey for a report on the outcome of surgery, only to find out that she hadn't yet been in surgery yet. Apparently they had an emergency surgery come up, and then her initial slot was taken then, so she ended up not having surgery done till after 5:00. She got out of recovery at 7:00, being very groggy yet. Joe was able to communicate briefly with her before he needed to leave for home, RoseAnn stating that "while her arm hurt more it also felt more right". The doctor and nurses are hoping to move her out of the ICU by tomorrow evening. While the surgery will likely "set her back" some, it is a significant milestone in the recovery journey. The medical staff has indicated that when surgery for some of the broken bones take place, it signifies that they are comfortable enough that the brain hemorrhaging has stopped, enabling them to put her on blood thinner after surgery to avoid the risk of blood clots. The journey continues to look long and intense towards full recovery, yet there have been many significant steps forward and at the place that the medical team is able to start developing a "map" for recovery, and with it much to praise God for.

Jana: If Jana would be awake, she would be frustrated with delays in the medical field... she was scheduled to have an MRI done to give the DRs. a better insight on her brain injuries yesterday at 4:00 pm. It continued to be pushed back due to a steady stream of incoming trauma patients at Hershey, and it didn't happen until 5:00 this evening. While the procedure has been done, they haven't released any information yet on the results. Her condition remains much unchanged. It was earlier reported that she had all sedation removed, which was not accurate. While they have been decreasing her sedation levels dramatically, she continues to be under a minimal level of sedation needed to be adjusted accordingly to deal with activity they feel is not conducive to healing. Today she dealt with a sense of "restlessness" at times that they actually increased her sedation a bit.

Let's together continue to be an army of prayer warriors lifting the family up to the throne of grace and healing! Blessings,
Mark

Prayer & Praise

By Sadie Stoltzfoos — Apr 6, 2014 11:35am

Thanks so much for supporting the Kuhns family, whether by praying, helping out at the house, or by giving financially. I had the privilege of spending the night with Jana in Hershey on Friday night. There weren't many changes, but one thing that I thought was interesting was on Saturday morning when I was reading the Bible to her out loud, she started moving around and her monitor started beeping. The nurse thought it went off because her pressure went up. I have no idea what that means, and am not saying that she heard me, but it made me wonder.... I did ask the nurse if I should stop and she said that if Jana continues to react, it might be a good idea to wait. I know there is incredible power in the Word of God & maybe she was responding to it?? I just found it amazing that I could not get a response from her, until that moment. God is real, people. He is alive and is at the right hand at the Father interceding for us! Let's pray and fight on her behalf! I feel like I need to add, please don't take this out of context. I am not saying she is or is not understanding and hearing people. I just found it so encouraging...

Please pray for everyone today, especially the family as they go through the motions at the viewing.

Here is an update I received from Mark Martin late last night: RoseAnn: Will begin with her arm surgery Friday, which was deemed a success. It resulted in a longer, more sleepless night though. RoseAnn woke up numerous times because of the pain. In those moments her mind went to the sadness of losing Jennie and also her "mother" heart went out to Jana, deeply longing to be with Jana and caring for her needs. The nurses summoned a hospital chaplain and through a time in prayer and talking about it with him, she felt she was able to surrender Jana to Jesus' care and sleep again towards morning. Rather early Saturday morning, she was transferred out of the ICU to the Orthopedics Trauma floor. This is a HUGE step in the right direction and hopefully resulting with more sleep Saturday night with a much quieter room and less disturbances. The heart Doctor reported that while she sustained significant bruising to the heart, she has no permanent damage done to it. Her partial collapsed lung remains a concern with the threat of fluid collection and then ensuing pneumonia. Her memory continues to increase, but still forgets significant things that happened the day before... She has begun rehab, with simple things as blowing into a "container" to strengthen the weakened lungs and getting out of bed and standing for a few moments. RoseAnn continues to take huge steps forward, but the road is long...keep being prayer warriors!

Jana: While Jana's known improvement is incremental, it feels like there are "morsels" worth praising God for. Her "natural" movements continue to improve. Movements such as moving her hand towards her face in "protest" to the nurses suctioning her mouth out. Small noticeable movements of turning her head towards the person speaking to her. The results of her brain

MRI haven't been released yet. We are told it isn't as simple as doing an MRI, looking at it and making a prognosis. It requires her medical team to study, converse and reach a conclusive concession to its meaning. The Doctors have indicated though, the injuries to the brain are "severe". This is sobering, but we continue to cling to God's sovereign plan for Jana and also the amazing ability in young bodies to heal.

Update on Kuhns Family

By Sadie Stoltzfoos — Apr 7, 2014 8:46pm

Today sweet Jennie's body was laid to rest.
She is free... More alive than ever...
But she will be terribly missed.
May God give the family grace for every single moment.

Here is an update on RoseAnn & Jana's condition. (From Mark Martin) RoseAnn: For those that were at Jennie's funeral today seen the HUGE piece of RoseAnn being there. The LGH staff did an amazing job of jumping every hoop and dotting every "I" to make it possible. Thursday morning a senior social worker presented the possibility of this taking place to only a few people closely involved in the family's journey. Goals were set for RoseAnn's progress in order to make it physically possible. By Saturday evening the possibility looked obtainable. It wasn't until Sunday evening at 8:00 pm that every obstacle was cleared to have it happen. A special thank-you to Melissa Ker (social worker), Jessica Martin (volunteering nurse) New Holland Ambulance (transport rig) Daryl Fisher and Joy Weiler (transport crew) Darla Hackman (grief counselor) and Rachel and Jason (close supporting friends) for making it possible. All the hard work to make it happen, while extremely hard for RoseAnn, was worth it all as she was able to more fully grieve Jennie's passing and just connect with Joe and the children in this special moment. The continued in pouring of support to the family in many ways from the community, is such a blessing! Businesses, individuals, and people involved in needed support areas have donated money, time and themselves (often behind the scenes and from a distance) that has continued to help lift the burden of the family in their time of need. RoseAnn while extremely exhausted was peaceful as she headed back to LGH. After briefly resting at home, Joe and the children spent the evening just connecting together with RoseAnn at the hospital tonight. The nurses have indicated that tomorrow, its back to the hard work of recovery. The next few days will reveal a lot what type and how long therapy period RoseAnn will be looking at for her near future.

Jana: Jana continues to be moving in the right direction making incremental steps toward healing. Sunday afternoon though, she took a large leap with the trachea tube being removed and now breathing on her own. She still is receiving small amounts of oxygen, but went from 15% to 20% self-breathing Thursday to unassisted yesterday. A huge step. Her level of alertness continues to approve every day. She had first started opening her eyes Saturday and until today, other than when she is sleeping has her eyes open. Her pupils continue to dilate more normal. Today a few times, her eyes actually followed movements in the room. Praise God! One of her IV lines was removed today, but at the same time she was given a stomach port enabling the staff to better give her meds needed to thin blood, trying to avoid clot issues. She was running a fever this afternoon and was cultured to see if something may be going on or if it is just her body working on healing. The staff is hoping to release the results of her MRI possibly tomorrow afternoon, which was taken Friday. Multiple therapists from different therapy aspects met with her also today to develop a plan to begin therapy in the next few days.

God at work...

By Sadie Stoltzfoos — Apr 8, 2014 8:20pm

"Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed." Isaiah 53:4-5

RoseAnn was moved to rehab today & her recovery continues to amaze us. She will be receiving approximately 3 hours of rehab throughout the day. Please pray that she would have strength physically, emotionally, & spiritually, to face the days ahead. She needs lots of rest and quiet, so her body can heal properly. It is hard to tell at this point whether she will even feel up to having visitors or not. Joe would like to see how she handles tomorrow & maybe we can update you further on how she feels about it.

Jana was also moved out of the PICU today! Her condition remains about the same. Please continue to pray for her healing & for God's perfect will in this situation. They are hoping that she will be in rehab by the end of the week.

A few other details: Here is a link to the website where you can sign up to take meals to Joe and RoseAnn: <http://www.takethemameal.com/meals.php?t=QZOL7078> The password is Joe.

We are hoping to put the video footage from the funeral on You tube in the near future & will share that on here. There will be pictures posted as well. Thanks for continuing to journey with the Kuhns family...

Update for today

By Sadie Stoltzfoos — Apr 9, 2014 9:34pm

Here is an update on today from Mark Martin: RoseAnn: The reality of grueling therapy hit home early this morning. It started at 7:00 am with the therapists helping get dressed and into a wheelchair for the first time. After this was accomplished she was taken for an ultrasound on her left arm to get better grips on a blood clot she has going on there. By the time lunch time rolled around RoseAnn was so exhausted that she wasn't planning on eating. After a short rest in bed though, she was able to eat lunch. In the afternoon they began what is to be the routine of "occupational therapy. Today it consisted more of reviewing x-rays to help her understand her broken bones. She told Joe tonight that she was shocked and "thinks she has more broken bones in her body than she can count." The purpose of this was to help RoseAnn understand what parts of a body are needed to do "normal" house work and why they will be doing the specific therapy they plan to do. As RoseAnn was contemplating the housework, it struck her abruptly that at this time her two helpers she had greatly depended on for that weren't there...one gone and the other lying in Hershey and just not knowing what the outcome will be... Keep praying as she not only deals with her own healing, but also as she processes the reality of the rest of the impact left from the accident.

Jana: Jana's first day in the Intermediate Critical Pediatric Care unit was marked as with what she has been doing to this point; "incremental" movement in the right direction. They removed her central IV line which will now allow possible sitting, which is slated for them to work on tomorrow. Joe brought the four children in to see her for a few moments each today. It was hard for them... Justin did get to tickle her feet though, which is something she despised at home! Neurological therapists began working with her today and for the first time she responded to a command. She was able to wiggle her toes three specific consecutive times when prompted. While the response was quite delayed from the prompt, she did respond. The therapists "positively" indicated that we know something is going on, at this time "we just don't know what." One noteworthy "neurological moment", which we wouldn't often think as such, was for her to yawn today. Her eyes are open much of the time throughout the day, but hasn't been able to focus them very much at all. She has been running this pesky fever for several days as well now, which they haven't been able to get there fingers on, and tonight she really spiked her repertory and heart rate along with it...likely all pointing to "neurological stuff" going on. She continues to need HEALING from the Master's hand. As we know that so many are, keep lifting Janna and the family to the throne of Grace!

God is Able.

By Sadie Stoltzfoos — Apr 12, 2014 9:55pm

Ephesians 3:20-2120 Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, 21 to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen. God is able. These words come to mind as I reflect on the day spent at Hershey Medical Center with Jana. He is able to meet the Kuhns family & give them grace for each moment. He is able to heal RoseAnn & Jana in His time & in His way. Let us trust Him. Jana had a good day today. Soon after I arrived, they sat her in a chair, and she remained there for about an hour and a half. She just wanted to sleep while sitting up, so we played music and talked to her, trying to get her to stay awake. I was showing her videos & at times her eyes would follow the screen as if she was watching. Also, she does obey some commands, though not always immediately. The nurse was impressed with her progress & said these small changes are huge. We would love to see her talking and expressing herself, but again, desire to trust God in everything. Please pray that her brain injury would continue to heal & that she would be well enough to go to rehab soon. Friends and family continue to take turns staying with her everyday. If there are ways you would like to help, you can sign up to take a meal here (password is Joe): <http://www.takethemameal.com/meals.php?t=QZOL7078> or if you would like to help them financially you can use this link: <http://www.youcaring.com/medical-fundraiser/kuhns-family-support/158128>

Blessings, Sadie

Here is an update I received from Mark Martin on RoseAnn: Therapy is settling into a new routine. A routine that for someone that was healthy a few weeks ago couldn't even have imagined. The intense regiment of getting dressed in time for break-

fast, a short break after breakfast, therapy till lunch, 30 minutes for lunch and another 3 hours of therapy in the afternoon. Two areas of focus are physical and speech therapy. Physical therapy includes getting dressed, getting in and out of a wheelchair and regaining mobility. While standing is very painful due to her pelvic injuries, with the assistance of two aides she has been able to take two steps. RoseAnn's brain injury is something therapy is keying in on pretty intently. While her memory scored average, she continues to struggle with short-term memory issues. She doesn't do well with the "noise and commotion" of the dining room, and wishes she could eat meals in the quietness of her room. Perhaps the greatest area her speech therapist's sees the need to deal with is her difficulty in relating what she is feeling. A lot of people have been patiently waiting for the opportunity to visit RoseAnn. We continue to ask you to bear that patience. While the Rehab Hospital has open visiting hours, due to her condition, Joe and the therapists have requested visiting to remain at a small minimum with only immediate family and a few close friends coming in at this time. We hope as RoseAnn's condition improves this will continue to broaden. We would suggest cards as an excellent way to encourage her at this time. While reading is difficult, she would be able to look at them in her "good moments." They can be sent to: RoseAnn Kuhns 130 Furnace Road Quarryville, PA 17566

Praise Report

By Sadie Stoltzfoos — Apr 14, 2014 10:06pm

Just a short update: Joe told me this evening that Jana will be moving to rehab in Lancaster tomorrow at 10:00! She will be in the same place as RoseAnn, and RoseAnn is very excited about it. Finally she will be able to see her daughter! RoseAnn had an intense day, but a good one. Joe said it was one of her better days since being there. Keep it up prayer warriors!

Change of plans

By Sadie Stoltzfoos — Apr 15, 2014 8:13pm

Jana was running a low grade fever today, so they did not take her to rehab. It is scheduled for tomorrow, Lord willing. Thanks for praying!

Therapy...

By Sadie Stoltzfoos — Apr 18, 2014 12:10pm

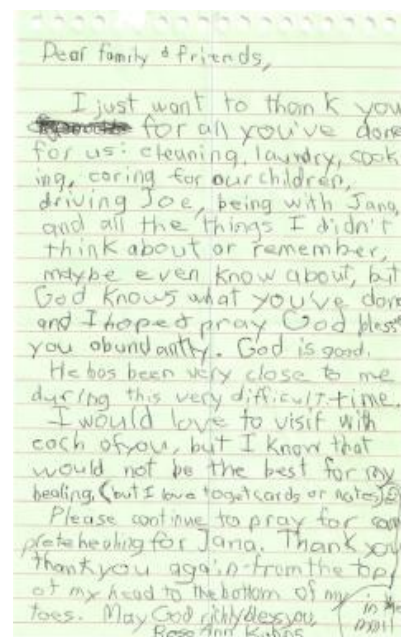
To all the wonderful people who continue to pray: Jana was moved to Lancaster Rehabilitation this week. She is in the same building as RoseAnn & they get to see each other every now and then. Her condition hasn't made drastic changes, but the nurse thought she seems more alert as the days go by. I haven't seen her since they moved her, so I don't have a lot of information. I will try and post more details in the near future. Please continue praying for her healing. RoseAnn is doing well. She is making progress, but it is hard work. Joe has been in and out this week, and is now planning to go back to work part time next week. Please pray for him as he bears the weight of everything. That's all I have for right now. Hopefully I can post more this weekend. Wishing you all a blessed Easter...

Note from RoseAnn

By Sadie Stoltzfoos — Apr 19, 2014 10:37pm

Hi friends, RoseAnn wanted me to share this note with you. She worked hard to write it with her left hand. I wanted you to see the original note, so I scanned it, and am hoping you can read it. If you go to the journal home page, and zoom in on it, you can see it. For some reason if you click on the journal entry it makes the pictures smaller and some words get chopped off.

Joe & RoseAnn also wanted to share a couple pictures of Mom and Jana together, so those are included at the bottom. This Easter, may your lives be impacted by the power of the Gospel. HE IS THE RISEN LORD!



Dear family & friends,

I just want to thank you ~~for~~ for all you've done for us: cleaning, laundry, cooking, caring for our children, driving Joe, being with Jana, and all the things I didn't think about or remember, maybe even know about, but God knows what you've done and I hope to pray God bless you abundantly. God is good. He has been very close to me during this very difficult time. I would love to visit with each of you, but I know that would not be the best for my healing. (but I love to get cards or notes) Please continue to pray for some great healing for Jana. Thank you! Thank you again from the top of my head to the bottom of my toes. May God richly bless you in the future.

RoseAnn Kuhns 4/19/14



Progress...

By Sadie Stoltzfoos — Apr 21, 2014 8:24pm

A good word for today is PROGRESS...RoseAnn is healing nicely, but it doesn't come easily. She had a hard day today with high levels of pain. Physical therapy is no walk in the park. She works hard! Her pain comes from her multiple fractures, & the only thing to do is give it time. (and give pain meds to help her get through the day) She also has a wound that has not closed up yet. Could you pray that it would heal shut? Today Joe and RoseAnn had the opportunity to watch Jana eat ice cream! This was a BIG step. They were doing different taste testers with her, and she wasn't too fond of that. Then they gave her orange sherbet & her expression was priceless! (She always liked ice cream.) They were very impressed with how much she ate, & how she opened her mouth when prompted. It was hard work though, to concentrate on swallowing etc, and she broke out in a sweat. Her heart rate also went up. I was very impressed with her response to the things I asked her to do for me. It was an exciting time!

Visiting hours:

There are still only limited visitors allowed for both Jana & RoseAnn. Mark Martin is in charge of the schedule. Please contact Mark or a family member before going in.

To those of you who were requesting the mailing address for cards: The Kuhns Family 130 Furnace Road Quarryville, PA 17566

One thing that the Kuhns family will need in the future is a chair that can sit in their bathtub. I included a picture of the one that would work best for their situation. If you know where we could find something like this, would you leave a comment?



Thanks so much for everything...

Honoring Jennie...

By Sadie Stoltzfoos — Apr 22, 2014 8:41pm

Here is the link to the video from Jennie's funeral: <https://www.youtube.com/watch?v=Rn8bVkzEheU&feature=youtu.be> I also included some pictures, but this site is not user-friendly for photos, so if you would like to see more, you can view them on Face book.



God is good...

By Sadie Stoltzfoos — Apr 28, 2014 9:06am

An update from Mark Martin: For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it. Matthew 16:25. Tomorrow, it will be three weeks ago that RoseAnn was moved to Lancaster Rehab Hospital. While this verse maybe taken out of context a bit, RoseAnn has faced this sense of reality constantly as she pushes towards recovery. The "saving of life" is not pushing into the pain and hard places, but rather the temptation of opting to stop short at places that aren't conducive to healing and recovery. RoseAnn has been a "good fighter" though, many times, whether emotional or physical, in sweat choosing to move in faith into realms that feel like "death". It is in these places that she has found the grace she has needs for the moment and also growth that many are cheering her on to. Upon arrival to rehab, hopes were for RoseAnn to be headed home in 3-4 weeks. It is now obvious that this goal will be stretched out longer, revealing the extent of her injuries. Her pelvic fractures continue to challenge her walking abilities, although with the assistance of therapists and a walker she has been able to maneuver a 60 feet stretch and go up and down 2" steps. Her daily week routine continues to be therapy from morning until mid to late afternoon. With therapists "pushing" her close to what it feels like to her "the legal limits", this leaves RoseAnn often exhausted. The scheduled visiting time seems to be working well, allowing people to be around her and not yet overwhelming her at the same time.

Jana as in the case of RoseAnn is doing "hard" rehab work in her own way. She, as since the accident, keeps doing her small yet significant steps towards recovery. While she has remained verbally uncommunicative, she has been able to communicate in significant ways. When she doesn't have her "despised hand braces" on, Jana will do hand squeezes in response to communications that are happening. On Friday, Joe accommodated her to LGH to have a new feeding tube placed, and as they waited on the Doctors to do their thing, Joe and Jana "arm wrestled" to pass time. When told to, she would resist having her arm pushed down, and when commanded to relax, she would do that as well (Shh... While unconfirmed, I think she actually did beat dad). Yesterday, in two different occasions Jana became restless to the point that her therapist's discerned she was attempting to communicate something significant, and acting upon the hunch that perhaps she needs to answer nature's call, to the loud cheers of her therapists Jana did indeed relieve that call. Her eyes continue to brighten as well and seem to zero more

in to those around her.

The Rehab Hospital uses The Rancho Levels of Cognitive Functioning to measure her progress. Three weeks ago she was at Level 1, which is primarily no response. Today, they put her at Level 3. At this level a person will: be awake on and off during the day, react to what she sees, hears, or feels. Withdraw from pain, move towards sound and attempt to watch a person move around the room. React slowly and inconsistently, follow simple directions such as look at me, squeeze my hand. Begin to inconsistently respond to simple questions with yes and no head nods. The Rehab Hospital's goal is for Janna to reach level 8 prior to discharge. At this level a person would be able to relatively easily communicate their needs, understand their injury and how it impacts his/her life. There is much work ahead...

Joe continues to spend a lot of time divided between RoseAnn and Jana's side. He has been able to go back to work at Martin's fulfilling his tech job this past week for four half days and plans to increase that as he feels able to do so. He has expressed while it feels different, it has felt good to return to "something normal". Continue to remember him as he leads out, and in making decisions that are best for his family in this difficult time. JoAnn has been at home since the accident and plans to return to her job at Amelia's Grocery one day a week at this time. Justin has started his summer job again, mowing at Mel-linger's Cemetery. This has a new dynamic to it this year with his sister now buried there... Jodi and Janessa are finding their way "in their own way" bonding together in ways that hadn't happened prior to the accident... The family's concessional testimony has been that "God is good" through this whole event. They have also expressed a huge gratitude for all that have invested in them, many different ways in lifting them up during this journey. Lets together continue to show them Christ's love and grace as opportunity is revealed to us and help them proliferate their faith by presenting them to the throne of grace through much prayer!

Praise God!

By Sadie Stoltzfoos — May 1, 2014 2:18pm

Joe wanted me to tell everyone that they are hoping to have RoseAnn home by next weekend! :) A very exciting part of the journey, but we all realize that the hard work of healing is not over. She still has a long road ahead of her & they will need our help then just as much as ever!

Jana keeps taking steps in the right direction. This week the nurse asked her to take the napkin and wipe her mouth, and she did. It may seem small, but it's huge when you think of where she started! Another thing they wanted to work on this week, as part of therapy, was getting her in and out of the car. There is progress, slowly but surely, one day at a time... Please keep praying for strength and healing. Thanks so much.

An update

By RoseAnn Kuhns — Jun 1, 2014 2:28pm

Hi Friends,

I don't know how to put my thoughts and feelings into words, but I want to thank you all for praying for us. I am able to be on our iPad now and my therapist was okay with me typing, so I thought maybe I can help do some updates too. Please be patient as I try to figure this out. Blessings, RoseAnn

RoseAnn's update

By RoseAnn Kuhns — Jun 1, 2014 2:43pm

I am home and go to therapy 2-3 times a week. Walking in the house is becoming easier than it was at first. But outside -- I haven't been brave enough to attempt other than to get in our car and that is a bit scary. I used to think we had a nice level area where we parked our cars, but not anymore. I still have a fair amount of pain and am glad for pain medications. I am glad I'm at home, but being at home is very hard at times. There is such a great big hole in our home. We miss Jennie and Jana so much! Please continue to pray for us, RoseAnn

Jana's update

By RoseAnn Kuhns — Jun 1, 2014 2:51pm

Jana is slowly continuing to improve. She does fairly well feeding herself, if her food is cut and packages opened. She is learning sign language. She signed "I love you." to me when I was there after my therapy on Friday, but I didn't know what it

was she was saying. And then her therapist came in and said "Jana tell mom what we learned today." And she signed again, but I told her I'm not sure what she is saying. So her therapist told me and then I asked Jana to teach me the signs. You should have seen the look on her face! She was delighted she knew something her mom didn't. So we practiced signing to each other. Please continue to pray for a full recovery for Jana. Thanks, RoseAnn

Exciting News!

By RoseAnn Kuhns — Jun 2, 2014 4:43pm

I sat beside Joe on a sofa and we held hands, as we waited for my therapist, for the first time since the accident and I wasn't in lots of pain. Now to some of you that may not seem so exciting, but when you have lost something, it is quite exciting to be able to do it again. Therapy went well today, although I was thoroughly exhausted when I was done. We went to see Jana then and I heard the kiss she blew to me. We signed to each other and she had her big smile for me. Supper is ready, talk to you later. RoseAnn

Visiting Jana

By RoseAnn Kuhns — Jun 3, 2014 10:50am

It has come to our attention through the nurses and therapists that Jana is getting extra visitors. As her parents we are very willing to fight for her. Death has already taken one of our beautiful girls, so we are willing to fight hard and strong for the health of our other beautiful girls, particularly Jana at this time. I have to admit it wakens up that "momma and poppa bear" feeling and quite frankly it felt a bit violating to realize some of our guidelines were being ignored or pushed away. So as a reminder here are a few guidelines that were put in place when she came to the hospital.

1. We have a very lovely lady who schedules visits for Jana, she is Veronica and her number is. Please call her to schedule visits. She knows when there are open time slots.
2. Only two people visiting Jana at a time.
3. Please do not go when Jana is having therapy. Therapy takes a lot of energy and attention; we want Jana to be able to put her whole being into therapy. Believe me, I know how hard, physically, emotionally and mentally, therapy is. Really, could we come watch you work out, or do your weight loss exercises?
4. Visit Jana purposefully, but be willing to adapt your plan to what Jana needs at that moment. You may want to sit and read, but Jana may need/want to go outside and walk around the hospital in her wheelchair. Please be sensitive to Jana's needs.
5. Please write a note and sign your names in her journal/guest book. We sometimes read those notes to her and she enjoys that very much.

Another thing to remember: as Jana continues to make small changes on a daily basis, her needs and abilities change; we and also the nurses and therapists need to respond to that as well. And make changes to her list, so we will do our best to keep Veronica updated with the latest. Thank you so much for understanding, Joe and RoseAnn

Jana Laughed

By RoseAnn Kuhns — Jun 3, 2014 5:50pm

Yes, today when Joe took Janessa in to visit Jana, and he no longer remembers what Janessa said or did, but he heard Jana laugh. I'm quite sure Miss Janessa was being quite herself and was being rather silly and amusing just as she is at home sometimes. Jana was also working at typing something on a computer. She, with lots of help, had typed her dad and I a note the other day. We were blessed with a very yummy supper. Thank you, Barb! With all this good food, it's a pity I can't enjoy it more. Most of the time I have no appetite and food doesn't taste quite like it used to or maybe its memory loss.

She kissed us today!!!!!!!!!!

By RoseAnn Kuhns — Jun 4, 2014 6:41pm

She also got new wheels and can drive them! I am really struggling to put all my feelings into words right now. We stopped in to visit Jana after my therapy and got very good reports from her therapists. She got a different wheelchair and as soon as the therapists sat her in it, she took off down the hallway. She sat up so tall and straight. Quite a beautiful young lady! The nurse also said she verbalized a word out loud, but she couldn't remember what the word was that Jana said. We got a thumbs up from Jana when we questioned her. She also mouthed the word "mom" to me. We went outside and she was able to wheel herself most of the way out. We enjoyed the warm sunshine. Jana also had more questions about Jennie, so please, please pray-- for her, to be able to process things well and for us, to know how and what to say. Thank you!

Now I am guessing this makes many of you want to go see her. BUT PLEASE, PLEASE FOLLOW OUR WISHES AS OUTLINED IN THE GUIDELINES! Yes, she does need visitors, but even that needs to be regulated. Too much noise and stimulation is not a good thing for her either right now. I know quite well how overwhelming it feels to have too many visitors or for it to be too noisy. Also Jana is not a thing to be gawked at, like some animal in a zoo; she has feelings just like you. Ask yourself, "Why am I going to visit Jana? Am I going for Jana's benefit or is it more about me?" Would you visit her if she could make no response to you at all? Just put yourself in our shoes-- for even a half day. Truly the most uncomfortable, painful shoes I've worn. I really don't begin to understand - comprehend God's plan. I have even questioned if He knows what He's doing. But I am choosing to trust Him, even though I often cry "My God, My God, why have You forsaken me?"

I also got a good report from my one therapist. My speech therapist felt we could reduce my time with her to 1-2 times a week instead of 3. And hopefully, by the end of June I can be done with speech therapy. Occupational therapy went well, she massaged my arm incision and that felt very good. And we played a game together and I did some range of motion exercises. But physical therapy is just plain hard work. I never realized how, for granted, I took my ability to walk, run and move with no pain or at least not much, most of the time. I am amazed at how marvelous God made our bodies.

May God richly bless the wonderful people who came and left our house smelling so clean and fresh! Thank you, too for all of you who are helping us: babysitting, meals, gift cards, visiting and etc. I truly don't know how we'd survive without you.

~Blessings, RoseAnn~

Prayer Request

by RoseAnn Kuhns, June 5, 2014

It's rainy and I HURT all over. It even hurts to breathe deeply. Pain makes life and children so much harder to deal with.
RoseAnn

She nods her head

by RoseAnn Kuhns, June 5, 2014

Yes, she can now nod or shake her head for yes or no. She still does thumbs up or down sometimes. And she laughed at Janessa again today, a bit louder and longer than before. She had a good day in therapy. She played memory with her visitor tonight and won!! Go Jana Go!!!! She also communicated that she wanted to talk to her dad, so the nurse helped her to call her dad. Made her dad feel like a million bucks. And after the sun came out my pain decreased. So I ended up feeling better. But as I was combing my hair today in the bathroom, I noticed a toothbrush--Jennie's and I felt again that familiar pang of deep pain. She will never do that here again. I miss her so much at times and can hardly believe this is reality.

She's Struggling

By RoseAnn Kuhns — Jun 6, 2014 8:54pm

Jana asked that you would pray for her. We have told awhile ago about Jennie's death and it seems every time I am able to visit her; she has questions about Jennie, our accident or something. I know it's hard to imagine her asking questions when she can't verbalize things. And I can't put into words the look I see on her face when she has a question in her mind. And I can't begin to put words to the enormity of the task of trying to find out what she wants to know. But four times now when I prayed and asked God, "what do I ask her?" And the questions God gave to me and I asked, were the ones on her mind. So please, pray for me to be sensitive to God's leading and to that look on her face. Pray that Jana could continue to process all that has happened to her, all the losses she has suffered. That she could grieve well.

As she is becoming more cognitive, her needs change. As an example, it took the nurse 15 minutes of questioning, to figure out that Jana was being bothered by too much noise. This is one reason it is so important to regulate visitors and have them scheduled. She also seems to be more sensitive to the fact that she is not able to do things like she used to (as



in before the accident, she seems to have a very good memory), and so there are certain times we don't want visitors. Like when she has therapy or mealtime. It also takes quite a bit of concentration and effort to do simple tasks. I know I am in therapy, too. I just can't quite imagine how she must feel, I know how hard therapy can be and I can verbalize it, she can't yet. So please continue to pray for her and realize that we, as her parents, are fighting for her health and what's best for her, it's not a personal thing against anyone. God blessed us with her and we are committed to doing the best we can to care for her. Just put yourself in her shoes-- don't talk, use your left hand for everything instead of your right, think of some of the losses she has faced, etc--how would you want someone to respond to you? Blessings, RoseAnn

A Wonderful Morning

by RoseAnn Kuhns, June 7, 2014



We had a wonderful time with Jana this morning. We took a doodle pad in for her. I wrote a note on it to show her how it worked and she wrote a word back to us. And I was able to comb her hair. And tidy up her room. I find it a bit frustrating that the nurses just set stuff around, it feels so cluttered. Jana agreed her room was messy and she was happy I tidied it up. It was the first time since the accident we were together as a family with no one else around. It was so good to be together. Jana's therapist put her on the sofa in the day room so we could sit beside her. We took some pictures. Then another therapist took our family picture. We ate lunch together before we came home and Jana chose the menu. There is a pizza place close by and yesterday when we were there, Joe showed her the menu and she chose 3 different kinds of pizza and breadsticks. Her choices were quite delicious.

Visiting Jana Update

by RoseAnn Kuhns, June 8, 2014

~ Everyone please call Veronica to schedule visits. We keep her updated as much as we can, and it seems like things have been, at least lately, a day by day change.

~Please, please sign her guest book and write, even a one sentence, note to her. I read them to her and she loves it. She most likely will not remember who all was there (and neither will I) and your writing to her is proof that you were there; otherwise she may think, like I did at first "why haven't I had visitors or what hasn't this person come?"

~ Please don't ask her if she wants you to leave or to stay. That is a very hard decision to make and is not really hers to make. Veronica does a good job giving ideas and suggestions, so if you have questions ask her. I was also asked the same thing and it is very hard to be able to think through the big picture. If one set of visitors stays too long, then Jana does not have time to rest for the next set, which especially true for Saturdays and Sundays, as we have several time blocks for visitors.

~ These requests are not personal issues against anyone. This is about what is BEST FOR JANA'S HEALTH. And as we said before we are committed to fighting for her, to stand in the gap. Granted we may make mistakes, and we have made some, but we can't see the whole picture either, so we are doing the best we can.

~ Also we have the option to make Jana a password only patient. Which means you only get to see her if you know the password. Now we do NOT WANT to have to do this, but we are willing to go to that trouble if need be. Please continue to pray for us as we journey through this, Joe & RoseAnn

In Honor of Jennie

by RoseAnn Kuhns, June 8, 2014

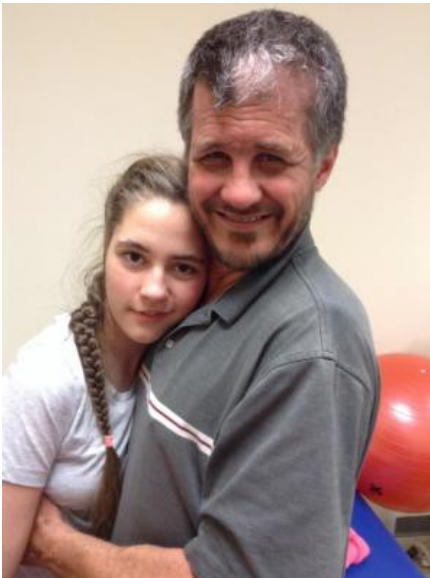
It was the kind of day Jennie loved-- warm sunshine and cool breezes. It has been 10 weeks since the accident. So we had a special small balloon release service at the hospital tonight with Jana. In therapy this week, along with help from her

therapist, Jana typed up her memory in honor of Jennie. Then tonight each of us wrote up our memories and after a short slideshow presentation, made with pictures of Jennie and the song "With Hope" by Steven Curtis Chapman. We went outside and the nurse brought in the balloons which Jana had picked out and we tied our notes to them. Then we left our balloons go, allowing Jana to be the first to start the release. It was sadly beautiful. We miss her desperately!

I learned something new today

by RoseAnn Kuhns, June 9, 2014

Jana's therapist showed us how to tie your shoe with one hand. It was one thing they were working on in therapy today. We got there before her therapists left so we got a nice update on her. She did real good with moving her right leg, she doesn't need her brace anymore. She was also spelling out some words today. And after I combed her hair today, she started to mouth "thank you". She could not mouth the whole word, but I said "you're welcome, I think you were trying to say "thank you". And she got such a big smile and nodded her head and did a thumbs up. I think it made her feel so good that I was able to understand her message. Her dad and I were able to give her a standing hug today. I am so grateful her caregivers are willing to go that extra mile for us. It was another first since the accident. And she is taller than me, and almost as tall as her dad! It's proof we are both healing, her legs are strong enough to hold her weight, and my pelvis and arm healed enough to not be in a lot of pain. We also had a short meeting with her case manager, sharing our concerns, reviewing her progress, going over her needs, etc. etc. Her case manager assured us that we as parents have the final word and that they as Drs., nurses, therapist, and caregivers do their best to support us and help us. It felt encouraging to us, that we have someone to help us when we can't give Jana the care we'd love to. Again we are praising God for preparing all these people to help us meet needs we can't begin to meet. It's one way I tell myself, "God really does love you, and care about you" As for my therapy today, some was reviewing what my goals are and how I'm coming in meeting them. I had to take some tests again and according to numbers; I am improving, getting stronger. Which is not a huge surprise to me, and yet it feels good to have proof in numbers. But as usual after working hard in therapy, I'm exhausted tonight and hope to go to bed early.



What I Know-- a song by Tricia Broc

by RoseAnn Kuhns, June 9, 2014

We were told about this song by my one therapist. We googled the song and listened to it. And I fell in love with it. The words speak deeply to me. I have lived out quite a few lines in the song, and I can agree with these words—But what I know
That You, my God are real, No matter what I feel, You've never let me go, And what I know, Is there will never be a day, You aren't just a breath away, and through it all I've gotta hold, To what I know. May you all know in a deep, deep way the love of God.

It's been another day when it seems like faith eludes me
Everything's been so confusing
Fear got the best of me

Now I'm lying here worried about tomorrow
'Cause the weight of everything I don't know
Is so heavy I can't sleep

But the truth remains the same
Even when I don't know what to pray

But what I know
That You, my God are real
No matter what I feel
You've never let me go
And what I know
Is there will never be a day
You aren't just a breath away
And through it all I've gotta hold
To what I know

I could throw my fist in the air demanding answers
But in spite of all the questions
I'm still giving You my life
And if it doesn't turn out like I think it should
It doesn't change the fact You're always good
Your ways are higher than mine

And the truth remains the same
Even when I don't know what to pray

But what I know
That You, my God are real
No matter what I feel
You've never let me go
And what I know
Is there will never be a day
You aren't just a breath away
And through it all I've gotta hold

To love that's never failing
To hope that keeps on saying
"carry on", "carry on"
What I know
That You, my God are real
No matter what I feel
You've never let me go
And what I know
Is there will never be a day
You aren't just a breath away
And through it all I've gotta hold
To what I know

Gonna hold to what I know.....
What I know.....
What I know.....

I'm Struggling

By RoseAnn Kuhns — Jun 10, 2014 9:55pm

How do you put words to what you're feeling, when you don't know or aren't sure what you're feeling? This, I think, has been one of my worst days since I came home; not only did my pelvis, ribs and arm hurt more than they have been, but it feels like God is allowing our journey to be too hard, too much, too painful. And I wonder "why, what have I done so wrong to deserve this?" I have always wanted to live for God, to know Him in a real, alive, vibrant way; and I felt like I was just beginning to know God as I always dreamed or hoped was a possibility. And now this horrible tragedy happened to our family and I no longer know who I am. There is so much I can't do in a physical way, some days I'm tempted to question my reason for being here. And yet deep in my heart I believe, I sense, I feel-- God has me here for some purpose although I wonder, what can I do for Him?-- I am so broken and weak. But like that song I posted-- even though I'm confused, lying awake at night, raising my fist questioning, and thinking life sure didn't turn out like I thought it would; I am choosing to trust, to hang on to "That You, my God are real, No matter what I feel, You've never let me go, And what I know, Is there will never be a day, You aren't just a breath away, And through it all I've gotta hold, To what I know." And it is really becoming so clear to me; I am living in a world I was not created for. I am so homesick for a home I've never lived in but was created for. And to think Jennie is enjoying to the fullest what it is I'm longing for!!

Now for some good news... Jana spelled out her dad and siblings names today, all done correctly too!! Her speech therapist printed the alphabet out on a paper and she pointed to the letters after she had pointed to the person she was going to spell out. She also did some other testing on Jana and she got 19 out of 20 problems correct, so the therapist was very hopeful that she is remembering a lot from at least before the accident. Her other therapist spent three hours making a support for her ankle so it would be easier for her to lift her right leg. The brace they had before went from the bottom of her foot up to her knee and was just a bit heavy for her to lift. She finished making the support when Joe was there, so they tried it out. It worked great! She was able to move her right leg a full complete stride, (which I still don't do but I was not even aware I wasn't doing a complete stride till just last week in therapy) anyway she also tended to want to put her right foot over to the left too far which meant she needed her therapist help her know where she needs to put her foot. So I am choosing to believe God put that therapist right where we needed her, when we needed her-- to spend three hours on one ankle support!!! So it doesn't rub her skin and cause problems and fits Jana perfectly. Wow, God really does love us and cares about us.

And God loves and cares for you too, no matter what tragedy you're facing.

Another Day

by RoseAnn Kuhns, June 11, 2014

Today was simply another day trying to believe, trust that God knows what He's doing. That He really is making something beautiful, the side I see sure doesn't look too lovely. But amidst the hard pieces, I see glimpses of God. Today Jana spelled my name and our last name as well. It is also so exciting to see how she becoming aware (I think that's the right word) of her personal needs, like when I got there she wanted me to re-comb her hair and put on her veil. And later when her therapist came to ask approval/permission in regards to her care, her eyes lit up, thumbs up and head nodding as she listened and certainly seemed to understand what we were talking about. She also walked about 100 feet today with just one person assisting her. She doesn't walk quite as far as she used to, but she does it mostly by herself which is a lot more tiring. Each day she continues to keep slowly improving.

I was so tired even before I did therapy that I was almost falling asleep on the way home. Jodi wanted me to read to her after supper which I did but I was falling asleep reading and the words on the iPad just didn't stay in line they kept floating over the screen.) I again had to do some retesting today, and I'm quite happy to say I have very much improved in my speed of walking and my ability to balance on my right foot. I still have problems with my left side cause I had more breaks on that side of my pelvis than on the right side. In OT the therapist had me lie in bed and she put heat on my right arm and shoulder then she massaged and stretched my arm. The heat and massage felt pretty good, the stretching not so great. But she's concerned if we soon don't get it moving more my arm will become too tight and I won't have full range of movement.

Today's Update

by RoseAnn Kuhns, June 12, 2014

We enjoyed our visit today with Jana. The camera we got to replace hers that was ruined in the accident came before we left, so we took it along in and was she delighted with it! She took a picture and did very well one handed and also with her left

hand. She did real well in therapy again and her one therapist brought in peacock feathers for her. So we taped them up in her room. She also got some cards and letters in the mail that we took in and I read them to her. Then we taped them up, too. She loves getting cards. Hint, hint, anyone? Send them to our home address please. She also asked her dad to call her in the evenings so she can talk to him. We decreased my pain meds and now we have to wait to see if my body will adapt to less medication. Not too sure if I like that idea or not. Yes, I want to take less meds, but the way I've been feeling.....not sure I want to give up too much yet. The therapist did a lot of stretching on my arm today, so it's feeling it now. And so is the rest of my body from all the different exercises they have me doing. We came home to a wonderful supper of pizza and salad. It was quite yummy. Thank you Anita for bringing it. We deeply appreciate all the help we've been receiving. Thank you all so much for praying and caring.

A Quick Update

by RoseAnn Kuhns, June 13, 2014

Jana had a normal busy day today. She did well in therapy and she had extended therapy when her little sister came to see her. Jana got to hold Janessa and it seemed so good for both of them, at least Janessa just chattered and fussed about Jana holding her when she got back home. And her camera-- well let's just say it was money well spent. For me-- I washed the breakfast dishes this morning! I did use my right hand so they would stop spinning, as the plates just kept going round and round in the water when I tried to wash them, but if my therapist knew that she'd probably scold me. But I was careful and it was not painful. I also got the school books ready to take to evaluations. And only taking half of the children I originally registered, well; let's just say I'm glad there are tissues.

Enjoyed the Beautiful Sunshine

by RoseAnn Kuhns, June 14, 2014

It was another beautiful 'Jennie' day and we had a great time with Jana this morning. Her nurse had taken her outside before we got there, so we went to the day room with everyone and decorated her splint. Jana chose the stickers to put on from the ones I had taken along. We each wrote our names on and we also added Jennie's in a cloud. We took pictures of it, too. Jana was pleased with our final product. We ate lunch with her then, I'm glad the cafe is open on Saturday. I stayed with Jana while Joe brought the children home and did some chores then came back to get me. I also got to talk with Jana's speech therapist and with the testing they have done at this point she feels the reason Jana isn't talking is because of apraxia. The following is typed from a paper given to us by her therapist. ("Apraxia of speech is a movement planning problem. There is a breakdown in the sequencing of willful (voluntary) muscle movements. In apraxia the muscles are not weak. Apraxia is a transmission problem between the brain and the muscle. This is similar to a transmission problem in a car. The engine (the word formed in the brain) works well and the wheels (the mouth) work equally well. The breakdown is in the transmission between the "engines and wheels."

For better communication with a patient who has apraxia:

~~Don't "talk down" to the patient. Apraxia is a speech problem NOT an intelligence problem.

~~ Encourage the patient to use hand gestures to help convey the message.")

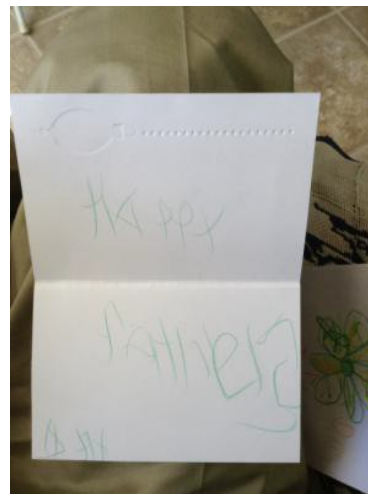
As I was going over some of this info with Jana, as she was asking lots of questions again today. She really nodded her head and put her thumbs up when I read about not talking down to her. I had to smile and said to her "You're still 14 not 4, aren't you?" Again I got a big smile, thumbs up and head nodding. So if you go visiting, please talk to her like a 14 year old girl not a toddler.

Jana gave me two gifts today, a bracelet and a piece of candy. She had a piece of candy for each of us. The bracelet was an activity done in therapy, working on balance, hand coordination and visual abilities, etc. And because the sun was shining again I had a lot less pain. I was so happy to sit in the sun with Jana this afternoon. It was a good day, a gift from God.

The Best Father's Day Card Ever!!!

by RoseAnn Kuhns, June 15, 2014

Yes, Jana made her dad a Father's Day card all by herself and it made him cry when she gave it to him this morning. We spent some time in there with her today. Some wonderful people, somehow made it possible for us to hear our church service this morning. Using iPads,



Skype and Internet and I'm not sure what else, we were able to hear the Duane Mullet family have a special service at our church. It was so wonderful to be with Jana and she really enjoyed hearing the service. May God bless those that made it all possible, on our end it was a priceless time. After lunch, we took Jana outside and soaked in the sun, read her cousins circle letter and we wrote back to them. Jana really wanted to, so I helped write the letter and she signed her name in her left hand. We also went the whole way around the hospital in our wheel chairs. I had to wonder what it looked like to the others to have one man try to help two ladies push their wheelchairs up the small curves they have there at the hospital. I imagine some got their laugh for the day. But I decided being with Jana and enjoying the beautiful day was more important than what a stranger might think. I have decided my right arm loves the sun. I was able to move it more, than I have been for a long time, and with almost no pain. I am also so amazed, bewildered and disbelieving at how big, enormous, gigantic a hole a missing little girl makes. I wish.....so many things.

I went shopping today

By RoseAnn Kuhns — Jun 16, 2014 8:08pm

Today was another good day. Justin took me shopping for some things Jana needed. She needed pajamas (instead of a hospital gown) and that is so exciting to us. I'm going to brag on Justin a bit, I am so proud of him. He drove carefully and tried to miss the big bumps in the road, and then he parked closely to the store entrance and pushed me into the store and through the store. And even let me use him as a "tape measure" to make sure I got close to the right size, he is taller than Jana so that helped me out. Anyway I thank God for him and his willingness to be helpful, I'm proud to be his mother.

Jana had a good day in therapy as well. The therapist said her walking is going much better each day. And everybody at the hospital talks about her smile. I think she has become a 'favorite' to some of the people there.

Therapy went well for me today, too. I enjoyed the hot packs on my arm, and then she stretched and massaged my right arm muscles. We've also been working on my balance and also strengthening my leg and hip muscles. And like usual I'm exhausted. I can't wait till I get some more energy back. It seems like I can't do much and I'm worn out.

A pet peeve

By RoseAnn Kuhns — Jun 18, 2014 8:50pm

We've been told many things in the past almost 12 weeks. But there are two that especially bother me and they are, "God doesn't give you more than you can handle." and "If you look hard enough you will find someone that has a situation worse than your own." Quite frankly, I believe those are rather unbiblical clichés and are not really encouraging to an honest, open person.

The first phrase shows a proud heart, "Yep, I can do this; God gave it to me so I must be strong." That's more about me than God. Our very existence relies in help from God, so why is it so wrong to admit that because of the results of living in a sinful world, that this is too much? That we all desperately need God every second of the day? This cliché was often told to me over the time when my mom was diagnosed with cancer and after three years passed away. I felt strong anger then, I thought God must not care about or love me very much to give this to me. And the truth is, He loves me with an everlasting love and allows these awful things so that I would every minute just fall into His strong arms and allow Him to carry me through. And be bold and honest enough to admit, "I can't do this, I need You God." Another truth is we were not created for the world we are now living in. We were created for Eden. Sin has created havoc in our lives and to believe, "I can handle this" shows what a proud heart I have. There is nothing I have that didn't come from someone else first; even these thoughts were grown from reading and hearing others thoughts, and from looking into God's Word. Truth is, I would not be here had I not received help from people- lots of them. Firefighters, EMTs, paramedics, doctors, nurses and I don't know who or how many others. And I believe, God placed each one I needed, right where I needed them, when I needed them. And still till this day there is a LOT I can't do and I need help. So quite frankly, God did give me too much, except that I really believe God didn't necessarily chose to give this to me, He allowed it to happen. Why? So I could experience Him in a way I never knew Him before, to bring glory to Him, and I don't know why else. In my limited understanding and knowledge, I can't begin to comprehend God's plan, but I am choosing to trust, to believe He loves me desperately and cares for me deeply and has my best interest in His mind.

The second phrase shows a heart of denial or non-acceptance. I could look around and say, "My friend Anita has it worse, she only had three years with her daughter and they were so care filled. I had eleven years and Jennie was able to be a helper to me." Or I could think about the family (I don't know them, we were told about them) that lost three of their children in a car accident and think at least I only lost one child. But is that really being honest with my own losses and sadness and pain? No! It is more of a denial, that it's somehow not okay to say, "This is awful stuff and it hurts like crazy." And when I live in denial, I am not being honest with my heart and what is in there, what I'm feeling. And I'm certain that I read in a Book that we are not to compare ourselves among ourselves. Really, does it help Anita for me to think, "I'm not as bad off as she is", or "Wow, she has it worse than me"? No! It only shows the pride in my heart and the denial, it puts me on a different plain than she is and quite frankly, we're

all on the same plain. In a desperate need of a Heavenly Father. It would be much better to cry with her and to talk about our beautiful daughters and share memories and be honest about what we're experiencing, then to not accept what God has allowed. And each person's grief journey is different, quite unique in fact, as it is very personal.

So I want to encourage you to think honestly, deeply before passing on clichés you've always heard. Put them through a Biblical thinking sieve.

Today our therapies went well-- both of them. Although it seemed I was more tired than Jana, but she did have the opportunity to rest before we got there. Jana walked 150 feet moving her right leg without any assistance for the first time today!

Yesterday Linda took Janessa and me into see Jana, while Joe took the others for their evaluations. Jana and Janessa had so much fun together playing connect four. Jana laughed at Janessa so much, because each time Jana would put her game piece in Janessa would put hers directly on top and then say, "Goody, goody I blocked you!"

A prayer request-- please pray that Jana could soon talk, that the messages from her brain could get to her vocal chords and wherever else they need to go. Jana is longing to be able to verbalize her thoughts and feelings.

Another Day, Another Song

By RoseAnn Kuhns — Jun 19, 2014 9:03pm

I found another song, and I love it. I think, no, I know God knew I needed to hear this song today. Take a minute to read the words:

Praise You in This Storm by Casting Crowns

I was sure by now
God You would have reached down
And wiped our tears away
Stepped in and saved the day
But once again, I say "Amen", and it's still raining
As the thunder rolls
I barely hear Your whisper through the rain
"I'm with you"
And as Your mercy falls
I raise my hands and praise the God who gives
And takes away

[Chorus:]

And I'll praise You in this storm
And I will lift my hands
For You are who You are
No matter where I am
And every tear I've cried
You hold in Your hand
You never left my side
And though my heart is torn
I will praise You in this storm

I remember when
I stumbled in the wind
You heard my cry to you
And you raised me up again
My strength is almost gone
How can I carry on
If I can't find You
But as the thunder rolls
I barely hear You whisper through the rain

"I'm with you"
And as Your mercy falls
I raise my hands and praise the God who gives
And takes away

[Chorus]

I lift my eyes unto the hills
Where does my help come from?
My help comes from the Lord
The Maker of Heaven and Earth

[Chorus x2]

Isn't it just beautiful? And I wonder what does praise in my storm look like? I used to think praise was singing and I think that is still part of it, but honestly I can't sing right now. I just start crying. Right now I have no song only tears. So I wonder, what does it look like to praise God in this storm of mine? Maybe it is my tears, maybe it is my total emptiness and weakness, my willingness to say "God I can't, I need you or I won't make it." Maybe it's me saying, "God, I don't understand what You're allowing or doing, but I am choosing to trust in You, to believe You care about me and love me and that You are for me, not against me." Maybe praise is more about my heart and what's in it than anything else I could say or do. Or that I am allowing myself to be drawn closer to God in this storm. And I wonder is praise, like grief, a personal thing?

Jana is continuing to do well each day. We had another meeting with her case manager. And although they have no date for discharge, they want us to start looking into options for therapy once Jana does come home. So please pray that we could find a place that will best meet her needs. Pray also for us to have wisdom, understanding and clarity of mind as well. Jana has progressed up to being between a level 6 & 7 on the Rancho scale. She was at a level 2 when she was admitted to the hospital.

I had therapy again today. They got me on some new machines today and wow! Did I get a workout! They said I did really well, and I guess I did, but impatient me-- wants the old me back-- like-- yesterday already! But when I stop and remember all that was broken almost 12 weeks ago--- I really did come far. I just can't look too far down the road; it feels very big and overwhelming. There has been so much physical healing taking place that at times, I wonder if I even began to grieve. Do I focus too much on what my body needs instead of what my heart needs?

A MIRACLE!!!!

By RoseAnn Kuhns — Jun 20, 2014 5:21pm

She talked!! Will add more later!

Yes, she really truly did. Wow! I hardly know what to say or how to say it. I feel all jittery. Is that a word even? Anyway Joe had taken Jodi and Janessa in right after lunch today. I was too tired to go in, having therapy two days in a row is really hard work. Anyway they had asked Jodi and Janessa if they want to get in the pool with Jana. And of course they did. So Jodi wore a set of Jana's clothes and Janessa wore one of Jana's tee shirts. And what fun they had in the pool with Jana. Jana was able to walk by herself in the pool for short distances. The therapist was also having Jana do other exercises, too. Janessa was saying the wrong name for Jana's therapist and she told Jana to tell her sister what her name is. And Jana goes, "ah, ah ash" well!! The news went pretty fast that Jana was starting to make sounds and her speech therapist came and they had speech therapy in the pool too. So Joe calls me and when I answered the phone, I heard this weak scratchy sounding "mom" and my heart lurched. I was so sure something terrible had happened to Joe and Jodi was calling. So I asked, "who's calling?" And again I hear "mom" and then I knew it was Jana. She said something else but because we have terrible cell phone reception at our house I couldn't understand what she said. Joe took the phone then and said, "Yes that was Jana." I said "stay right there I'm coming in." I suddenly had more energy than I had all day and Justin had just got home from work so I told him to quick change we are going into the hospital. I simply had to get in there! And that was the very longest ride I ever had! The traffic lights seemed to all turn red just before we got to them and traffic was awful. But eventually we got there. And Jana had just got out of the shower and when I was wheeled in her room she said, "hi mom." And I cried! Can any of you begin to imagine what that felt like? She did not talk for ten days shy of three months! It was the most beautiful thing I heard since her laugh.

THANK YOU, JESUS! THANK YOU!

"Hi Mom"

By RoseAnn Kuhns — Jun 21, 2014 7:40pm

That's what I heard this morning when we got into Jana. Do you have any clue how totally awesome that sounded? She was working on a one hundred piece puzzle when we got there, which she finished then. We had also taken lunch in this time instead of getting it from the cafe. A friend and her daughter came yesterday and helped me (well truthfully they did more than I did) make: Best Ever Meatballs and Spaghetti Sauce and a Seven Layer Salad. We also took rolls and a dessert. Jana really enjoyed everything. And her nurse put a bed sheet on the table for a tablecloth (Joe actually thought it was a tablecloth I brought along till I told him differently) and help set up in the therapy room which is close by. It was so nice but even in the niceness my heart deeply ached for the missing little girl. As is our tradition, we shared the big candy bar Joe got last Sunday at church for Father's Day and we had two pieces left. We cried. They were Jennie's. We decided to save them for next balloon release which is still in the future-- someday when we are all better. I wonder, how can I survive this roller coaster ride, going from joy and excitement at our daughter's greeting to pain and crying missing our other daughter? Truth is I hate roller coasters. I even paid my friend's way into Dutch Wonderland to take Jennie and Jodi last summer. They earned tickets from the library and wanted to go so badly. I am glad I did that. But I can't find anyone to do this for me, it is a ride I must go on myself. Thank God, there's Jesus and God and praying people. We also read a book together, I've read this book quite often at home already to our little girls. It's called "Tear Soup- A Recipe for Healing After Loss". It is such a lovely book and it is so helpful in putting words to some things for our two little girls, well even for this mom too.

Another good thing, I slept with my sweet hubby last night. The first time in almost 12 weeks! That means I made it up the steps. I have to admit it felt somewhat strange, sleeping with another person again. But I also felt a little bad for him, as he admitted he didn't sleep quite as good as the night before. He was afraid he'd roll into or bump my arm and cause me pain. My arm is still rather sensitive. So if you think about it, please say a prayer for us that we could sleep well at night. Also pray that Jana's right side would begin to work better, especially her arm and hand. She wants to come home so badly and we want her to come home just as badly, too. But I am not able to care for her very well and she still needs some assistance with some things.

A New Hi light

By RoseAnn Kuhns — Jun 22, 2014 8:03pm

Jana got to experience another new activity today. She had Sunday school for the first time in 12 weeks. One of our pastors' wives took some girls in and they did a craft together and I'm not sure what all else they did and Jana really enjoyed it. We also enjoyed our time with her this afternoon, too. I just can't wait to bring her home.

I had more pain again today and I think it's because I sat too much yesterday. We were in with Jana for most of the day and I wasn't able to lie down and move around as much as I normally would. So I think my pelvis and back didn't like that I didn't move around as much.

Today was also another Tear Soup making day. I miss Jennie so badly! Her smile, her giggle, hearing her say, "yes, mama". But even the memories hurt; it reminds me of what I no longer have. And the future looks even harder, how do you go on when the dreams and hopes and plans you had, no longer have that smiling face here to enjoy them. To look back-- hurts, to look forward-- hurts. Life is one great big gigantic hurt right now. Thankfully, I know Jesus.

Continued Progress

By RoseAnn Kuhns — Jun 24, 2014 9:20pm

Jana is continuing to improve; yesterday she used a different walker, called a platform walker. It has an arm rest for her right arm to lie on and yet she can still push it with both hands. Quite an interesting piece of equipment, but it is in hopes to get her to walk independently, which is one goal for her to be able to come home. And today her walking went better than yesterday, so please pray for her right side to continue strengthening. She wants to come home so badly and we want her here just as bad. It hurts so much every time I leave and she has to stay. She also started a scrapbook today, too. She said she cut out the pictures and papers herself using her left hand. I was very pleased with her layout. She did a great job. She wants to add stickers yet.

We had a tour today of one option for Jana's out patient therapy. It is a pediatric therapy for patients up to 21 years old.

They also had a pool which impressed Jana, she is hoping for regular pool therapy. Again pray that we would know what is best for her needs.

Also please pray for our other four children. Some are really struggling with me being gone larger portions of the day and some are struggling with all the losses our family has been suffering. And as a mother I would love to ease the pain for them but I can't. I have never before felt the pain I feel now. And I think I can imagine or know why, some people chose to medicate their pain with drugs, porn, smoking or even denial or following religion. It's because they don't know Jesus. They don't have an alive relationship with Him. Jesus has been carrying me though this or I would not be here today. I have felt God in ways I never even dreamed possible.

Good News

By RoseAnn Kuhns — Jun 26, 2014 8:02pm

I went to the Dr. who did surgery on my arm. And although it still is not completely healed and I need to go back in 4 weeks, I can begin to use it more than I had been. I still have pain in my arm so hopefully that will soon get better. They took an x-Ray of my arm and I could still see the break as well as all the metal in there too. I have to admit it was somewhat intriguing and also amazing. And I am ever so thankful I still have my arm and will probably have full range of movement, with continued therapy.

The other thing we were told by Jana, was that in two weeks she might be able to come home. Now that was not told to us by any of the staff, but we do have a meeting next week. So please, pray really hard, that her right side continues to strengthen so she can come home sooner, rather than later. And Jana is also enjoying being able to read again. She's reading "In Grandma's Attic" and also her therapist had her cleaning the tables in the dining room after meals. Today she looked at me and half laughed. I asked her what she found amusing. And she says "you". I was like, how am I so funny? She shrugged and said I think you're acting funny because I said I am coming home soon. I told her we miss her a lot and I think she misses us just as much. She agreed it's a close equal.

Please continue to pray for us as we continue to identify and grieve all the losses in our lives. It almost seems that the better I feel physically, the more I feel the pain and losses. And it's a continual see-saw ride, being excited for the good news yet feeling the deep pain and hurt over the losses. Some days I wonder if, maybe, I still have a brain injury, I feel so stretched, so pulled. Almost like a yo-yo. And not knowing what or how I'm going to be feeling. But even through it all, I do feel a deep peace that I know can only come because of Jesus holding me through this and I am so glad I can rest in His arms. That I don't have to do this alone. And I relate so well with these sentences I read in a book given to us. "In the experience of loss, we come to the end of ourselves. But in coming to the end of ourselves, we can also come to the beginning of a vital relationship with God." So let's allow our losses to draw us to the arms of our Father, who loves us fiercely.

A Birthday Celebration

By RoseAnn Kuhns — Jun 29, 2014 7:46pm

Today is Jodi's birthday, so we celebrated it in the hospital with Jana. Justin brought JoAnn & Jodi in after church and the fellowship meal. Then we watched Jodi open her gifts and we all enjoyed cake and ice cream. It was a fun time, although I missed Jennie. One of the nurses had brought in a pack of party noise makers, there were 8 of them, so we kept the one for Jennie to put on our future balloon release. There are so many ways we miss Jennie.

When I talked with Jana tonight, she said to tell everyone she said, "Hi."

I've been reading a book on grief and according to it, losing a child is one of the most stressful things to happen in a couple's marriage. And I would tend to agree, because I as a female grieve quite differently than my husband as a male. Then add in my injuries and still needing therapy and also needing to be at the hospital for Jana. We have a recipe for possible disaster, although I don't believe it has to be. I've read communication is very vital to survival, but there are times I can't even think, let alone communicate what I feeling. But today we watched the DVD made by the Mullet family that someone gave us and they sing a song and I've heard it before, When the Hurt and the Healer collide. It is a most beautiful song. I copied and pasted it at the end. I can very much relate to different phrases in the song,

"I'm alive

Even though a part of me has died

You take my heart and breathe it back to life

I fall into Your arms open wide

When the hurt and the healer collide"

And
"Breathe
Sometimes I feel it's all that I can do
Pain so deep that I can hardly move
Just keep my eyes completely fixed on You
Lord take hold and pull me through"

It does feel as though a part of me died and in a way that's true, part of me and my hubby did die, when Jennie died. And it is only because I fall into His arms that I can even begin to continue living, or even wanting to go on living. But it also creates a strong longing for heaven, for Eden, for the kind of life I was originally created for; yet sin has so confused, muddled and touched my life that I am so grateful for my heavenly Father's arms and for the peace from Jesus.

A Prayer Request or Two

By RoseAnn Kuhns — Jun 30, 2014 8:05pm

We are having a meeting tomorrow about Jana's future care and needs. I am asking you to pray that we would be able to have clarity to think through and make decisions that would be best for Jana's health and needs. We want her home yet I know we can't yet give as good care, especially in the physical therapy realm, as they can. So pray to that we could be patient as well.

Also it is 3 months since our lives forever changed. And today at therapy I ran into a gentleman I ran ambulance with years ago. He wondered how I am doing and I said "I'm alive!" He's like "yeah, I read about you in the paper." And you know, I really am glad I'm alive, yes I still long for heaven but I can't shake this feeling that there is a reason I'm still here. I admit that, even not so long ago, I almost wished I had died too. I had more pain than I ever had and felt like there was so little I could do, what was I worth? And then the other evening, God brought to my memory something a nurse told me at LGH. She said "I like to come to your room at night to do my paperwork; it's so peaceful in here." My first thoughts were: "wow, you're a bit crazy" and "I'm in so much pain, how can it be peaceful?" And "everything in me is so broken up- peaceful?!?" But I decided she was right and it had nothing to do with me, really. It's because she felt Jesus' presence in my room. I know she did because I felt Him too. And I feel Him to this day yet, even though I do not begin to understand why He has allowed these awful things to happen to us. But I am choosing to believe that He has my best interest in mind and that He loves me deeply. And I am sure that somehow He will use this whole thing to bring glory to His name.

Another day....

by RoseAnn Kuhns, July 3, 2014

....In this journey of loss and grief. There are times it just hits me hard, all the losses we've had. And I can hardly believe I'll never hear that sweet little girl voice saying, "yes, mama" or "I love you." Or to hear her giggle and laugh. It's hard to keep both sides balanced, the one side where I just want Jennie back to hug her and hear her voice, and the other side, she's with Jesus and having the best time of her life. To just simply hold both in my heart and be okay with the deep pain as well as the deep joy. I'm so glad I know Jesus. We had our meeting and it went well. At this time we do not have a date set for Jana to come home but she will have a home evaluation in a little over a week. Which is when her therapist will come here with her and observe what problems Jana might have with getting around in our house and give us pointers on what is the best way to help her. And then they will go back and spend more time in therapy teaching Jana specifically how to be mobile and keep her stability so she won't fall in our house. And probably after that is when we can make a coming home date. We also had a brain injury support meeting last night. We met a gentlemen who had a severe brain injury from an auto accident in December and it was so encouraging to talk with him. He is back to driving and working part-time and if you'd meet him you would never know he had a brain injury. Although he and his wife can still notice some areas that aren't quite the same as before, but they hope with time and healing even those areas will come back. We've been told brain injuries can take up to 2-3 years to heal. As we continue to learn about our injuries and the healing process, I am just amazed at how wonderful, amazing, awesome and beautiful our bodies are made. Thank you, God! I have a specific prayer request. At our brain injury meeting last night two ladies shared about a group they started for brain injured people. They go do a lot of fun things together. There is an activity Jana would love to go to but she would probably need to be home to be part of that. The activity date is July 23, so please pray that she could be home in time to participate in that activity. It is her right side that is just not quite strong and stable enough to be completely independent. And because of my injuries I am not able to help her as much as I would like, so as much as we want her to come home, the rehab hospital is the best place for her needs right now. I also want to thank all of you for all you do: bringing meals, clean-

ing, babysitting, visiting, praying and all the other ways of caring that I can't think of right now. May God bless each of you.

Reasons to Smile

by RoseAnn Kuhns, July 5, 2014

Yesterday morning while driving into the hospital to see Jana, I heard on the radio Seven Reasons Why a Christian Can Smile. I wrote down 3 of them right away that spoke deeply to me. Here there are-- I can smile because Jesus in me is stronger than Satan in the world. I can smile because I have hope beyond the circumstances I'm in. I can smile because I have a home in heaven waiting for me. Now I may not have gotten exactly as the man read them but pretty close. I'm going to research sometime and see if I can find the other four. Anyway when I heard those reasons, it brought to my memory something one of the patients and nurses said to me when I was still in the rehab hospital. The patient asked me what brought me to the hospital. When I told her my story, her mouth dropped open and she said, "If that were me, I'd kill myself." I thought to myself, 'not too long ago, I probably would have.' I only got "well" out and she continues, "It must be your faith, you must have a strong faith." I was able to tell her, I do have faith and it's only because of God and Jesus that I am where I am. And she replies, "Oh, but I'm Jewish" and she wouldn't talk to me anymore. But later one nurse told me that some of the patients were wondering how I could smile after all that had happened to me. And although I don't remember word for word all we talked about, I know I mentioned it was because of Jesus that I could smile. But think about it-- Jesus in us is stronger than Satan in the world. Isn't that wonderful, awesome, exciting and breath taking? We can have unending strength because of Jesus in us! That is a reason to smile! We only need to be humble enough to say, "I can't do this, I need Your help Jesus."

Yesterday Jana went in the pool for therapy again and she had wanted her family to join her. So the therapist made plans with us, previously, to have a pool party on the Fourth of July since Joe had a holiday. JoAnn had to work but the others did go in with her, after she had some one on one time first with her therapist in the pool. They all had a great time. It just amazes me that Jana can walk unaided in the pool. It seems to me that it would be so much harder. Jana is also now at the place the day shift nurses can help her walk, but she gets too tired come evening that she does poorly enough that the therapist doesn't want her walking then. Partly so she doesn't get in the habit to walk sloppily or the wrong way. Today she was able to lift her right arm higher than I had ever seen before. It was so exciting! She can grasp things in her right hand but her fingers won't straighten out, by themselves, to let go of what she grasped. So please continue praying for that right side, she longs to come home. And at times it's only through the strength of Jesus that I can walk out and leave her there. My mother heart simply wants her to be with me, where I can care for her, but my head knows that she is receiving the best care for her needs right now. But it doesn't make it any easier to leave her there. I too, continue to slowly keep improving. Last time at therapy they increased the workload on everything I did. I couldn't even walk anymore when it was time to leave, between the weakness and pain, I was totally wiped out. A prayer request for me, I am so tired and quite frankly, I'm simply tired of being tired. Most days when I wake up, I'm still tired and I know some of the pain medication does that to me, but I'm longing too, to be stronger, to take back more of my responsibilities.

Transformed

by RoseAnn Kuhns, July 6, 2014

"We will not be delivered from suffering, but with God's help we can be transformed by it." That's what I read today in one of the grieving books we have. And I know in this life we will always have suffering, and I know too, it was not in God's original, perfect plan for mankind. But it was the second part of the sentence that caught my heart "but with God's help I can be transformed by it." That excites, encourages, and draws me, my heart. And I know suffering is certainly not pain free and neither is transformation. But still it is something I long for and yet I also wonder, Why can't transformation happen without suffering and pain? Maybe because suffering and pain can soften my heart like nothing else can. I also realize there is another option for me, I could allow my heart to harden and work harder at being a good Mennonite or church member or even a 'good' Christian, but the truth is suffering really should draw me-- my heart to the heart of my Father, and the closer I am to Him the more transformed I will be. It's more about where my heart is than what I do, more about having a relationship with the Father than following a rule book. Don't get me wrong, I think rules are important. I have rules for our children to follow. I'm not against rules, I believe they are necessary, but if in my relationships with our children the rules become more important than the relationship, my heart has hardened toward them. And children are not drawn to hardened hearts. Anyway there are some of my rambling thoughts. Do you have any idea how wonderful it is to answer the phone and hear "Hi, mom. How are you?" Makes my heart skip a beat! Jana has also been moving out to the nurses' desk and after she locks the wheelchair in place, she reaches and pulls herself up to standing. She says her butt gets tired of sitting so she stands for awhile till her legs get tired. Then she sits

down again. That little bit of freedom makes her feel so good. We enjoyed a fun late evening outside watching fireworks. The weather was about perfect. One of the nurses arranged for us to take Jana outside and told us where a good spot was to see the fireworks. The children thought they were pretty just not near loud enough. I was quite glad they weren't any louder.



I am.....

by RoseAnn Kuhns, July 9, 2014

Tired of:

~pain. I know pain is a gift, I read a book once with a title close to that but still I'm tired of always being in pain. It wears a body out and drags my spirits down.

~being asked everyday, "How are you?" Or "Are you doing okay?" "Or are you well?" Or something like that. Truth is most days I haven't a clue. I'm alive but more than that? I'm not sure and some days I wonder—am I still alive?

~being tired. It's just no fun getting out of bed every morning feeling like you should be crawling in it instead of out of it.

~trying to plan things. How can you plan when you aren't sure what to plan for? When you aren't even sure what your needs are? Or what it is your family will need or want.

~crying. I think it's safe to say- I've cried everyday since March 31st or at least since I have been aware and remembering.

~going away so much. I mean before, there were weeks, I didn't go away much more than to church and do the grocery shopping.

Angry:

~at God. Why did He allow this kind of awful stuff happen? Where was He March 30? Why didn't He keep our car from sliding into the other vehicle, He very easily could have. Why didn't He protect Jennie from death? Why am I still here but not her? Why didn't we leave later or earlier? Why did the other vehicle have to be there? I know there are some questions that will never be answered, but I still think God wants me to be real and honest and ask them anyway, to talk to Him about it.

~at my hubby. He rolled in bed the other night from one side to the other side and never woke up.:) I can't roll from my back to my side without first waking, from pain and moving pillows and then rearranging the pillows to make this painful body comfortable to sleep again.

~that we don't have a normal family life- like we used too. We have to find a new normal family life. And it's hard when life feels turned upside down.

Curious/embarrassed:

~we have help coming regularly and at times I wonder what they must think? Cleaning up someone else's dirt, folding someone else's laundry. At times it feels like we don't even have a private life.

Sad:

~I had no idea you could miss a person so much.

~I wish I would have done some of the fun things Jennie had been asking to do this winter and I told her we'd wait till spring. But now she's enjoying spring in heaven.

~I can't really do any gardening or take care of the flower beds. Although I did manage to pull a few weeds in my herb bed last week.

~we have lost so much through this situation and yet each time a 'new' loss shows its face, tears are not far behind.

Thankful:

~for my Heavenly Father, He has never left me and has been carrying me an awful lot lately.

~for Jesus, He comforts my heart.

~for my dear hubby. He has given up a lot and has had to do some things that were rather new to him. I love him.

~our children. Each one has had to fill in- in ways they never did before as well too. I love them.

~for friends, who do lots of work for us and care for us.

~for Drs., nurses, therapists and all the other people God has prepared to meet our needs.

~for monetary gifts from unknown persons. Driving an hour every day takes gas and gas isn't exactly cheap. May God bless you. Thank you.

~tears. Tears are very healing.

~pain. It means my body is healing and I'm making progress. It was time again to do some testing, to see how much I have improved and how close to the goals I am. And I happy to report I have made big improvements, I'm stronger and faster than I was 4 weeks ago.

~that today, for the first time since the accident, Jana walked by herself 150 feet and she also did some steps!!!!!!

~that Jana's transfers from chair to chair are continuing to improve.

~that Jana's right arm is continuing to strengthen.

~for the many memories we have of Jennie even if some bring pain.

~for the many people who do care and ask me questions.

~for tiredness. It makes me slow down and life can be enjoyed more, can be savored, and processed. The birds sound lovely at dusk.

~that I can go and be with Jana and go to therapy.

There are many other emotions and feelings and questions and thoughts in my heart, some I'm not sure I have words for, but thank you praying for us and please continue to pray. The journey is long and hard and we are nowhere near done yet.

A Short Update

by RoseAnn Kuhns, July 12, 2014

As Jana read over what I had posted earlier, she wanted me to clarify something. She wanted you to know she went up some stair steps by herself with what the therapists call close supervision. I forget how many she said she had walked up but if I remember correctly she did them twice. Yesterday Joe was trained and approved by the therapy staff to walk with Jana, and I was trained and approved, as well, to help her with going to the bathroom. Jana was quite delighted with us being allowed to care for her more when we are there with her. Today Grandpa Kuhns' came and brought us a very delicious lunch. We enjoyed being outside for a little bit, it was somewhat warm but my arm liked that. I am trying to see if I can eliminate one of my pain meds. It is the pain patch that gives continual pain relief medication. I think I can let it go although I did have to take more of my one other kind of medication but still it's not quite as much as the pain patch was. The dr had told us how many pills would be an equivalent dose and thankfully I didn't need that many yet. My arm still aches and hurts a fair amount; I can't wait till it feels a little more normal. My walking is going much better unless I just had therapy. The last day I was in I couldn't walk when I left, my legs were that tired or weak or something. All I knew is that I thought I might collapse if I tried walking, so my dear hubby rolled me out to the car. Please keep us in your prayers as we continue grieving.

Home Evaluation

by RoseAnn Kuhns, July 15, 2014

Jana had her home evaluation yesterday and it went well. There are some things they need to practice and work on in therapy but it looks like she'll be coming home within a week if all goes well. I can hardly believe that she will be coming home soon. It feels big and almost overwhelming to me as I'm not as strong and able physically as I wish I was. And there are some things she will need my help to do yet. She will also need to go for therapy several times a week. It is about 3 1/2 months since we've all been here, but we still won't all be here. There is one precious young face not here with us. I would never have believed one could feel such deep, gut-rending, heartbreaking pain and still be alive. But I have to wonder is this the kind of pain God felt when He 'lost' His Son? When Jesus came to earth and then died to save us, to give us eternal life? I would tend to believe God really does know and understand the pain I feel in losing our sweet daughter. His only Son died one day and although I know

He rose again, I still believe that separation was quite painful. After all we are created in His image and if we feel emotions, so does He. And in reading through the Bible, it's pretty plain to see and hear the emotions God has for those He created in His image. It sure makes a longing for heaven and heaven doesn't seem so far away anymore. Also please continue to pray for us and maybe especially for our little girls as they continue to process all that happened to our family. This morning one of them said she wishes she could die so she could go and play with Jennie. She misses playing with her. I told her I can relate, not necessarily that I miss playing with Jennie, and yet I do, she was the one who loved playing games. We had just bought a new game over Christmas and I just can't bring it out and play it right now. But I also miss her smile and her eagerness for life. I simply miss her. They also play quit differently than our older girls did at the same age. Instead of playing with dolls and being mamas, they are nurses and therapists and subject their father and occasionally their brother to some almost abuse. They've been given stethoscopes, syringes, bandages and tape, and miscellaneous other nurse and therapy items. And they put bandages and blood pressure cuffs on their "patients" and try to help them walk. It is almost funny and the truth is, sometimes I do laugh at their creativity, but yet I wish so badly they wouldn't have had to learn about it, at this young an age or in such hard way. And yet I've been told by different nurses and therapists that they were quite young when something happened in their family and they had decided they were going to pursue training in the medical field. So I do believe it will be interesting to see what they decide to do later in life.

She's Home!!!

by RoseAnn Kuhns, July 18, 2014

Yes, we've brought her home! We stopped at Chick-fil-A for our lunch on the way home. Please continue to pray for us as we learn how to reconnect as a family and continue our grief journey. And also please respect our family life by calling before you stop in to visit. Thank you!



Submitted and Faithful

by RoseAnn Kuhns, July 20, 2014

We watched Rick Rhodes first sermon on his 'Sold Out' DVD this morning for our church. The title was "A Jealous God". And it surprised, thrilled me to realize, to be reminded that God is jealous for me. Longs deeply to have a close relationship with me. And Rick's definition of being submitted and having faith-- is saying "Yes, Lord", before you know the outcome of what you've said yes to. Giving God complete control, being willing to go, to do whatever He has for you. And back in November, when we started taking counselor training classes at Life Ministries, although I didn't realize it then or maybe verbalize it quite the same way-- I did say "Yes, Lord." Someone had asked me if there is a specific reason I'm taking these classes, and I said yes there is something I'm looking for, something I hope to find. Again I'm not sure I could have very well articulated what it was but God knew. And I was quite determined that by the time those classes were done; I would have what it was I was searching for or this Christian and God stuff was all a dreamed up thing. And that weekend I met a Jesus I never knew before. In a room full of fifty or more people, I cried, sobbed like I haven't in years. And as I told them later, if they would have had heavenly vision they'd have seen Jesus tenderly holding me as I was crying. And that is the moment my life forever changed. I was and still am, willing to say, "Yes, Lord." Even though right now we are in some of the hardest, most painful stuff I imagined a family could go through and feel. God as a Father knows what it feels like to suffer and He has not asked me to go through what He has not first gone through. Even though there are many times I'm tired of the pain, tired of trying to come up

with a different schedule or plan to make everything work out. Even though there are a lot of mixed feelings in my heart and I don't begin to understand what it is God is doing, I am choosing to trust, to believe His heart is turned toward me and that He loves me and is jealous of our relationship.

Today was another first, it was the first time since the accident we sat together as a family here at home and ate supper, but there was an empty chair, a missing person. JoAnn had been at Passion Camp this weekend and was not here Friday when Jana came home. And as we went to pick JoAnn up, I was again reminded of some more losses we as a family are having. There were lots of people out camping, picnicking, fishing, and even driving past pretty flower beds and gardens, etc. And I had to cry, realizing that all the fun and not so fun (like pulling weeds) things we had planned to do this summer, we can't do. We need to heal, to make a new normal, but how do you even begin to heal or find a new normal when each day feels so overwhelming that I question-- will I survive this day? Please continue to pray for us as we adjust to Jana coming home and we try to find a new normal.

Jana's Therapy

by RoseAnn Kuhns, July 22, 2014

We had Jana's evaluation at her out patient therapy and it looks like she will be going about three times a week. And we're hoping her schedule can coincide with mine especially since I'm not driving yet and our therapy locations are quite close to each other. (I tried once to drive and it was a bit much for my brain just yet and my right arm just couldn't turn the steering wheel.) Anyway they are hopeful that they can be a big help for Jana's right side. They've told us they plan to have exercises and stretches for Jana and for someone to help her also, to do here at home. I have to admit that looks big to me as I know my right arm can't take what she was showing us in therapy. Which means it will fall on my dear hubby or son and it feels at times there isn't enough of my hubby to go around. I wish I could do more butSo please pray that my hubby would have the strength and courage and grace to do all he needs to. Looking on I think he has to carry quite a load and I wish there was more I could do. It has been a hard day for me too. I felt like yelling at God, "It's just too much, I'm so tired of the continual struggle, of missing Jennie everywhere. Why? Why?" But that song keeps going through my head, I hold on to what I know, that you my God are real and You've never let me go.

A Good Report

by RoseAnn Kuhns, July 24, 2014

I had a Dr. appointment today about my arm and he is pleased- the bone is healed, but when I wondered about the pain I'm still having he said, "Lady, you didn't have just a broken bone, you had a seriously broken bone and surgery and there's still a lot of soft tissues that need time to heal as well. And you may never be without pain again." Ooookay, thanks-- that's just what I wanted to hear. To never be without pain--- I'm rather tired of pain. But they printed out a picture of my arm x-ray for me and the children, at least some of them, thought it was kinda cool. I have to admit there is a certain amount of something, not sure if it's really cool though, to be able to see what he put in my arm and it's amazing to me the way God made our bodies to heal. But I have no more restrictions, so I'm not sure I want to go to therapy now, not sure what they'll make me do now with no restrictions. Truthfully though the therapists, at least most of them, are very kind and careful, so I don't think I have too much to worry about. Jana had some therapy yesterday. Her PT evaluator seemed rather concerned about some of her posture especially when walking, but it is a result of her brain injury. And her brain needs to be retrained to get the messages to her muscles and tendons to relax and constrict properly. And her body needs to be exercised properly and muscles and tendons need stretching and strengthening if she is to regain her dexterity and stability. Seems like a big long road ahead. And also thank you for praying, Jana came home in time and got to go to the activity she was hoping to go to. We both went to Jen's Pottery Shop and each made a small dish. We were given a piece of glass and then more small pieces of glass in different sizes and shapes to make any kind of design we wanted to on the larger piece of glass. I wish I would have remembered to take pictures when we were done creating. The lady has to kiln them twice before we can pick them up. We both enjoyed our evening. Please continue to pray for us as we continue to adjust to the ever changing needs in our family and for sensitivity to see the different needs in each of the children and for wisdom to know how to meet those needs. Again I keep telling myself to, "Hold on to what I know, that you my God are real and You've never let me go."

A Beautiful Day

by RoseAnn Kuhns, July 27, 2014

This is one of the most beautiful days I've experienced in awhile. Yes, it's also been painful physically and emotionally but still it's been good. A pain pill took most of the physical pain away and two ladies and their daughters came from church to be with Jana and me. And we talked about Jennie, the time we were at the hospital, Jennie's funeral, and therapy; and we read some verses from the Bible, too and then they prayed. The girls prayed for Jana and the moms prayed for me and yes, I cried but even in the crying, it was beautiful. Sometimes it feels like people have forgotten we lost Jennie, or maybe they think it'll hurt more to talk about her, or maybe they are uncomfortable with my tears, or maybe it's easier to talk about broken bones and brain injuries than broken, hurting hearts. Or maybe they have no idea what to say, maybe they're afraid they'll cry, I don't know, I'm not sure. Yes, it seems we as Mennonites have done well in taking care of physical needs for people, but we have done a poor job when it comes to the needs of our heart. And I've often wondered, why does it feel like we have a problem with crying? Why is wrong to cry? Crying produces tears and I'm positive I read in a Book somewhere that Someone collects my tears in a bottle. And in the past seventeen weeks, with all the tears that have fallen, I'm sure He has quite a collection of bottles by now. Also that Someone has my Jennie in His presence and rainbows can only be made with water and sunshine. Tears are water and God is light, so I'm certain Jennie is surrounded by the most beautiful, sparkly, shimmery rainbows ever. So I will keep crying for awhile, Jennie liked rainbows and I feel better after crying. And after making sure we'd be okay alone, the ladies and girls went back to church. And it has been gloriously quiet now and that has been something I've been missing lately although I didn't realize how much til now. Joe would take the children to the hospital to see Jana and I would enjoy a lovely quiet afternoon. Since Jana is home I don't have those quiet afternoons, because in a houseful of children and people there is not much quiet time, not much time to sit and be alone with your thoughts, to reflect on our changed life, the losses we've had in the last seventeen weeks. Justin is planning to go to camp this week. Please pray for safety for him and enough energy for his dad as he will need to fill in for some of Justin's chores. And we are so grateful too that it works out for a friend of Justin's to come some of the time and help us out. And thank you for praying for us. I know it is the prayers you offer on our behalf that is making a difference in our lives. We couldn't have made it without you and your prayers.

First Out-patient Therapy

by RoseAnn Kuhns, July 29, 2014

Today Jana had her first full schedule of out-patient therapy. It went well and she enjoyed or at least seemed to, her time in the aqua therapy as well. The evaluating therapist recommended aqua (pool) therapy at least once a week, which Jana was happy about, she enjoyed being in the water at the rehab hospital. She was very tired after her workout. There were some other firsts today as well. It was the first time Jana took a tumble, which was more surprising to her than hurting, thankfully. Please continue to pray that she would continue healing and gaining strength and also that in time she would be completely healed. She also played on a harp. Sue visited us this morning and showed us how to play on a harp. Jana took off her right hand brace and put her right hand around the harp and used her left hand to pluck the strings. Sue offered to let us keep the harp and play on it for awhile. And she also took a picture of Jana which I will put up on the site. Thank you, Sue. Jana also started her Patient Spotlight that the hospital would like to put in their newsletter. And I'm hoping to use it as one of her reports needed for school this year. My therapy went well too, and then I got to sit and relax till Jana's therapy was done. We also got the summaries from Jana's therapy evaluations and reading over them is a bit discouraging, realizing again all that Jana can't do and all that she has lost though her injuries. But I am continuing to chose to trust and believe in a Great Miracle Healer and I know He may not allow complete healing, but I do believe He could. I really want Him to get the most glory through this whole situation even though I can't begin to understand the "why" of this whole thing. Please also continue to pray for protection over Justin as he is at camp this week and we did get a call and picture last night. He had a small collision with another camper in a game they were playing and got a laceration on his nose. His leaders were concerned about him maybe needing stitches but when I talked to him he didn't really want any stitches, so we decided to wait till this morning to see how his nose was. And he says it didn't hurt anymore. Thank you for praying for us.

A Full Day Yesterday

by RoseAnn Kuhns, August 1, 2014

It was so full I didn't have time or I should say, take the time to update nor did I have energy. We took Jana up to Hershey

for two Dr. appointments, had a meeting with a nurse caregiver and enjoyed listening to some young people sing for us. I got to meet two of the people who cared for our daughter when, some of the time, I wasn't even aware of all she needed or the life threatening danger she was in. I again saw in a small way, just how badly Jana's injuries were/are. The neuro dr. was shocked when he saw Jana, he never expected to see her sitting in a wheelchair, much less smiling at him and talking to him. He showed us her scans of her brain which were taken right after the accident and explained all the white spots were bleeding. My heart hardly knows what to do with the fact that I could very well be mourning and grieving the death of two daughters. Part of me says -- well it didn't happen so don't even think about it, don't even go there but those scans were too real, so much a reminder of how fragile our brains truly are. I have to be willing to think about, to process this piece. I am so glad God chose to hold Jana, to give her life. But that also brings more questions that beg to be asked, why didn't He choose to hold Jennie and continue to give her life here on earth? I'm convinced He could have. Why did He hold me and give me life? Was Jennie more special than Jana or me, I mean why did she get to go heaven and not me--- yet? What about Joe, all he's left with (at least what you can see and feel outwardly) is a tiny piece of glass in his forehead but I still have pain, what have I done so wrong? There are some questions that will never have an answer but I wonder if the reason we have questions-- is to drive us to the One who has the answer, to be willing to ask the question but not demand an answer, to trust in our Father whose heart loves us and longs for us to be close to Him. The ortho dr. was also pleased with her progress but did express some concern for her right side ankle and foot positioning. But did say we'll wait six months and see if therapy can correct it and if not there is the possibility of needing surgery. So please continue to pray for her right side. Again she was pleasantly surprised to see Jana doing as well as she is. And we also found a nurse who is willing and able to come and give Jana help with showering and also the exercises and stretches she needs to do. This nurse also cares for another brain injured individual so she quite readily understood the importance to exercise and stretch Jana correctly. Which if not done right and often enough could increase the possibility of surgery. And the young people that came and sang, some wouldn't have realized or maybe understood (I'm guessing maybe I'm judging them by my past young life), but somehow listening to them, they brought God and Jennie just a little closer to my heart. It was a sweet time. I am again grateful that God knows about our needs and has provided people to help meet them.

P.S. We picked up our plates from the pottery shop. I am posting a picture of the one I made.



I will be with you.

by RoseAnn Kuhns, August 3, 2014

That's what God told Moses, when he asked, "Who am I to appear before Pharaoh?" And I am choosing to believe that's what God is saying when I ask, "Who am I to appear before Drs, nurses and therapists? Who am I that you allowed us to go through this horrible situation?" A few more thoughts heard this morning from Rick Rhodes second sermon on his Sold Out DVD. "God shows us one step at a time." "When you say yes to God and follow Him, He doesn't waste any time." Each thing God allows is for a reason, to show you more of His heart. And one of my favorites, I even had Joe pause the DVD so I could copy it just like Rick said it. "God is not in the habit of asking people to do things they can do on their own strength." That brought such comfort, relief to my soul, to my heart to hear that again-- I don't need to do this on my own. It's okay to say, "God I can't, it's too much, I need you." If you look for Me wholeheartedly, you will find Me. Jeremiah 29:13 We enjoyed a good evening with out of state friends. They even brought supper! Sausage burgers on the grill. We talked about Jennie and many other things, we cried together, the time was too short. And they had to drive home yet tonight. And we are looking to another week of therapy and trying to continue putting our family and lives back together again. Trying to figure out how to continue living when a part of you has died, when you aren't sure who you are or who you are becoming. So please continue to pray for us. Thank you!

Emptiness

by RoseAnn Kuhns, August 8, 2014

That is the best way to describe my heart right now. I have no words in my head to put to all the feelings in my heart. So please pray for me but I don't even know what to ask you to pray for, so I only hope God understand the tears, the crying, and the groaning of my heart. Thank you.

A Poem

by RoseAnn Kuhns, August 14, 2014

A friend sent this poem and it puts a few words to the overwhelming deep pain in my heart.

No farewell words were spoken,
No time to say good-bye,
You were gone before we knew it,
And only God can tell us why.
My heart aches in sadness,
My silent tears flow,
For what it meant to lose you...
No one will ever know!

This one I found online and it too helps to put some words to the feelings in my heart.

PLEASE!!! My Poem On The Death Of My Child

by CRYSTAL (SPRINGFIELD,OHIO,CLARK)

Please, don't ask me if I'm over it yet
I'll never get over it
Please, don't tell me she's in a better place
she's not here with me
Please, don't say at least she isn't suffering
I haven't come to terms with why she had to suffer at all
Please, don't tell me you know how I feel
Unless you have lost a child
Please, don't ask me if I feel better
Bereavement isn't a condition that clears up
Please, don't tell me you had her for so many days
What days would you chose for your child to die?
Please, don't tell me God never gives more than we can bear
Please, just say you are sorry
Please, just say you remember my child
Please, just let me talk about my child
Please mention my child's name
Please, just let me cry.

Caring

by RoseAnn Kuhns, August 23, 2014

People have often told us, "We care about you and your situation." But I've learned or maybe discovered is a better word. It really truly only feels like care when they support what is important to you or meet a need you have, even if or especially if, they don't understand the need or why such a thing would be important to you. Yes, I know there's the whole thing of immaturity and not seeing the other side or the whole picture, etc. And in my 20 years of being a mommy I've been told numerous

times by different of my dear children, "You must not love me cause you don't give me that or do that for me." But if we're boldly honest and brave enough with what is in our hearts; it's not just a child thing, we say something of similar nature to God. I know I have said something very similar to God and I have to admit I even have said it about people and yes I will even admit to being rather immature right now. I just can't begin to see, to understand what in the world was God thinking, to allow Jennie to die and all the other losses our family has been through these past almost 5 months. I want our old life back, I don't want to have to find a new normal. Doesn't He love me or care about me? My head knows He does, my heart doesn't always seem to know or believe He does. But then I remember this song:

We pour out our miseries
God just hears a melody
Beautiful the mess we are
The honest cries of breaking hearts
Are better than a Hallelujah
Better than a church bell ringing
Better than a choir singing out, singing out
We pour out our miseries
God just hears a melody
Beautiful, the mess we are
The honest cries of breaking hearts
Are better than a Hallelujah

And I realize God is looking at the complete film, I am only seeing this snapshot. I can't begin to understand how God could hear a melody from my hurting, broken, messy heart. And I hope that when I am in the position to care for people that I will remember what I've discovered.

Guess what?!!

by RoseAnn Kuhns, September 8, 2014

Someone, I suspect lots of someone's, gave money to someone else for us to go to Sight and Sound to see Moses!!!! We were told several things, they have places for wheelchairs, we need to be there early as they let the wheelchairs go in first and the call in fee was also included and then the gift card came and so my dear hubby called the other day and we have seats! I am so glad it's something we can do as a family. They haven't been many fun things we can do right now as a family away from home. There is one small problem and that is we can't sit together as a family. And one big problem Jennie would have loved to go to Sight and Sound and she is not here to go with us. I've even thought of not going but I know I can't not do things and make memories with the lovely children we still have with us, but it really hurts. But I've also decided Jennie really does have it made. She has probably already talked to the real Moses and found out all sorts of things we don't know. So thank you to all of you who helped to bless us and care for us in this way, may God richly bless you for it. And as far as therapy, we are still going three times a week and Jana continues to slowly improve and works hard doing her best. Mondays she enjoys her time in pool therapy. Please continue to pray for complete healing not just for our physical injuries but the emotional pain we face every single day from the multiple losses we have had.

Guess What Again?!!!!

by RoseAnn Kuhns, September 12, 2014

Today my hubby got a call on his cell phone and he didn't recognize the number and it wasn't even a complete phone number, so he didn't answer it. But they left a message. It was from Sight and Sound! It said someone cancelled their tickets so we can now sit together as a family! And she is emailing us new tickets to print out to bring along? Can you believe that?!?!? I know someone had left a message here on caring bridge that they would pray that it would work out for us to be able to sit together as a family. I will admit to thinking, "Why even pray about that, there's much bigger stuff that I'd like God to take care of?" So I didn't even ask God to work it out for us to sit together. My thoughts were: "I'm just mostly glad that we are able to go. It's the only family vacation we'll get this year. It's at least something we'll all be seeing at the same time and we can talk about it on the way home." But as my therapist said, "It must have been important to God. He wanted your family to sit together." And as I thought about what she said, I wondered, "Is this one way of God letting me know that He really does care about the little things? And He cares about us finding our way through this hard stuff?" I don't know but I'm thankful that someone prayed and

God saw fit to say "yes."

Jennie's Memorial Service

by RoseAnn Kuhns, September 20, 2014

You are invited to participate in a memorial service in honor of Jennie Kuhns on September 30, 2014 at Gap View Church. Drop-in from 7:00-8:00 pm with a balloon release ceremony planned at 8:15. We will have various displays of Jennie's favorite things, including a display of what she enjoyed doing. Please "bring" your memories that you have of Jennie to write on provided cards, for us to enjoy later. Everyone is invited to participate in the balloon release ceremony. Small note cards will be provided for you to "write a note to Jennie", to be attached to a balloon that will be released simultaneously in conclusion of the ceremony. Please R.S.V.P. by September 26 so we can plan appropriately.

Thank you, Joe & RoseAnn, JoAnn, Justin, Jana, Jodi and Janessa

When it rains, it pours.....

by RoseAnn Kuhns, September 22, 2014

At least that's what it feels like right now. Yesterday was a beautiful day and our church had their annual all day picnic. Now I knew we couldn't go all day but I thought we could enjoy a couple of hours there. We went but the truth is I couldn't enjoy it at all. Soon after we got there I started having pain and I thought it was just because I sat the wrong way on my chair. But it just kept getting worse and then I threw up because the pain was so bad. So Joe took me and Justin home so Justin could take the car back to get the girls. The children by the way enjoyed the day. And my pain kept getting worse, and I was imagining all sorts of things that were going wrong. Anyway we decided to go to urgent care but they took one look at me and you must go to the ER. I must admit I looked pretty bad, I couldn't stand up and barely walk. I was in horrible pain and kept trying to throw up but when you haven't eaten all day there's nothing to throw up. So to the ER we went and I must admit they took me back fairly quickly and started a bunch of tests and a CAT scan and also gave me an IV along with some wickedly strong pain medication. I was hearing kitties and my children talking. :) And when the results came back, it showed I have a small kidney stone. I thought something small can cause that much pain?!?! Truth is I didn't remember quite that much pain from all my injuries received from our accident or any of the six babies I gave birth to! So the Dr. gave me medicine to help relax the tube from kidney to the bladder to make it easier to pass the stone and said it can take 2 days up to 2 weeks to pass the stone. And I must go see a urologist as soon as possible cause he also saw some swelling he didn't like. So could you please pray that this stone would pass sooner than later? I was just beginning to feel like I was making good progress with healing, especially my arm, from all the injuries from the car accident and now this. It's a bit discouraging.

A long overdue update...

by RoseAnn Kuhns, October 11, 2014

I know it's been a long time since I've updated but it has been a long road back to feeling better and I'm still very tired a lot of the time. But tonight sleep won't come and to spare my dear hubby my tossing and turning I decided to come downstairs and write. Somewhere along the way, I passed the kidney stone but then I started running fever and we ended up in the ER again and found out I now had an infection, so they put me on antibiotic and after being on that medication almost a week I had a reaction to it. And I felt worse than I had when I came home from the hospital after the accident. I couldn't eat much, felt nauseous and extremely tired and weak. I was that weak I had to sit and rest after just taking a shower. One good thing I guess that came out of this whole thing was that I was on pain medication every four hours and was simply laying on the recliner and now my pelvis does not hurt and ache like it used to, unless it's a cloudy or rainy day. We had Jennie's memorial service in spite of how I was feeling. I'm ever so grateful for some wonderful people who helped me get ready for it. Even though I couldn't do as much as I wanted to, it still helped fill that emptiness, or hole I felt deep inside, like I didn't do something very important and necessary for our dear young Jennie. It also made the realization in a deeper way I will never ever see her sweet smiling face on this earth again. I miss her so badly at times and still hope I wake up and find this is just a horribly bad dream. But after seeing the wrecked car and being brought face to face with the reality that Jennie didn't even stand a chance to survive and seeing where I was sitting and I just barely survived. I still wonder, why? Why? And we've been told we shouldn't ask, "why?" But to ask instead, "what can I learn from this?" But I at this point disagree, because Jesus asked why? He said, when hanging on the cross, "My God, My God, why have you forsaken me?" And I will admit to asking the same question multiple times. And I can't help but wonder if God is okay with a heart that's brave enough, bold enough to take its questions to God, because it's in that

honesty and authenticity that your heart is going after God. And as crazy as it seems, even though I have many questions that seem to have no answer, I envy Jennie living in heaven, being face to face with the Father and Jesus. It's just not fair! Here I am living in pain and sadness and questions every single day and she is experiencing such beauty and completeness. And so I long deeply for the way God had originally planned life to be, no pain, no death, no sadness, just living a beautiful, fully alive life in a gorgeous garden of Eden. But someday I will be where Jennie is and get to enjoy life the way God meant for us. I think heaven is so much more than we can even begin to imagine or dream of. Jana is still going for therapy 3 afternoons a week and it is going well. She has several therapists who are working her really hard but that is very important if she is going to regain function on her right side. There are times it seems she'd rather be somewhere else rather than therapy and it also feels at times like we are the mean and wicked parents when we ask her to do more for herself. But as her one therapist said that first year of therapy is highly important and after a year the progress slows down big time so it feels necessary to at times harden our hearts and make her do things she'd rather have someone do for her. And it looks like I will soon be able to be done with my therapy. My right shoulder has really loosened up in the last two weeks as they massaged and stretched it a lot instead of having me do a lot of exercises because of my weakness from my kidney problems. My therapist also sent a recommendation to allow me to drive again to our family dr, so hopefully I can talk to the dr Monday and he can give me an okay to drive again. I have to admit I'm not really looking forward to driving. Do you have any idea how scary it is riding in a car after you've been in an accident, especially when it took the life of your daughter and almost your own life? I pity my poor hubby having to put up with such a reactive passenger! Thank you for praying and please continue praying, we still desperately need you to intercede for us. This is not an easy journey God put us on.

I'd like a volunteer

by RoseAnn Kuhns, October 18, 2014

But before you volunteer, maybe I should give you an idea what you're volunteering for. And I'll add a disclaimer here as well, not all descriptions may be totally accurate, this is coming from my perspective and maybe I misread my husband. And this is posted with his approval. What I'd like a volunteer for..... put yourself in my husband's shoes the last six and a half months. Starting with--- coming to and being told, "You were in an accident and your wife is in surgery and we don't know if she will make it. Your one daughter is on her way to Hershey and her situation looks really bad. And your other daughter was killed. How's that feel? Or what about having to plan your daughter's funeral with very little help from your wife? Or what about for the next six weeks, not having any privacy with your wife and neither can you sleep in bed with her, (she's not at home with you). Nurses and Drs don't seem to realize a pulled curtain means please knock, some just barreled their way in. And for the next 2 1/2 to 3 months you can't hug her because of her broken ribs and back. Can't snuggle or sit beside her on your sofa either. Your wife has 3 chairs (1 of which is a wheelchair) which are comfortable enough for her broken pelvis to sit in. How's that feel? Or what about watching, listening to your wife grimace and groan in pain whenever she moves. And there is not one single thing you can do to make it better for her. What about being questioned by your little girls, "Why can't we see mommy?" "When is Jennie coming back?" And multiple other questions you can't come up with an answer because you can barely think. What about seeing your very active young lady daughter lying in bed with all kinds of tubes attached to her and she is not responding to you? Doesn't even seem to know you are there. Or what about only working 20 hours a week, so you can take your wife to therapy and visit your daughter in the hospital? And later spend about 15 hours a week taking both your wife and daughter to therapy. And you still have bills to pay. Do I have any volunteers?? Maybe you need more info to help you decide. Your wife is now home, but is not the same woman who left your home with you. Who is she? What happened to her? Who did she become? Not only did one of your daughters die, but in a sense you have also lost your wife and other daughter. They are not what they used to be, they can't do what they used to do. Now you have to do some of the things they did, like make breakfast, start laundry, go grocery shopping, bathe your little girl, and other things. You can no longer go on coffee dates with your wife, because of your wife's brain injury, coffee is no longer an enjoyable drink to share together. You also need to never again hear your sweet daughter's voice or giggle or hear her saying, "Daddy, can you play a game with me?" Never again eat a cookie that she loved to make for you. Never again hear her say, "Guess what we did in co-op today?" Never again feel her warm kisses on your cheek or her little hand in yours as you go for a walk. How do you help your family grieve and process all the losses they have suffered when you aren't sure how to do it yourself? When your own head feels full and you feel dull, and life just doesn't make sense anymore? What does it feel like to have many different people in and out of your home, you no longer even have privacy there? And in truth this is only a very small part of what you'd be experiencing if you volunteered and walked in my hubby's shoes. And I haven't said much about the shoes on my feet or the ones our children are wearing. Yes, I know you can't volunteer for that, this is the path God has asked us to journey on. But there is something you can volunteer

for. What about entering this painful journey with him, with me, with each one of our five beautiful children still living here on earth with us? What about entering the pain of someone that lives right in your own house, or someone you work with, or someone you merely bump into as you are vacationing. What about being willing to enter the pain in your own heart? Every single person you meet, including yourself, has experienced pain and loss to some level. What does it mean to enter someone's pain? I can't speak for everyone in my family but one way is simply sending a card or email or text. I have a whole box full of cards and I do look through them time and again. It's being okay with them crying, maybe even joining them. Being okay with whatever emotion, even if it's anger, that they are feeling and not trying to tell them some spiritual sounding cliché to make them get over whatever bad feeling they have. One thing I have learned is that most people and especially Mennonites are not okay with those who express their emotions. I have experienced multiple times when I cried or simply got teary eyed. People would look away, change the subject, or get all fidgety and it would appear they wish they'd be anywhere but here. It's being willing to join their questioning about their situation, about the why even though there usually are no answers, even questioning God. One thing I have come to realize in reading the book of Job is, God never scolded Job for his questions, but He did have some pretty harsh words to Job's friends who tried to convince Job he did something wrong or that he didn't keep the law correctly and that's why all this bad stuff happened to him. It's telling them the memories you have of their loved one. Or what you felt when you heard the news of their death. It's being willing to listen to their story and giving no advice on things they could do differently or ways they could improve. It may even be educating yourself on whatever the situation is that they are in, what they are dealing with. How do you do that? First by actually talking to the person, asking them questions but at the same time being very sensitive to them and what they are feeling at that moment. Another way is reading books, articles, etc.

Let me give you an example or two of what someone recently did for us, for me. She brought us a meal. She had sent me a text and wondered if there is something we're hungry for. And since most food tastes all the same to me, I asked our children, "What do want _____ to bring for supper?" The answers I got were: pizza, hamburgers and cheesy potatoes. So that's what I sent back to her along with, "whatever you bring is fine." She brought everything along the children ask for as well as paper supplies for supper. And she told me, "These pink napkins are in honor, in memory of Jennie." She also gave me a hug and we cried together. So I passed that on to my family and at first some didn't want to even use the napkins. So the idea came to me (which I believe was a God thing) and I told them every time you wipe your face, pretend it's a kiss from Jennie. You should have seen the delight on some little faces and heard their conversations. "Jennie kissed me!" "Now I have four kisses from Jennie." And I noticed (even those in our household who think napkins aren't very important and usually don't use them) were wiping their faces. Which led to a conversation about Jennie and how we miss her and what we miss about her. Did this lady have any idea that pretty pink napkins would be a way to enter our pain? I kinda doubt it. How did she know to bring them? I'd like to think she was listening to that still small voice of God's and she followed through on the idea that God gave her. Which, by the way, is a very important thing to do if you want to enter someone's pain; ask God what you should do for that person.

Another day a lady came and said, "How are you? I'm here to do whatever you want me to do." Well, it was one of those awful days when I was wondering, "Why am I still alive?" Every move I made hurt. And the dear little ones were deeply feeling their pain and loss and acting it out. I simply cried. She came and held me and prayed over me and then said, "I was told you might have some cleaning that needs done, I'll clean and you just take care of your little ones." I had another lady come and sit across the table from me and she listened to whatever came pouring out of my mouth. She got teary eyed at times and asked some questions and groaned with me, but not judging me for where I was and what I was feeling. Did she have any wise words? I really don't remember. Could she fix my situation, make it better? Not really. But did she enter my pain? YES!! One day even my therapist entered my pain. In their foyer there was a company selling books and art kits and etc. and since I was early I browsed through the display and that's when I saw it. A tea set, decorate your own tea set. And I thought, "that's what I can get Jennie for Christmas, she would love it." But no! there is no need to buy her a Christmas gift. And the tears came and wouldn't stop even when the therapist came. So she took me to an out of the way corner and asked about Jennie and left me talk awhile and handed me tissues. But I wonder, can we only enter into someone else's pain if we have entered the pain in our own heart? And I think we can only feel the depth of another's pain to the same depth we allow yourself to feel our own pain. Are there any volunteers willing to enter their own pain so they walk beside another person in pain? I believe that is what God is calling each one of us to do. To be honest and real, and brave enough to walk beside another person even when we ourselves are in pain.

Exciting News...

by RoseAnn Kuhns, October 21, 2014



At least I think so. I made supper tonight all by myself! True, it was a Soft Taco Dinner kit that some kind person bought for us and JoAnn did bring the frozen meat in from the freezer, but I really truly did everything else. It was the first meal I have made in almost seven months and I must be a little out of practice cause I took a small chunk of skin out of my finger as I was dicing tomatoes. But everything else went well and according to Jana the tacos were "quite delicious". And it was a lot of fun to work in the kitchen again. Another exciting thing... I had my last day of therapy on Monday. My therapist did give me an exercise program to follow at home to continue regaining the strength in my right arm. Which is quite weak at this point and I am also to try to use it as normally and as much as I can. I am mostly glad to be able to quit therapy but my arm hurts more than I thought it would when I'd be done with therapy. I'm hoping in time my arm will hurt

less. One more exciting thing, actually it might be scary-- I got my permission letter on Saturday from the family dr to drive again. So on Saturday I drove to our church then Joe took over and drove the rest of the way to Dairy Queen. Some kind person gave us gift cards so we enjoyed some ice cream there. Then I did drive us to therapy on Monday and I have to admit it wasn't as bad as I thought it might be, but my right elbow was tighter than it had been till we got to the office. And I was a bit stressed so my dear hubby drove us home after therapy. But I guess my hubby wasn't too scared; he took a nap on the way in to therapy. I think I was more scared than he was. Please continue to pray for us. Even in these exciting moments for me, I still desperately miss Jennie. I know she would have been just as excited and happy as our other children are for my improvements. They can't wait to have their normal mom back again.

Look what we did for school last week....

by RoseAnn Kuhns, November 24, 2014

Yeah, I know it might not seem not "real" school to some but when you have to learn a new way of doing things it counts as school. Jana wanted to make stuffed eggs, so we worked out a way she could do that and she did most of it by herself. Till her little sister decided that Jana needs help. And the eggs were very good. I was proud of her determination. And Jodi baked us some chocolate chip cookies.

Jana is still going for therapy 3 days a week. She is doing well although her right hand is not responding yet like the therapist was hoping it would. But her walking is coming along great. She now walks most of the time with a quad cane. It helps a lot keeping her in the correct posture as well. She still struggles with balance issues so we have to keep the path clear for her.

The other evening the young people from our church went to sing for the older folks at our church and since it would have been difficult for Jana to go along they ask her to be in charge of the snack for the evening. She was so delighted! She planned it and with some help made it as well. It was good for Jana to be able to do that. It is hard for me as her mom to see her miss out on some normal teenage activities.

Please continue to pray for her, especially her right arm and hand. God is good.



Happy Birthday, Jennie!

By RoseAnn Kuhns — Nov 24, 2014 8:42pm



You'd be turning 12 today if you'd be here with us; I hope Jesus gave you a wonderful birthday party. We miss you like crazy!

Family and friends gave us 3 beautiful flower bouquets, 2 cakes and a painted pumpkin in memory of you. I got multiple texts and several cards as well, a phone call, too. But as nice as those things were it didn't take away the deep pain we feel in missing you. I think I cried today more than any day since our accident. I even got a letter today on your birthday from someone I never met, a friend of a friend. I believe it was a message straight from God even though it came through a beautiful young lady, I assume she's young cause my friend is young. She mentioned something along the lines of---that our family tragedy and some of the things I've shared have blessed her and helped her to grow. Part of me says, "Thank you, Father, may You continue to receive glory." The other part of me says, "Hey, that's not fair! It doesn't seem like I'm growing

or getting any better. In truth, it feels like the longer it goes, the worse the pain is. I want to bring glory to Your name but does it have to hurt so bad? Couldn't it have happened another easier way? Couldn't we have Jennie and still bring glory to You? Did she really have to die? Didn't I lose enough?"

I've been wanting to bargain with God, Jennie always wanted it to snow on her birthday. The year she was born it snowed a day after and ever since, she's been old enough to enjoy snow, she's been hoping it would snow on her birthday. And I was tempted to tell God, "If You make it snow on her birthday that's proof to me, that You are good and You can make something beautiful out of this pain filled situation." But I didn't and yet deep in my heart I still kinda hoped it would snow, yet I was afraid if it really did, I might be really angry that God allowed her to die before she could play in the snow on her birthday. But my Father who really is good and knows what I need most, sent me this letter, as proof of His goodness, love and care. And it hasn't been the first message from the Father, He sent me a chickadee and a tufted titmouse the other week. One thing I've learned is that messages from God are personal to you and they could easily be looked at as coincidence or minor things and not even noticed, but if my heart is quiet and I'm listening for His voice, I will hear Him. If my heart and face are turned towards Him, I will find Him. He says in His letter to us, "If you seek for Me, you will find Me." And I'm so glad I found Him. Our situation has been too much, too hard, too painful; I couldn't have made it without Him holding me.

And your birthday is only the beginning of the holiday season. Somehow we have to live through Thanksgiving and Christmas and New Year. I sort of agree with your one sister who said, "Why can't we just go to sleep till like January 2?" Actually I think it'd be better to sleep till April or May when it's beautiful spring time. But in my heart I know we need the winter, something happens in the winter that can't happen any other way. God uses the winter to show us another piece of His heart, for us to experience Him in a different way.

Tonight we used our strawberry China like we usually do to celebrate someone's birthday. And each of your siblings picked a food they remembered you enjoyed. But we just couldn't put 12 candles on your cake or sing "Happy Birthday". I hope Jesus did for you though. We wrote you a letter and sent it up with 12 white balloons. God has you in His arms; we have you in our hearts.

Some Thoughts

By RoseAnn Kuhns — Dec 19, 2014 8:43am

The other weekend we went away to a seminar and there are some words and phrases I heard, that keep going through my thoughts.

Mystery...Am I okay with it? I can't even begin to understand the reason for some of the things that God allowed to happen in my life: sexual abuse, my mother dying, losing our new house, Jennie dying. How can anything beautiful come from such ugly circumstances? Yet God is in the business of making everything beautiful in its time, of redeeming even the most horrible things. And I readily admit to seeing "through a glass darkly" at least right now, I hope that some day I will be able to see more beauty in what's happened. And that brings up another phrase,

"Nothing is lost in God's economy if I work through, process the losses." Wow!! That's exciting to me. He can make something beautiful out of our horrible accident, Jennie's death, Jana's many losses!?! Yet it also brings in that mystery, we most times can't understand or see God's plan. But if we understood God, He wouldn't be God. I need to chose to trust that God knows what He's doing, that He deeply cares about me and loves me that He is looking out for me. But because I'm living in a

broken world, in His sovereignty He can't make my life fair. I too often have blamed God for allowing hurt, pain, disappointment, etc, but it is Satan I need to blame. He is the one responsible for the broken world I live in.

So how do I "work through, process the losses"? By identifying, then grieving those losses. Some losses are very visible, like Jennie's death; others are not, like the fact that I live with pain all the time. Most days it's an annoying discomfort, at other times it is rather painful. Like the other night, I couldn't sit the whole way through my dear hubby's Christmas banquet. I had to stand some of the time. And some losses, especially with Jana's disabilities, I may not even be fully aware of yet. So it takes time, quietness and a willingness to be real, open and honest with my heart to identify, especially the invisible, losses. And at times I wonder if there is any benefit to admitting and processing the losses, it doesn't seem change anything. Or does it? I believe it does. It keeps my heart softer, more sensitive to seeing God in everyday circumstances. It also creates a deeper, stronger longing for Eden, for the life I was really created for.

Is grieving a lonely process or is it something I do with someone? I don't believe God wants it to be lonely but there are times I have felt intensely alone. God made us as relational people, we were never meant to walk alone. Which brings the other phrase to mind "passionate compassion". To grieve well, it can't really be done alone. I need someone who is willing to listen and not judge me for my feelings but in my experience at times it feels like there are some people who are either scared or tired of us still grieving. Scared because they have no idea what to say and most times you don't need to tell me anything profound. Just say, "I'm sorry. It must be so hard. I'll pray for you." Or say nothing and give me a gentle hug. Or they are scared of the feelings I have cause it seems like a really good Christian wouldn't express anger, guilt or fear. Truth is in the last 9 months I have felt less like a really good Christian than ever, but at the same time I've come to know a Heavenly Father that I didn't realize existed. Tired of us grieving, It's been 9 months already, shouldn't life be back to "normal"? Truth is at times I'm tired of grieving, yet in some aspects it will be a life long journey. So what does "passionate compassion" look like? I thought, "someday that's what I want to be" but as I thought about it I wonder if it doesn't start now before I'm no longer hurting as much. I think it involves giving my heart, caring for another even though I am still hurting. Because in reality, everyone has suffered loss and everyone should grieve. But it seems to go against that unspoken belief that Christians are to be happy people, the joy of the Lord is my strength, Jesus died for us and we have eternal life, we are to be joyful. And yet the truth is you will only experience joy to the same depth you allow yourself to feel pain and grief. Allowing yourself to feel pain and grief deepens your soul somehow. In the book we were given at the seminar, they had a list of ways to help a grieving person. I didn't copy them all in, just a few that stood out to me.

1. Listen to them when they need to talk. (If I want to talk)
2. Be with them when they need someone around, but respect their need for privacy.
3. Remember that grieving is a long process and can take years.
4. Allow them to express all feelings, including guilt, anger and fear.

Jana continues to do well in therapy. They have been working on getting her to crawl. She has hopes and dreams of taking care of her flowerbeds come spring, but with her balance issue we aren't sure how well she can walk outside on uneven ground. But if she can crawl, she can get to her flowerbeds. They are still working on her leg brace, making some adjustments to it as it still didn't keep her knee from hyper extending like is important for her to be able to walk without a walker. Her one therapist did tell me that she doubts Jana will be able to walk without a walker outside but inside with level flooring she should do okay eventually. That was a heart breaker for me. Jana used to love to go out to shoot baskets with her brother and play volleyball and go on long walks around the block. But if determination can help the brain make the necessary connections, she will exceed her therapists expectations. She has been blessed with determination although I must admit at times it feels like a curse as there is only one way to do things. The other thing she has been learning to do is washing and drying dishes. If you think it isn't that hard, tie your one hand (your dominate one) tight to your body and use only one hand. See how interesting, frustrating that is!

Thank you for praying and please continue to pray for us.

Merry Christmas, Jennie!

By RoseAnn Kuhns — Dec 25, 2014 9:01pm

I wonder what Christmas in heaven is like? I'm quite sure it's like nothing we have here or even what we can imagine and maybe there is no Christmas in heaven but in our humanness we imagine there must be Christmas in heaven and so we talked about what it might be like. I imagine you got to actually talk to Mary and Joseph about what it was like being visited by an angel and then their trip to Bethlehem and the shepherds out in the fields with their sheep, maybe they even did a reenactment of the night of Jesus' birth. I wonder about gifts, what did you give Jesus? Or maybe it was more like a birthday party? I

don't know, I can't begin to picture how glorious heaven is but it was kind of fun trying to imagine what you did in heaven for Christmas. It helped ease the pain a little bit of not having you here with us. We talked about our last Christmas with you, JoAnn wore the scarf you crocheted last year for her gift. We did a few of our normal Christmas traditions and we also decided there were some things we just couldn't do. And then too there was a few new things we did this year. We had our usual candle light Christmas Eve supper and we set a place for you simply because we missed you. And believe it or not, Dad and Justin did the dishes after supper. But we waited to open our gifts till Christmas morning.

We were also surprised with a very special gift that evening. Someone brought us beautiful angel cookies with pink frosting and a piece of poetry.

"'Twas the night before Christmas,

And all through the house,

Not a creature was stirring,

Not even a mouse,

Just our minds full of memories of last Christmas when Jennie was here."

And the rest is too special to me to publicize. It was just so beautiful to me.

It was a day full of a mixture of feelings. There was so much joy in watching the children especially the younger girls tear open their gifts but also there was deep sadness and pain at knowing there was one young lady we couldn't watch open her gifts. There was a sweet normalcy doing some of our usual Christmas traditions and also an aching feeling like we're missing out on something because we are not able to do all our normal traditions. I feel like a ping-pong ball bouncing back and forth and occasionally being slammed real hard into the table and flying off through space slamming into the wall. Some days I wonder, will I survive this? Will it ever end?

But as I thought about Christmas and what took place on that night so long ago; I've decided Christmas is especially for those in pain and hurting. Christmas is when God came to earth and His Son became a man and lived here and suffered some pretty horrible stuff, gave His life for me and He did that because He loves me, He cares for me. He knows what it feels like to hurt, yet He willingly chose to go to the cross in my place. Jesus was also honest, real; He asked His Father, is there another way? But He was also willing to drink the bitter cup. I have asked the same question, wasn't there another way? Did Jennie have to die?

I wonder what God was feeling as He watched His only Son living here on earth and all the sufferings He went through and then dying on the cross. It makes me feel so small, to think all God went through so that I could know Him, so that I could experience Him. And Jesus Himself said He came to heal the broken hearted, to bind up their wounds.

So even though today was hard, painful and sad, there was also a quiet joy, a sweet peace knowing God was right here carrying us through this day.

Meeting God

By RoseAnn Kuhns — Jan 8, 2015 6:56pm

"God meets us where we are, not where we pretend to be or wish we'd be." That's what I heard last night at grief counseling. And that thought thrilled me. But I've been really pondering on it. To meet someone means we need to be at the same place at the same time. So if I'm going to meet God I need to be honest about where I am and not pretend I'm somewhere else. But I admit there are times I wish I wasn't where I am, times I question God. There are times I'm angry that Satan got his way and brought such havoc to this beautiful world God created. The other thing I heard was, "Embrace it." And I wonder, is that the ticket to being honest, being real, authentic-- embracing life and whatever God allows on my journey? So if I embrace life, am I embracing God? Isn't He life? The more I experience God and grapple with His hugeness, His sovereignty, the smaller I feel and I wonder, "What are mere mortals that you should think about them, human beings that you should care for them?" (Psalm 8:4 NLT)

I would also like to ask prayer for Jana. She has a sore on her right foot, the skin hasn't broken open yet but it kind of looks like a blister. The concern is --she doesn't have as good circulation as she should in her right foot. Before Christmas she had gotten a new brace and she only had it a couple of days and broke it while doing therapy. Thankfully the brace technician was there and saw it all happen. So they had to order her a new one and it came this week. Now she's got this sore spot and it's painful when she walks. And I'm not sure if something doesn't fit exactly right or what. So I told her to spend the day in the recliner chair with brace off and foot up and now she's bored. Thank you.

Prayer Request

By RoseAnn Kuhns — Feb 5, 2015 10:11am

I know this doesn't have anything to do with our accident but it does involve our family. JoAnn is a patient at Hershey. Sunday and yesterday she had seizure-like activity and last evening after another episode and losing bladder control, I was like "this is too much like a seizure, we need to take her to the emergency room". They did a cat scan and that revealed a congenital mass which basically means it's been there a long time. The Dr. Didn't think it was cancerous but he did transfer her to Hershey. So I had an ambulance ride with her while Joe brought our car up. After we got her settled in and talked with a doctor last night we came home for a couple of hours' sleep. They ordered an MRI and blood work last night. Now we are here at Hershey and waiting to talk with the docs. One did come early this morning and tell JoAnn it looks benign but of course till they test it, it's not certain.

So pray that we will have wisdom to know what is the best plan for taking care of whatever it is. And for healing, JoAnn has been struggling with her health for a long time already.

Pray especially for Jodi and Janessa, mommy is gone again and it brings back too many memories of ten months ago.

Pray for Justin and Jana as well it's not easy for them either.

Even though it feels like a bad dream and I would like to wake up at home with my little girls doing school, I do believe God is good.

Update on JoAnn

By RoseAnn Kuhns — Feb 5, 2015 1:41pm

The doctors were here. She scheduled to have surgery tomorrow at 8:00AM. It will take about an hour if there are no complications. They called it a fluid filled tumor. It does not appear to be embedded in her brain, just superficial. They are planning to make an incision on the right side of her skull and after taking a bit of her skull bone out, remove the tumor, put the skull bone back and close her up. They say it's not a very high risk surgery. And she should be able to come home Saturday or Sunday. It will take about a week till we find out the results if it's cancerous or not. But she will be on seizure medication for awhile and won't be able to drive for even longer. But they did feel that there's a connection between the tumor and her seizure-like activity.

Please pray for the doctors that God would guide their hands in surgery.

Pray that JoAnn could have a really good nights sleep tonight.

Pray for the rest of us to be able to really trust God and to feel His presence.

Surgery

By RoseAnn Kuhns — Feb 6, 2015 6:40am

They took her to surgery and now we wait..... All we have is a number to match up to a screen to check up on her progress. I never knew a person could feel like they are in so many pieces and still be alive, a piece of me is in heaven, a piece of me is in an operating room, pieces of me are at home and a piece of me is probably somewhere on a roof. How is my heart to survive this?? Thank God for Jesus, Emmanuel: God is with us.

Please pray for peace for JoAnn and us, for God to guide the doctor's hands, for comfort and protection for our other children.

Surgery update

By RoseAnn Kuhns — Feb 6, 2015 12:36pm

We were told it went well. We're still waiting to talk to the doctor. She is still in recovery, they don't have a room for her. We've talked to her, she doesn't have much pain but she's very tired and groggy. Thanks for praying.

She's now in an ICU room. Still waiting to talk to the doctor.

Talked to the Doctor

By RoseAnn Kuhns — Feb 6, 2015 7:37pm

It was a fluid filled cyst as well as some surrounding tissue. They were able to get everything and surgery went according

to plan. They sent it down to the pathology department for testing. He said it was there on her brain for some time and there were no fingers going into the brain. Coming home day is projected for Sunday and he recommended she not be left alone for about a week. She'll need to come back in a month for a check up as well as scan.

JoAnn is feeling rather tired, seemed a bit groggy and said the incision hurts. She was able to eat most of her supper and thought it tasted pretty good. And her dad said, "well hunger is the best flavor enhancer."

Please pray that she would be able to fall asleep quickly between nurse visits tonight and that her sleep would be restful. The doctor told they'd have disturb her night and keep checking on her. She wasn't thrilled about that.

She can come home!!!

By RoseAnn Kuhns — Feb 7, 2015 11:34am

Not sure how long all the paperwork will take but we are working in that direction. She's still very tired and weak but she is sure she'll sleep better at home than here. Please continue to keep us in your prayers. Thanks.

It's been one year...

By RoseAnn Kuhns — Mar 31, 2015 11:16am



Since our lives were shattered. We took family pictures and wrote a letter. And are in the process of getting them mailed. If you want one and I missed you, let me know.

Hugged by God

By RoseAnn Kuhns — Jul 1, 2015 7:08am

It's one of those sleepless nights and as thoughts were tumbling through my head; a memory kept coming back and I believe God wants me to tell you about it. A couple of weeks ago we were hugged by God. Or maybe more specifically I was. It was a Friday and the day I had to drive out to Harrisonville PA to bring JoAnn home from Bible School. I was not looking forward to it for multiple reasons; the biggest being driving is somewhat a challenge for me since our accident and my brain injury. And I could only imagine the car trouble we might have or some other problem or heaven forbid another car accident. And it didn't help I was in pain, which was a clear and loud reminder of the horrible accident we had a little more than a year earlier. So as the girls and I were driving along, I was crying (sunglasses can hide a lot) and having quite a consultation with God in my head. I really kinda give it to Him. All the questions, the fears, the worry about the future, the pain, missing Jennie and the old Jana and even the old me, the unfairness of it all. I really did dump it all out to God and I will admit it probably didn't sound very Christian like but I figured God already knew what was going on in my heart so why try hiding it? I even very sadly took it out on our girls and yelled at them a time or two for being too noisy and bickering in the back seat. And then came the tunnels! And I made the mistake of being in the left lane and till we got through the second tunnel I was not quite sure we were going to make it. I can't quite explain it but my body must remember something from our accident that my mind can't. I wonder what I saw coming towards me in our accident, cause seeing that tunnel coming at me through the windshield nearly incapacitated me. I don't ever remember hanging onto a steering wheel as hard as I did then which only increased my arm pain. So I vowed never to do that again and made sure I was in the right lane when the next tunnel came and also for on the way home. I was rather worn out til we got home. And thankfully we had been given two gift cards for the same restaurant which was just out the road from our house. We had decided that was the evening to use them. And since it was so close some of us walked out and some of us drove out. Jana can't walk quite that far yet. The restaurant was full when I got there with Jana and we had to walk the whole way to the back. Our family finally all trickled in and we told the children they can order whatever they want and we will even get desert. The combined amounts on the cards would cover it. So we enjoyed our supper and tried to catch up on all that JoAnn had done the last six weeks. And then the wait-

ress brought out our desert and said, "When you are finished eating, you are free to go, your bill has been paid." and left. Our table got real quiet. I was stunned and looked at Joe and asked, "did I hear right?" Jodi, in not exactly a quiet voice said, "We don't have to pay!" Then the waitress came past us and I asked her to thank whoever it was that paid for our meal. And I have to admit I looked around to see who was there that I might know. But I found not one single person I recognized, there were not even any Amish or Mennonites in there. And as we walked home from the restaurant that evening, well I'm not sure I walked--I think I floated. I heard God saying, "Yes, I know all about you and your situation and I love you and wanted you to know that and to give you a hug." We didn't really need someone to pay for our meal, someone already had by giving us those gift cards. And as we talked about our day, Joe had had a good day, the appliances had cooperated nicely for him, and things went well for him that day. I told him about my awful day. And the truth is nothing changed --really--, Jennie is still dead, Jana is still disabled, I still have pain, we all still have questions and fears. But someone was a door for God's love to flow through and I was able to feel God through the pain. But I wonder, could I have felt God if I had not poured out my heart to Him the 2-1/2 hour drive to pick up JoAnn? Would I have seen God's love if I had stuffed all those mixed up feelings inside and hardened my heart? I really don't think so. So even though nothing has changed, except that I firmly believe God is very interested in us being honest with Him and ourselves what we are feeling and talking to Him about it, God is good. Even in the painful, hard, messy moments. God is there and is longing for us to turn our faces to Him, cause it's then we can see His love, when we are facing Him.

Jana is still going to therapy three times a week and is slowly but steadily progressing. They had been working on getting her to walk without her quad cane at therapy but now with her foot in a cast her walking has gotten worse again but they are getting her foot in a better position so that should improve her walking when the casting is done. They are also thinking of trying a new brace program for her right arm and hand. So many things to think about and decide. Please pray for us to have the wisdom to know what the best thing to do is.

JoAnn just had another MRI done and there is still something on her brain. So the Dr. thought possibly another surgery. He wanted to consult his colleagues and get their opinion on what our best options are. So there's more decisions, too.

18 Months

By RoseAnn Kuhns — Sep 30, 2015 8:42pm

It is in some ways hard to believe it's been that long since our accident. But the calendar doesn't lie. We have started a blog to continue telling our story.

<http://choosingtodanceinthestorm.com>

Jana is continuing to do well in therapy. She had her schedule changed and is now going two days a week. They also started her on a rigorous hand and arm therapy schedule. It looks rather overwhelming to me as she is to do it two times a day for 45 minutes each time.

JoAnn had another MRI done and nothing has changed in her brain since June, but the doctor doesn't want her to drive yet at this point.