2019 Christmas … CONNIE and ALAN HEPFORD….



Dear Family and Friends.

We hope this Holiday season brings you **JOY, HAPPINESS** and finds your family in **GOOD HEALTH.**

These are the updates for our family. Alan and Connie celebrated 48 years of marriage this year. Alan is doing much better than expected with his Idiopathic Pulmonary Fibrosis. His Pulmonary Doctor said that Alan is declining at a slower pace than he thought he would. We are blessed.

Alan is still flying to Utah/Texas for his monthly diabetes treatments. Adding to the travel trips, in April we flew to Harrisburg, Pennsylvania for Alan’s 55 school reunion. What a fun time we had. We toured Alan’s old High School. We had a Meet and Greet on Friday night. Then the reunion was Saturday night. More travel trips, in June, we drove to Utah for Connie’s sister’s marriage. The wedding reception was well attended and we got to see lots of family. July, we flew to Houston for Algeria’s baptism. It was fun to spend time with the Texas family. September, we flew to Utah for Connie’s 50 school reunion. Wow! We had fun. In November, we drove to Utah for Alan’s diabetes treatment. The weather was wonderful and the drive a crossed Wyoming wasn’t too bad, when you can drive 80 mph. We got to spend time with Connie’s side of the family. December, we flew to Houston, for Alan’s treatment. Connie spent time with the Grand children and ate lunch with them at their school.

The Texas Hepford: Scott, Samantha, Asher age 11, 5th grade, and Alegria age 8, 3rd grade. They live in Cypress Texas. Scott and Samantha are still working hard at building their Diabetes Relief Clinics. He has 28 sites in the United States and 10 sites internationally, they will be adding more.

Lewis family: Lisa, Chad, Ryan age 16, 11 grade, Gavin age 13, 8th grade, and Morgan age 9,5th grade they live on their 5 acres in Monument Colorado. Dec 9, 2018 the whole family was involved in a near fatal auto accident. They are still dealing with the aftermath of this accident. Ryan spent 10 days in the hospital, Gavin 21, and Lisa 51 days. Also, lots and lots of Doctor’s visits, surgeries, rehab appointments, with more surgeries, rehab and therapy to come.

The other Colorado Hepford family: Stephen, Monica, Brayden age 14, 8 grade,Joy age 10 5th grade, and Carson age 7, 2nd grade. They live in Gleneagle area of Colorado Springs. Stephen is a 10 year cancer survivor. He is now cancer free.

On December 1, 2019, 2 of our Grandsons became **Eagle Scouts**. Ryan Lewis age 16, & Brayden Hepford age 14. Ryan is Lisa and Chad’s son. Brayden is Stephen and Monica’s son. We are so proud of them.

**Happy Holidays \*\*\*Connie and Alan** **Hepford**

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