

2008 SPIRIT of COURAGE HONOREES



Pat Andersen

“Talk to others and join a support group. Also, keep loved ones close to you and lean on each other for support.”



Rick Carlson

“Have trust in your caregivers, and know that you cannot battle it alone; you need a network of friends and family to back you up.”



Ann Hartman

“I am resilient to focus on the positives of life and not dwell on the illness. Live your life busier than before.”



John P. Nelson

“I pay more attention to the small things now – and giving people your full attention is really not a small thing when you think about it.”