



At less than two years apart, Shaun and I were two peas in a pod. We were often mistaken for twins. We had a typical love-hate relationship through our adolescence, but after many emotionally taxing years and difficult hurdles, as young adults we got closer than ever.

Tragically, we lost Shaun in March of 2018 to a heart attack at the age of twenty-nine. Losing him sent me into a deep depression for over a year and through that time I re-explored my priorities, spirituality, and life goals.

Grief is a funny thing. As you've learned over the past ten weeks, I've experienced a lot of loss in my life, and from a very young age. But this time, it was different. This was the first time my grief actually felt like it had sucked out my soul. How could I even fathom living a life without my brother?

7 months ago I found out I had my own serious heart issue and had to undergo open heart surgery as soon as possible. I was thirty years old.

1 week later I was nominated to participate in the LLS Man & Woman of the Year competition.

Shaun had participated in an LLS Team in Training fundraiser back in 2010. I immediately knew this opportunity was meant to be. It has been an exciting and humbling experience, and I am proud of what my team has been able to accomplish.



We still have a bit of a ways to go to meet our goal, [so please donate here before the campaign ends THIS FRIDAY!](https://pages.lls.org/mwoy/calso/los21/clewis)

With love, light, and gratitude,  
Casey