

# With Love and Light from our family to yours!



Another year and, as always, a lot has happened. Medically, I had my repeat back surgery last December. I know now, that all the weightlifting running etc. was, probably, not the best exercise for a previous back surgery. I have switched to swimming and will start Pilates soon.

This year, I concluded my final officer positions with AHVMA, AVH and AHVMA Foundation. I felt the time had come for the next generations to run the show. With less official obligations, Karen and I finally took our first non-working trip in over a decade. We choose to skip the AVHMA meeting this year and go to Kansas City to visit family. Our eldest grand-niece - Nina is the addition to this year's photo.

We, also, are pleased to announce that we could, finally, afford and justify a digital x-ray system and it is WONDERFUL not having to refer patients out for x-rays. With that and our ultrasound, we can deal with many situations that we had to refer for imaging. Our Ozone therapy, Prolozone therapy and the use of PRP in joints, are still producing excellent results!

Katie and Joey, died five days apart, immediately after Hurricane Irma. They passed on their own, and we are sad, but grateful that THEY made the decision and we did not have to intervene.

We now live with six pups AND, of course, Karen's three cats from Africa. Ranger arrived from Sudan via DC in September 2012 - Bessie and Goliath followed two months later so FIVE YEARS in Florida. Our remaining six dogs are getting up in years. Maisie is still the baby at 8 1/2, and the others range from 10 years old (Tianna and Clancy) to Scarlett and Ruby, who recently turned 14 and Adam, who will be 15 in early February.

We expect more to leave the physical plane over the next few years and are enjoying as much time as we still have with them. We know it is a part of the process and the loss is always sad and painful to us but, we are so blessed with the time we had and cherish the time we still have with the others.

Joey lived another nine years after he broke his back and was 13 1/2 years old when he, quietly left on a Sunday morning in his sleep. Katie had a heart attack after walking down the steps and passed in a few seconds. We are not planning on any new ones in the immediate future so as not to stress these guys.

We are still cleaning up from Irma, and Karen and I are both doing very well!

Please have a wonderful Holiday season, a happy and healthy New Year and, as always...

With Love and Light from our family to yours!

Karen and Larry Bernstein

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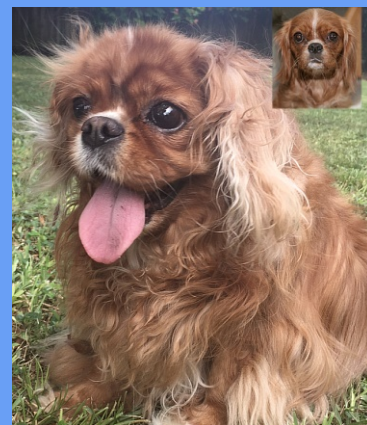
Tianna & her "Clancy" pillow



Adam



Ranger, Goliath and Bessie



Ruby



Scarlett



Clancy



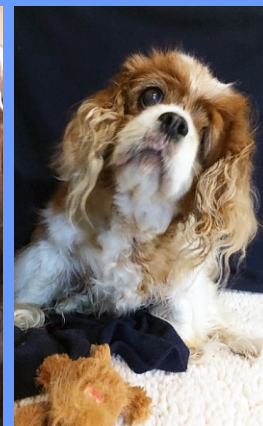
Tianna



Maisie



# In Loving Memory of Joey and Katie



Joey passed quietly, while asleep on Sunday morning October 8, 2017. He had broken his back in September 2009 yet lived a full and happy life. He turned 13 in June and slowly deteriorated over his last two months. He taught us much about caring for a challenged dog. Joey lived eight more years of a full, happy life

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On October 3, 2017, our Katie Scarlett walked down the back steps and then fell over, gone. We had known of her heart condition for many years, and that her time was getting closer. She was tired, and was slower in everything but her appetite. She had turned 13 on June 6, 2017, so gave us over 13 years of love and joy .