

Proud Aspy Mom Newsletter October 2024

ANNIVERSARY EDITION ~ 4



Time Stops for No One

I remember the day I began sharing my journey four years ago as if it was today. It was COVID, my dear aunt who shaped a large part of my life passed, I felt confined in this NEW normal trying to figure out how to manage everyone at home and I needed to release. Over the years our family had been transparent



about our journey with a loved one on the spectrum. It was necessary to share for some of the families who relied on us and some whom we relied upon - but the ability to connect dissipated when we were all forced to live in our silos during COVID.

Of course, everyone in the world had the same circumstance but different challenges. Our family had unique issues because we were caring for a rising teen on the spectrum.

So now our sense of connection was LOST

- Our ability to receive consistent help GONE
- Our expertise even as parents in this environment was a "C" at best initially and we were just trying to figure it out

Time Stops for No One. The days seemed endless. When I had a moment to document the journey or just vent it helped me cope. Writing became my respite, and I soon realized that I was not alone. When a dear friend suggested I share my thoughts and resources I realized I had an opportunity to help others understand our world and let families who share similar lives know they are also not alone.

Over the past four years I have shared a lot! As my older daughter says, probably far too much - but when you have a testimony the point is to TESTIFY. I remain grateful to the many people who touched and continue to touch our daughter's life. For the record, she is doing quite WELL!

KBJ and KGJ Share a Similar Story

Very rarely am I completely star struck but I had my moment this past week when I had the opportunity to meet Justice Ketanji Brown Jackson, the first African American Woman to sit on the United States Supreme Court.

The Current Court: Justice Ketanji Brown Jackson

A profile of United States Supreme Court Associate Justice Ketanji Brown Jackson.



Read All About Justice Jackson

It all came about so fast. My dearest friend, Shaunte' Parker, (who is more of my soul-sister after 34 years of friendship) invited me to a private chat with Justice Jackson. It was the best gift I have ever received - barring family - I was GIDDY! Justice Jackson recently discussed her life in the Lovely One, and planned to share more about herself at this gathering.



When I arrived in DC I was beaming. All day I thought about what it would be like to meet this woman, only one year my senior who has so much grace. Let me share she DID NOT disappoint. Her energy is radiant, her smile forces you to engage and at the same time relaxes you and her stature is demure yet at the same time dynamic.

While I knew a lot about the justice I think I was so in awe I glossed over that she was a mother of a child on the spectrum. It did not resonate until I was in her presence that this woman and I shared a similar story.

- Married for 28 years
- Balanced professional careers with our spouses
- Navigated the practice of law with young children and
- Nurtured a child on the spectrum

As I listened to her it dawned on me how many women care for children with needs. I admired Justice Jackson even more for her bravery and transparency.

Justice Jackson received her Honorary degree from my alma mater, Spelman College this past May and she is also an Honorary member of my beloved sorority, Delta Sigma Theta, Sorority Inc. I think this photo says it all I could not have asked for a better day!!



Spelman College 2024 Commencement Ceremony

A remarable video featuring Justice Jackson receiving an Honorary Degree (1:32:28-1:47:16 mark)

Watch Video

Plant a Seed and it Will Grow



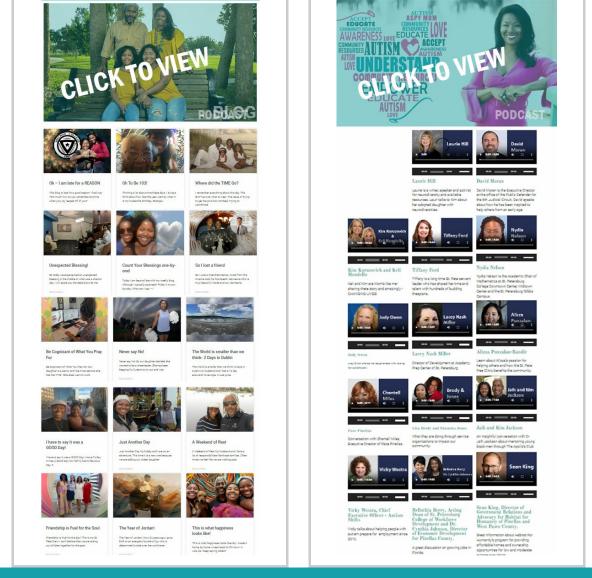
Thank you for your constant and continued support. As I look back on all of these newsletters I cannot believe how much our family has grown. Autism is not a disease, it is an Intellectual Developmental Disability. Families who live with a loved one need resources and grace from birth to death. When you plant a seed it grows. My hope for this harvest season is that you share my weekly blog, monthly newsletters and website resources with others you know.



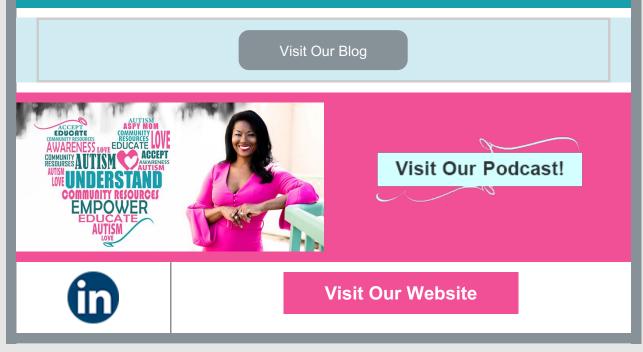


I'VE BEEN BUSY
BLOGGING

I'VE BEEN BUSY
PODCASTING



In case you missed it! September Newsletter



kimberlygjackson.com | 200 2nd Ave. South #786 | St. Pete, FL 33701 US

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