

Mon, Aug 30, 2010

Cindy Charlton has been in my life since her "life changes" in 1997. She has inspired me more each year of her growth. She has survived the loss of three-quarters of her body, and the loss of her husband two years later. Never has she complained. She has raised two amazing sons and helped others more than anyone I know with all of their limbs.

She began to exercise at the YMCA as soon as she could after her rehab was completed, and is now on the Board of Directors. She has fund raisers for people in need that have helped so many. She is the first to "offer help" when one is in need. She was a huge inspiration for the KIDS ALIVE group at Porter Hospital for kids who have lost one they love to cancer or have one they love with cancer. She cooked for many people last fall to put together stockings for the homeless. She is a constant cheerleader for her boys, who are practically grown and are both amazing young men. She has taught them her core values and courage, which will take them far. Cindy never says, "I can't." She is an inspiration to all who are blessed to know her.

Anyone who is lucky enough to be in her presence will leave her believing that anything is possible in life if only you believe it is. In all my life, I have never met a woman such as Cindy Charlton. Whenever life tries to bring me down, I stop and think, "If Cindy can survive, so can I." What a gift that is!

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