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Emails to Heaven Newsletter
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ETH News

Peace

How do you define peace? Everyone seems to have their own opinion on this subject. Once you become a widow, peace is something you have to rebuild and it takes time. I had many suggestions but it has been 8 years since I became a widow and I am still looking and hoping to find everything that I need to say that I am now at peace. One thing that gives me peace is something that I have done for years but never knew the true impact. I find peace caring for God's animals so that they have food/water when none can be found and fighting against animal cruelty. I also find peace helping the homeless, the hungry, the disabled, the widowed, those nonprofits who help cancer patients and veterans and last but not least, homeless shelter pets all through my nonprofit programs. I cannot truly say all of this brings me total peace but I can say that one day when everyone that I know, including those that I don't know, show that they support my work, and the changes that I feel our society and government need to make to help our widowed neighbors, I can then say I have accomplished what I was given to do and I am now at peace because I am finally making a difference for all those that I committed myself to help in memory of my husband. If you would like to make a donation so that I can continue to help those in need, please make your check payable to Emails to Heaven and mail it to the address at the top of this page. Thank you!

Vet's Kitchen



Beaver County Humane Society

2 hours ago · 🌐

Have you heard of our Vet's Kitchen program?

When families struggle with food insecurities, so do their pets.

Often, animals are abandoned when families struggle to cover day-to-day expenses. Not being able to feed your pet can have catastrophic results.

The goal of Vet's Kitchen (also known as the Beaver County Humane Society's Pet Food Bank) is to help struggling families keep their pets by providing cat and dog food.

Help us support our community! We receive these food items from donations. We need food for Beaver County's cats, dogs, and rabbits. Please note that we prefer these donations to be small and easy to carry.

TO MAKE A DIFFERENCE
IN SOMEONE'S LIFE, YOU
DON'T HAVE TO BE BRILLIANT,
RICH, BEAUTIFUL, OR PERFECT.
YOU JUST HAVE TO CARE



Inside this issue

Peace
Vet's Kitchen
Walking With Widows(ers)
Lifts From Louie—Who We Are
Letter to the OR Editor
Dog Friendly Snacks
Baby Animals and their Moms
The Beauty on Earth—Part 11
Hard Being a Widow/Widower
Part I
Letter to President Trump
Letter to God
Surviving Grief
Message From Katlyn
Comical Animals


**SUPPORT
VET'S KITCHEN**
Helping Keep Beaver County's Pets
and Their People Together

Walking With Widows(ers)

2

Everyone is welcome to join!

My walking group will begin on Wednesday April 2nd at 11am weather permitting. We will meet at Cecil Park Court Side. To register please email me at: emailstoheaven1@gmail.com

Walking with Widows(ers)



For those of you who are new walking through life alone, YOU are not alone. There are many widows and widowers who find it difficult to fit in. We have read many stories where they talk about losing their friends and even family members after the death of their spouse or they feel out of place where they used to feel welcome. Some have no one at all that they can count on.

We would like to change that...

Cheryl and Rob are inviting you to come and join our Walking Group for Widows and Widowers. We will meet every Wednesday (weather permitting) at 11am at Cecil Township Park (court side) to walk on the Moonstone Trail. To register please email Cheryl using her nonprofit email address emailstoheaven1@gmail.com.

We would love to have you join us. Or if you know of anyone who could benefit from our walking group, pass this information along to them.

Our first walk is scheduled for Wednesday April 2, 2025. We hope to see you there.

Email to Heaven is a 501(c)(3) founded in 2019 and is located in Cecil Township.



“Often when you think you’re at the end of something, you’re at the beginning of something else” ~Fred Rogers

Lifts From Louie

Lifts from Louie is a non-profit that I have donated to for 4 years now through my grant program. They are located in Cecil Township. So far they have donated 17 chairs to cancer patients.

I have attended their spaghetti dinner fundraisers which they normally hold in November. The sauce and meatballs are home-made. They also have a basket raffle. It is a nice event to attend for a good cause.



Lifts From Louie—Who We Are

One day in late February 2019, our brother Louie was having severe stomach pain that got progressively worse throughout the day. After convincing him to go to the ER and after several tests, the bad news came on February 28th. He had Liver Cancer.

This began a four and a half month journey. Six weeks later, the treatment began and this journey made simple tasks like standing up and sleeping in a bed almost impossible. We thought a reclining chair with a lift could bring him comfort, support and dignity. Unfortunately, his insurance would not cover this form of support and the co-pay only covered the lift mechanism and not the actual chair or delivery.

Our family decided to purchase a chair for him so he could rest easy on his own. He sure did get much needed rest on that lift assist chair!

Our beloved brother's journey came to an end on Wednesday July 17, 2019 Exactly four and a half months after it had begun. Our sister, Joni, decided that day that any Cancer Patient in need of a lift assist chair can request one from "Lifts from Louie". Our goal became this newly established non-profit!

2

Letter to the Observer Reporter Editor

Since Senator Bartolotta and State Rep. Ortity never respond to me when I write to them about school property taxes, I wrote to them through the Editor so that everyone else can read what I had to say. Of course, my letter was never published. Go figure! I guess they don't want the rest of the taxpayers to know about this.

I just read an article that State Rep. Brad Roae wrote in his newsletter regarding school property taxes. In his newsletter he writes "One of the most frequent requests I get is for a change in the state law that would eliminate school property taxes. A lot of people feel that they never really own their homes since they have to basically pay rent to the school district to keep their homes" which I agree. It is like having your property held hostage for payment, that if you don't pay, the property is no longer yours. If anything, school taxes should be based on your income and not the value of your property. Get the taxpayers' property out of the equation. No one, especially seniors, should have to lose their home over this tax. He also states, "Shifting the cost from property owners only to all citizens paying has a lot of support", which I also agree. Everyone needs to fund our schools, not just property owners.

AARP wrote an article on homelessness growing among older Americans starting now at age 55 with a dramatic increase where they will be unable to secure housing over the coming decade. Older Americans are the backbone of our communities. They need to be treated with dignity and respect and not kicked to curb when they can no longer afford to pay this out-of-control tax. Rep. Roae also states "With any tax shift, there would be people who end up paying less overall, people who end up paying about the same amount and others who would pay more overall. It is an uphill battle but based on the feedback I receive from my constituents, the majority supports eliminating school property taxes".

Senator Bartolotta and Rep. Ortity need to step up and start working with Rep. Roae to find a resolution to eliminate the school property tax crisis before more seniors are added to the homeless statistics. It is time to change how our schools are funded. Property tax reform is long overdue.

Baby Animals and their Moms



Be kind to all animals

Dog Friendly Snacks



Dog friendly

SNACKS



SAFE

<p>CARROTS Carrots are a healthy food for dogs. Chewing on carrots can help remove plaque from their teeth and promote good dental health. Carrots are also a good source of vitamin A.</p>	<p>APPLES Apples are a great source of vitamins A and C and dietary fiber, which can help regulate a dog's digestion.</p>
<p>WHITE RICE Cooked, plain white rice can be a good option for a dog with an upset stomach. It is easy to digest and helps bind stool.</p>	<p>DAIRY PRODUCTS Dairy products, such as milk, cheese, and plain yogurt, may be safe for dogs to eat in small quantities. That said, eating too much dairy can cause digestive problems.</p>
<p>FISH Salmon, shrimp, and tuna are all safe for dogs to eat and are good sources of protein. The Omega-3 vitamins in shrimp can also help maintain a dog's digestive system and promote healthy blood circulation.</p>	<p>CHICKEN Plain, boiled chicken with no seasoning is a good option when a dog has an upset stomach.</p>
<p>PEANUT BUTTER Unsalted peanut butter with no added sugar or sweeteners is safe for dogs to eat in moderation. Peanut butter contains many beneficial elements, including vitamins E and B, niacin, healthy fats, and protein.</p>	<p>COCONUT PRODUCTS Coconut oil and meat may have several benefits for dogs, such as: <ul style="list-style-type: none"> • reducing inflammation • boosting the immune system • benefiting the skin </p>

The Beauty on Earth—Part 11



Hard Being a Widow/Widower—Part I

4

What's the hardest thing about being a Widow/Widower....?

362

930 comments 12 shares

Like

Comment

Share

Most relevant



Linda Janes

Being alone to figure out things that go wrong with house and finding someone to fix it. My husband was extremely handy in every aspect. Miss that.

16h Like Reply

152

View all 32 replies



Top fan

Irma Ramirez Tovar

Having to be alone and doing things together. Constantly missing and crying for him and knowing he's not coming back.

17h Like Reply

199

View all 9 replies



Mindy Long

The sound of his voice telling me he loved me

17h Like Reply

124

View all 4 replies



Top fan

Sherryl Huseonica

The loneliness of not having him to talk with, hug, etc., and share the day with. Hits hardest in the evening and bedtime.

Letter to President Trump

I have been writing to you since 2017 and many other elected officials (Senator Toomey, Senator Casey, Senator McCormick, Senator Fetterman, Congressman Reschenthaler, Nikki Haley). I also wrote to your daughter-in-law Lara Trump back in August of 2024 in hopes of getting your attention about a matter that is important to me. I sent the letter to Lara at both the RNC and TNC addresses. But I never received a response from anyone. I feel surviving spouses who do not have a dependent child living with them are discriminated against and we must claim ourselves as single. My husband died February 28, 2017, and I feel the only qualification that I need to claim myself as a surviving spouse is that my husband is now deceased. I shouldn't have to have a child living with me in-order to qualify as a surviving spouse. It is hard going from a two-person income household to a one-person income household and having to claim yourself as single makes it even harder. Life after the death of a spouse is very hard and I feel our government can do more to help the surviving spouse community. We are a very special group of people who have suffered a loss and each of our stories are unique, but the end result is the same. We are now walking through life alone. Please help us make this journey a little easier. Thank you.

Letter to God

I wanted to share this letter with you that was sent to my nonprofits Gmail account and not on my website. The letter included her birthdate which was in the subject line of the email. She is 33 years old. Her name is Kayze.

Hello God,

I come to talk to you again, not because I only need you this time. You have known me since birth, and we have been together with the angels that you have assigned me.

First, I am grateful through the years that you had me in waiting list for the best things that you can do, you gifted me. Thank you for teaching me so much lesson and did showed me heaven and earth what it means to me, what is it looking like. You know there are many people out there did not know what it feels like to get in touch with you. It was no human body form but you will showed up without any information. How lucky I am. You have always comforted me when I felt down because I am always aloof from any being. I am not meant to this world, I am meant to be with you in the right time.

Second, thank you for the family back home, family that I have now. Thank you for bringing it to my attention that my husband is so beautiful and responsible, I hope that you will keep him like this forever. Please take care of him. Please also change me because I am too tough for him to handle. Change him to see you in this world, to witness how powerful you are God.

You know as our body as vessel so as this world is a vessel to multiple souls. Please take care of my children they are good beautiful boys. I am lucky to have them.

God forgive me because I am an ignorant I keep relying everything within your hands and sometimes I forget that you are a creator and I am just a human. Please provide me a new vessel God to grow and teach all for the good. Help me God to be a better person, a better wife, and a better mother to my child. Protect me forever to any sorts of catastrophe to this world.

Amen,

Thank you

Surviving Grief



Their shoes *still* by the door.

Their favorite mug *still*
on the kitchen counter.

All of their things,
just as they left them.

Frozen in time.

It's as if they are just out
for the day and will be
coming back sometime soon..

but life doesn't give us that courtesy
and the silence reminds us that
they won't be returning..

and I think that is what hurts the most.

Message From Katlyn

Losing your Pet and Grief Support



Your beloved pet has died. You are devastated; absolutely heartbroken. What now? How can you possibly move on? What can you do to feel better; to get through this grief? Through my personal experience, and hearing from others; connections and helping others are two things that can begin to help us heal.

When you lose someone you love, often times we want to retreat and seclude ourselves from the outside world, but what we need most during this time is other people. I highly recommend finding an in person or online support group to help with your grief. Taylor Pet Loss Center hosts a Pet Loss Support Group meeting the last Tuesday of every month (check

out Coleman-Taylor Funeral Services Facebook page to verify any changes) and there are many helpful Facebook communities as well, such as PVC: Coping With the Loss of a Pet Support Group. I have personally leaned on others in these forums to help with my own grief and some of these strangers have become cherished friends.

"We rise by lifting others." I have found this to be unquestionably true. Helping others (animals and people) will help you with your own grief journey. When my dog, Nani, died of lymphoma, she had so many unused meds and supplements. Medications can be expensive, and it brought me comfort to pass along Nani's meds to others who needed them. Some things I mailed to others I knew on the same journey, and others I donated back to our vet office. You can also donate their leftover food/blankets/toys to local shelters if you feel inclined to.

Remember, "a new dog never replaces an old dog," it merely expands the heart." Someday you'll be ready for another animal, and when you are, that pet will be lucky to have you. I promise they'll help heal your broken heart.

I hope these tips can help bring you some peace. Remember that you are never alone on this journey. You can always call Taylor Pet Loss Center for more information at 724-745-9510.



By: Katlyn Tauetia

"You don't get over it, you get through it...It doesn't get better, it gets different...Everyday, just like me, grief puts on a new face" ~Unknown

Comical Animals - Something to make you smile!



When you return home after a visit with Grandma



If you're having a bad day here's a cute pic.



When you're proud of your work

