

My daughter, Tammy, loved dogs and reading when she was growing up. Social relationships with her family and school friends were more difficult for her. Her father died suddenly from a heart attack when he was 42 years old, and she was 18 years old at the time. This devastated Tammy and our whole family. She was diagnosed with bipolar disorder and schizophrenia at age 22.

She wanted to become a veterinarian and worked as an assistant at a vet office. She studied animal classes at Mt. SAC in Walnut, CA. Tammy raised a sheep in the animal program at Mt. SAC. She showed that sheep at the Pomona Fair and won a blue ribbon. College became too hard for her, so she volunteered at the animal shelter in Orange, CA.

Tammy loved to write poetry as an adult. She submitted two poems to the calendar contest at the NAMI Wellness Center in Orange. They were placed on the wall with the other contestants.

*Body by God*

*Two ears to hear the cries of suffering*

*One mouth to speak the truth*

*Two feet to walk in peace*

*Ten fingers to play the piano*

*Two arms to hold a baby*

*One heart filled with love*

*How to Be a Friend*

*Happy*

*Others point of view*

*Wise*

*Tells jokes*

*Only do what is right*

*Be there for you*

*Energetic*

*A positive attitude*

*Funny*

*Reliable*

*Interesting*

*Enjoyable*

*Never mean*

*Dependable*