

THE JOY WITHIN CHRISTMAS

On so many levels, the world is uneasy. Rather than conceding to worry or despair...I have decided to be more like Nimbus!

Meet Nimbus. She was a rescue. Along with her siblings, she was tossed on the side of the highway in a cardboard box when she was just a little pup. She was frightened and sick, and needed a lot of medical attention and tender loving care. One of my children adopted her, made her feel safe and loved, and nursed her to health. We also checked out her genetics to help us understand her behavior (not a surprise for someone who does genetics research!). She is mostly Grand Pyrenees with a sprinkling of Alaskan Malamute, Siberian Husky, and German Shepherd mixed in.



Now, about a year and a half after her adoption, she is a furball of joy. Everyone who sees Nimbus smiles—babies, children, busy adults, other dogs... even cats! She spreads joy wherever she goes.

Seeing the joy that she brings to people encourages me to try to do the same. I will never brighten someone's day like a big, furry, floppy, friendly dog, but I can at least try. Even in deeply uncertain times, we can still connect and let the people around us know how much they mean to us. We at CEDI want you all to know how much you mean to us. Everyone who has participated in our research, learned from us, taught us, and supported our efforts—each one of you is deeply important to us and motivate the work that we do.

Nimbus came to visit us to do some holiday baking and we took a little break sitting by the Christmas tree. We were both tired—me from baking and Nimbus from being vigilant for any crumbs that might come her way. As I sat there petting her, I realized that by rescuing her, my daughter had brought joy to Nimbus, and by being her fluffy wonderful self, Nimbus continues to bring joy to my daughter and to our entire family. Just then she just gave me a little kiss on the head that both tickled and warmed my heart.



Especially during uncertain times, spreading and receiving joy can anchor us in our connections and focus us on the thoughts and emotions that bring us together, not the ones that divide us.



All of us at CEDI hope that you are able to find a nugget of joy during this holiday season and to carry it with you into the new year once the decorations are taken down and our routines return.

We (including Nimbus) wish you all a Merry Christmas and a Happy New Year!