

# Kellish Family Newsletter 2024



## Welcome to the 16<sup>th</sup> edition of our Kellish Family Year-in-Review!

While 2023 brought a return to traditions, 2024 has been a whirlwind of milestones, challenges, and unforgettable moments. From personal achievements to family adventures, this year reminded us that growth comes from embracing change—with a little humor to lighten the way.

From Alec and Sydney's Caribbean adventures to Patrick and Alyssa's wedding and Hawaiian honeymoon, from Shannon's career strides in animal chiropractic care to Scott and Allison embracing transitions at work and home, our family found joy in both big milestones and small moments of connection. Whether it was a move across the country, an inspiring lecture, or simply a shared laugh, 2024 has been a testament to the importance of family, perseverance, and adaptability. We hope you'll join us as we reflect on a year full of heartwarming stories, transformative experiences, and a glimpse into what's next for the Kellish family.

So, join us in 2025 as we look ahead to new adventures, cherished milestones, and opportunities to grow, connect, and make lasting memories with family and friends.

Notable events in our family's life this year:

- *Patrick and Alyssa's Wedding*
- *Alyssa completing the Orthopedic Residency Program training at Professional PT*
- *Shannon achieving her Equine Chiropractic certification*
- *Alec starting PGY-4 and getting interviews for Orthopaedic Surgery Sports Medicine Fellowship Programs 2026 slots*

### How To Reach Us

18 Ridge Road • Clark, New Jersey • 07066-2916

Scott	<a href="mailto:skellish@comcast.net">skellish@comcast.net</a>	(732) 850-4534
Allison	<a href="mailto:akellish@comcast.net">akellish@comcast.net</a>	(908) 403-3019

## Alec



The past year has been an eventful one for Alec as he passed the halfway point of residency and is finally getting closer to buying his parents that house in Nantucket.

The third year of residency was the best by far, being almost entirely outpatient, and having a much



lighter number of calls that actually allowed him to enjoy some time outside of the hospital.

Spring brought a highlight for Alec and Sydney as they cruised through the Caribbean, visiting Cozumel, Bimini, and Grand Cayman. Sydney deserves full credit for spending a week at sea with Alec's quirks—and keeping her sense of humor intact! A few weeks later, Alec and his coresident Gabriel went to Toronto, Canada for the AO Basic Fracture Course

where they spent three days pretending to learn things.

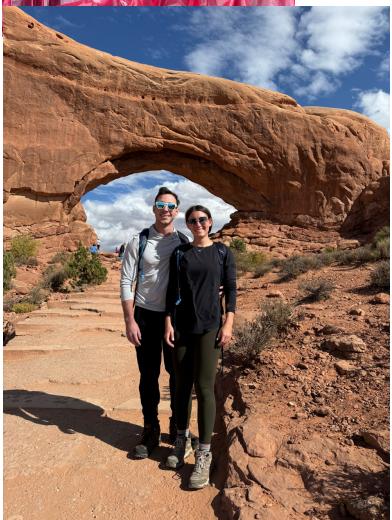
The real benefit was that Allison was able to come at the end of the trip and spend four days with Alec exploring Toronto and venturing to Niagara Falls.

From there, Alec headed to Salt Lake City to help

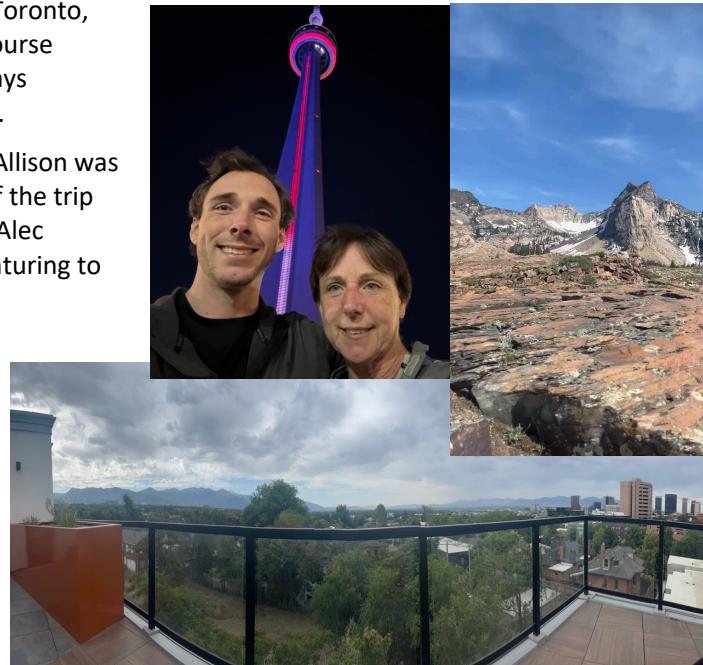
to Salt Lake City to help Sydney move in and start her new adventure as she accepted a 1-year research position as a Plastic Surgery Fellow at the University of Utah. This comes after a small quarter-life crisis where Sydney realized she didn't love orthopedics as much as Alec, that her passion was really in plastic surgery and subsequently turned her life upside down. The trip involved Alec practicing the skills cultivated in his youth; instructing Sydney on where to point the flashlight as he mounted the TV on her new apartment wall, as Alec had been instructed as he "assisted" Scott fixing the car ages ago.



This would be the first of several trips out to Utah, one of which included a visit down to Moab where the only 3 days of rain that occurred all year happened to be the three days they visited.



Alec's summer and fall also included another set of applications for yet another year of training as he applied to Orthopaedic Surgery Sports Medicine Fellowship programs. This unfortunately means he is finally leaving Philadelphia, a reality that will likely break his mother's heart with



When your helping dad fix the car to learn but all you learned was how to hold a flashlight and get yelled at



Philly being the safest city in the country; not!. He secured interviews at top fellowship programs like Mayo, Pitt, Duke, OrthoCarolina, and Kerlan-Jobe. He also impressed institutions like Lenox Hill, Michigan, Columbia, and UVA, which are highly selective. It goes without saying that Scott and Allison feel immense pride and fulfillment knowing they've raised three young adults who are not only achieving excellence but also setting an example of perseverance, dedication, and potential to inspire others. What more could a parent ask for except perhaps that Alec pick a program close to home so he can spend more time with his mother.

The beginning of the new year for him will involve traveling to 18 different programs for interviews and hopefully will allow him time to enjoy the weather in places like Rochester, Minnesota in the middle of February. Similarly, Sydney is starting to look at and will be applying to plastic surgery residency programs. Alec has been very supportive of her choice to pursue this path and reminds her on almost a weekly basis that he will happily be a stay-at-home dad once she is an attending.



Alec also had the honor of standing as best man for his brother Patrick's wedding. True to his easy-going style, from the bachelor party to the day of the wedding, he "winged" the role with a unique blend of spontaneity and heart. While he may not have memorized a Hollywood-worthy speech or coordinated **every** [any] detail, he delivered what mattered most: love, laughter, and a toast that (eventually) brought everyone to tears—whether from emotion or sheer improvisational brilliance, we're not sure.



## Shannon

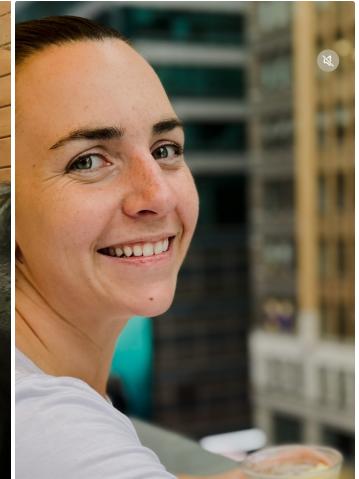
When we last left off with Shannon, she had just completed her first year at her job with Foundation Equine. She is finally starting to settle more into her career now that she is officially three years post vet school. Hard to believe, isn't it?

A new addition to her wheelhouse in 2024 was animal chiropractic care, having completed her training this past February. She has since been building her client base and using her new skills to better assist her patients in their daily lives.

In April, Shannon and Allison enjoyed a mother-daughter day at the



daugher day at the Philly aquarium. Summer brought professional growth as Shannon delivered an in-service and public lecture on equine leg injuries, sharing her expertise and passion for helping animals.



Mercer County Stables  
Equine Educational Seminar July 11, 2024



### Leg Injuries and Dissection

*Presented By*  
Shannon H. Kellish, DVM  
Hanna Ruark, DVM

of Foundation Equine Wellness and Performance Veterinarians

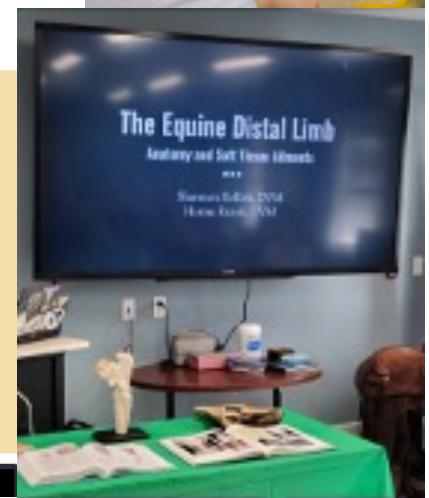
- Identifying Leg Injuries
- Treatment Plans
- Hands-On Equine Leg Dissection

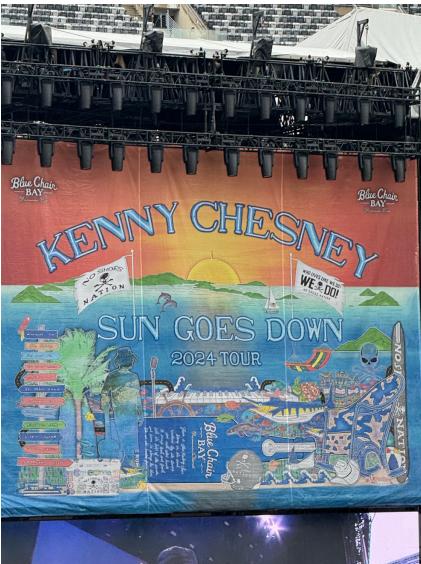
Thursday July 11  
6:00 pm  
Mercer County Stables  
431B Federal City Road, Pennington

Free to Attend.  
Advanced registration is requested due to limited space. Please email [RitaAnn@foundationequine.com](mailto:RitaAnn@foundationequine.com) or [cardinal@mercercounty.org](mailto:cardinal@mercercounty.org) to reserve your seat!

Please be aware, real equine legs from deceased horses will be used in this seminar. You are not required to participate in the dissection portion. Minors are welcome to attend. Parents should decide if this is appropriate for their child.

The Mercer County Park Commission  
Dan Stevens, County Executive  
Joseph Pata, Acting Director





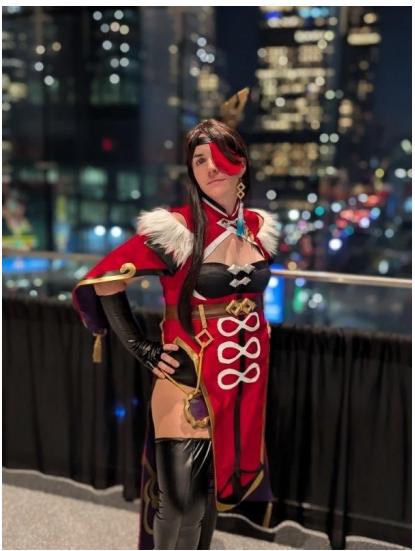
In August, Shannon headed to Anaheim, California to attend Disney D23 Expo with her good friend Dylan.

After their week-long trip, Shannon didn't skip a beat before attending the bi-annual Kenney Chesney concert with her mother. It seems the two are official concert buddies.

As summer wound down, Shannon set her sights on the busy autumn season she had planned out, starting off with finally celebrating her Mother's Day gift for Allison. The two saw Jelly Roll live in concert, and he's quickly becoming Allison's new favorite artist.

In the midst of the final

countdown to her brother's wedding, Shannon and one of her best friends, Nicole, were making a mad dash to the finish line with their New York Comic Con costumes. It seems they simply can't get away from the last-minute con crunch every year.



As October quieted down, Shannon was convinced by her friends in Kansas to come out and see everyone. Her friend Erika had packed their schedule with a trip to visit their



To round off her busy year, Shannon and Scott did their annual tree hunt. Shannon apparently picked such a healthy tree that it came with a dozen or so tiny spiders that she spent the next week expelling from her apartment. With the



year coming to an end, Shannon is already focusing on how to divide her vacation time for next year and looking forward to her other best friend Kim's wedding in June.

## Patrick and Alyssa

The year 2024 was an unforgettable one for Patrick and Alyssa, filled with exciting events and milestones, especially when it came to weddings. Their wedding season kicked off in the spring, with multiple celebrations. In April, they attended a co-worker's wedding from Alyssa's workplace, followed by a family friend's wedding in May.



During May, Patrick and his mom, Allison, celebrated Mother's Day in their own unique way—they went to the shooting range. Allison had expressed a desire to shoot a gun for years, so Patrick took her to RTSP, where they spent the morning shooting handguns together.



Perhaps looking beyond the wedding, Patrick and Alyssa each took to exploring parenthood in their own way with Alyssa trying to educate their "child" Sriracha that walking with a leash was a good thing, while Patrick did his best to ignore the cat's need for attention.



The spring and summer months also brought a sense of fulfillment for Patrick, as he saw many of his patients return to their sports. One even helped lead his team to victory in the NJ Baseball State Championship, while another won a National Junior College Baseball Championship, and another joined the Philadelphia Eagles Cheerleading team—each success a testament to his hard work and dedication in getting them well again.



In May, Patrick underwent the knife at NYU to correct damage from a broken nose incurred during his lacrosse years that made breathing difficult, to allow plenty of time to heal before the wedding. While waiting for him to wake up, Alyssa and Scott had a wonderful lunch in the city



As the summer unfolded, life slowed down a bit, with both Patrick and Alyssa working in their respective clinics. However, Patrick decided it was a good idea to return to Brazilian Jiu-Jitsu (it wasn't). The day before they were set to head to Long Beach Island to spend a week with Alyssa's family, Patrick developed a Staph infection

that led to a trip to the emergency room with Alyssa and future mother-in-law, Tina in tow. As a result, Alyssa promptly banned Patrick from Jiu-Jitsu, to preserve their upcoming honeymoon in Hawaii.



As the fall arrived, their wedding calendar was still busy. In September, they attended two more weddings and celebrated Alyssa's bridal shower—the last event before New Jersey entered a seven-week drought. Could this be a good omen for their marriage?

October was the peak of their wedding adventures, with a whirlwind of events. Patrick's co-worker Nicole tied the knot on October 4th, and just a week later, on October 11th, it was Patrick and Alyssa's turn.

Their wedding day at the Inn at Millrace Pond was nothing short of magical, thanks to Alyssa's





meticulous planning. A few hiccups added to the charm—best man Alec sneaking off for naps and a suit mix-up—but the day came together beautifully. Surrounded by family and friends, the celebration was filled with love, laughter, and a few happy tears (mostly from Allison!).

The remainder of the fall was spent basking in their newlywed bliss, which seamlessly led into their honeymoon in December.

Alyssa planned a spectacular two-week honeymoon to Hawaii, packed with exciting activities and breathtaking sights. Their journey began in Oahu, where they spent three days before flying to the Big Island. There, they divided their time between Kona and Hilo, then traveled to Kauai for four days, and wrapped up their trip on the



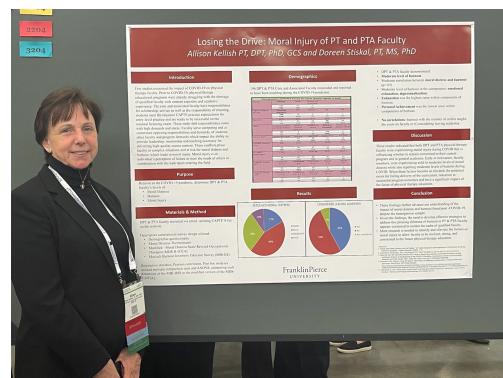
stunning beaches of Maui. They timed the trip so they could return just in time for Christmas Eve with the Flood family and Christmas Day with the Pratti family.

Though 2024 started off slowly, it ended up being a year of incredible adventures, new beginnings, and unforgettable memories for Patrick and Alyssa.



## Scott/Allison

2024 overall was a dynamic, intellectually engaging, and filled with enriching experiences for Scott and Allison.



Allison seemed to spend more time stuck in traffic than in the classroom in her weekly pilgrimage to Manchester, NH to teach this year. Despite this, Allison had a remarkable year of professional



milestones, sharing her expertise and passion for education and physical therapy through conferences, presentations, and innovative collaborations. From delivering peer-reviewed presentations at national and regional conferences to introducing cutting-edge ideas like energy medicine in therapy, her work has been impactful. In April, Allison and Doreen presented a breakout session titled “Inspiring Innovation: Transformational Leadership Practices in Higher Education and Cultural Settings” at the 2024 Conference of New Hampshire women in Higher Education.



In February, Allison finally got tired of Scott saying he needed a car, even though he was still able to WFH since COVID and went ahead to buy him a 2021 Honda HR-V (Surprise!).

Scott's work took him across the country, from Nashville to Pittsburgh and Louisville, combining professional commitments with meaningful personal connections. Time spent with family, staying with his sister in Pittsburgh and visiting his mother who turned 89 in July and the opportunity to share moments with his sons in NYC for dinner and to see the play Spamalot, exemplified a year of bonding and joy.

The end of December, in a bittersweet decision Scott moved on from AWS after

eight years. He's taking a short break to decide what the next chapter will be but says he's not quite ready for retirement yet.

A spontaneous 4<sup>th</sup> of July road trip took Scott and Allison to explore Delaware's beaches, Assateague Island's wild horses and prospective retirement places down the road. They

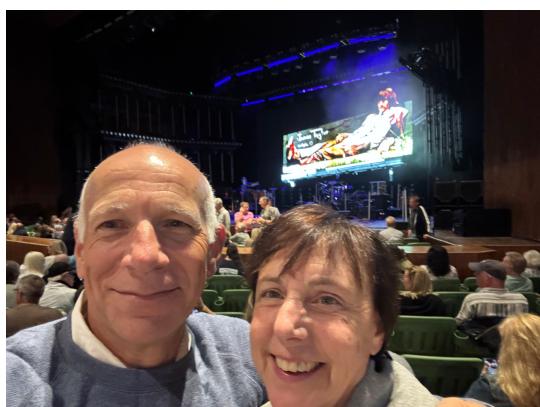
climbed a lighthouse and watched the fireworks with Allison's stepbrother Tom and his life partner Joe.

In August, they enjoyed seeing a James Taylor concert for Allison's birthday. With retirement still a few years down the road, these moments showcase a commitment to enjoying life's simpler pleasures while

embracing new horizons together.

As the year wrapped up, we kept to cherished traditions. Decorating for Christmas,

exploring festive displays at Longwood Gardens this year, and visiting iconic holiday spots like Rockefeller Center and a quick visit to the Jersey Shore to say goodbye to 2024.





Deciding to peek under the tree early, Gwen got an early start on Christmas as usual.

As 2024 draws to a close, we look forward to the opportunities and adventures that 2025 will bring. With our traditional



name, but without any reliable citations or context linking it directly to him. It's possible that the quote was misattributed to Eastwood to lend it greater credibility or appeal as we're doing here. Still, the sentiments expressed are meaningful and being an avid Eastwood admirer, I like to think this came from the 94-year-old actor legend, nonetheless.)

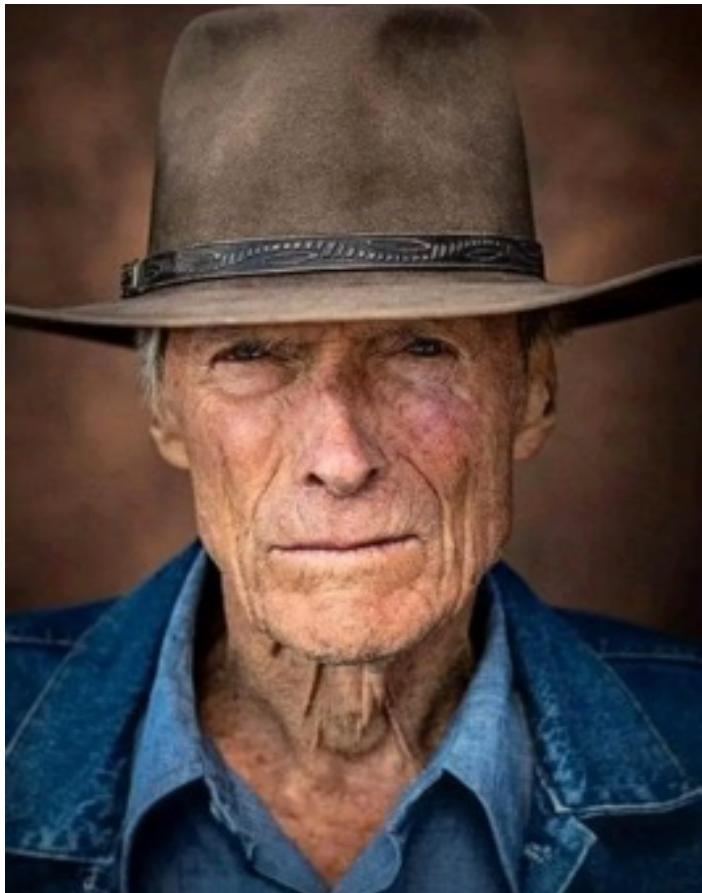
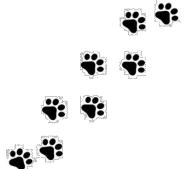


resolutions in hand and a sense of gratitude for the past year, we'll leave you with a bit of wisdom that continues to inspire us.

(Note that this quote has been widely shared on social media platforms, often alongside Eastwood's



*Gullie Kellish  
Ollie Patrick Shawver*



"Don't look for luxury in watches or bracelets, don't look for luxury in villas or sailboats!

Luxury is laughter and friends, luxury is rain on your face, luxury is hugs and kisses.

Don't look for luxury in shops, don't look for it in gifts, don't look for it in parties, don't look for it in events!

Luxury is being loved by people, luxury is being respected, luxury is having your parents alive, luxury is being able to play with your grandchildren. Luxury is what money can't buy."

-- Clint Eastwood