

# Kellish Family Newsletter 2023



## Welcome to the 2023, 15<sup>th</sup> annual edition of our family year in review newsletter.

If we had to sum up 2023 in a couple of words, it would be “new adventures”. Having completed reentry into the world in 2022 following the isolation from COVID, 2023 was about making up for lost time, breaking out, exploration and pushing the envelope of our comfort zones.

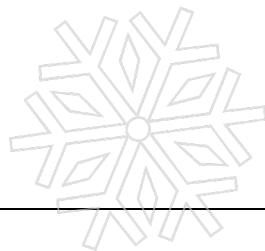
We worked hard on completing long overdue projects, pushed our professional boundaries and explored new countries outside the USA. Patrick and Alyssa became engaged extending our respective families, Allison’s nephew Daniel married his love Diana White and Allison became a great-aunt again with the birth of Saoirse (pronounced sur-shuh) Butterly in August to Allison’s nephew Matthew and Danielle. At the same time, the world continued to feel less civil, faster moving and more entitled, especially on the roads here in New Jersey. People blatantly running red lights, cutting others off, changing lanes in close proximity, all at higher speeds, to which Jersey already has a bad reputation for. I hope in 2024 we can all take a second or two to stop and consider our actions and those around us, for everyone’s sake.

So, join us in 2024 further exploring the world, spending time with family and friends and trying to protect our fragile planet.

Notable events in our family's life this year:

- Alyssa's perfect score on PT Clinical Board Exam
- Patrick and Alyssa's engagement
- Allison speaking in Dubai
- Daniel and Diana's wedding
- Birth of Saoirse Butterly
- Alec start of PGY-3 and turn towards Sports Medicine sub-specialty

*Scott Kellish  
Allison*



How To Reach Us		
18 Ridge Road • Clark, New Jersey • 07066-2916		
Scott	skellish@comcast.net	732-850-4534
Allison	akellish@comcast.net	908-403-3019

## Shannon



The year certainly went by fast for Shannon. She officially completed her first year at her job with Foundation Equine down in Bordentown, NJ. Like every new vet starting out there is always that steep learning curve and feeling of imposter syndrome as you start to apply your book smarts to reality and realize maybe they left some stuff out in school, or you were out sick the day they covered "street smarts". Not to worry, with the guidance of her mentors she has made her way through, growing more confident by the day.

On the personal side, this year

Shannon was asked by one of her best friends, Lena to be one of her Maids of Honor for her wedding in April. Shannon and her co-maid of honor Erika planned a girl's trip to Santa Fe, New Mexico in February. There Shannon and the girls explored the city and even tried their hands at glass blowing, which was great fun if anyone is looking to try out a new hobby.

As spring came around, Shannon was getting excited for her trip out to

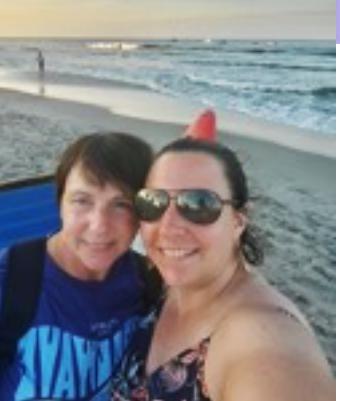
Kansas for the wedding, to reunite with several of her friends, and figure out how to write a Maid of Honor speech. However, a few weeks before her trip, life decided that Alec and Shannon needed a sibling bonding moment with Alec performing a little cosmetic surgery right in her kitchen to deal with a finicky cyst on her neck...much to her parents' delight. With that all cleared up the wedding came and went with a great deal of joy and a couple of happy tears. With the wedding behind her, Shannon focused her attention back to the busy season with her job which passed by in the blink of an eye.

Once summer came around Shannon decided that she and her mother needed a girl's trip to Atlantic City to attend the Tidal Wave country music festival for a three-day music jamboree.

Needless to say, the two had lots of fun in the sun, and Shannon got Allison hooked on the country artist Jelly Roll.

As things started quieting back down, Shannon continued with last minute sewing projects in preparation for New York Comic Con, that she attended in October. This year's convention included some major highlights for her like meeting some of her favorite celebrities and showing her Kansas friend Dylan around New York City.

With winter fast approaching Shannon was offered an opportunity to start learning animal chiropractic care with the course, you guessed it, back yet again in Kansas. Shannon's flying back and forth to Kansas for one week for the next four months. She says it's nice to see her Kansas friends again on a more regular basis and she's not sure what she is going to do once the course is over. For now, they are having fun attending and planning fun winter events like admiring the Christmas lights and a future ice-skating escapade.



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## Alec



The start and end of 2023 were on opposite ends of the spectrum with regards to Alec's journey through residency and quality of life.

The first half of 2023 was the last half of his PGY-2 year as an orthopaedic resident down at Thomas Jefferson Hospital and the Rothman Orthopaedic Institute in Philly. The second half of the year continued the trend of significantly more overnight call shifts and weekend shifts than his mother would like to see. During this time, he rotated through the total joint arthroplasty service as well as the spine service for several months, capping his second year of residency off with two straight months of night float.



In March, Alec competed in his first Brazilian Jiu-Jitsu (BJJ) tournament, the Tournament of Brotherly Love. In this submission only tournament, where points are not awarded for the specific control positions in BJJ and the players theoretically only win if they get their opponent to give up, Alec went 2 and 1, winning a bronze medal for his weight class.

Prior to starting nights, his sister joined him in Philadelphia for the Eagles vs. Chiefs Superbowl, where Alec showed her that he still has not entirely grown up by taking her to the medical school frat Superbowl party.

Nights meant an almost complete absence of any semblance of a social life, more so than usual, which Alec embraced by growing out a beard which he refused to shave until after his two months of nights ended. Interestingly enough, during this time Alec met his girlfriend Sydney, a medical student at Jefferson, who does not get enough credit for putting up with what he thought was a good-looking beard (it was not). With July 1st came the start of his PGY-3



year of residency, and to the joy of many, shaving the beard. The year began with him on a combination research and sports rotation, where he worked with Dr. Hammoud<sup>1</sup>. During the rotation he had the opportunity to learn how to perform ACL reconstructions, meniscus repairs, and rotator cuff repairs, amongst other surgical procedures. The



<sup>1</sup> <http://tinyurl.com/rvhzduvy>



rotation proved to be incredibly impactful, and ultimately led Alec to choosing Sports Medicine as his future sub-specialty.

The beginning of third year also brought more balance to Alec's social life and allowed him to find the time to go to various concerts including Two Friends, Luke Bryan, and Mt. Joy.

Following the sports rotation, Alec went onto the Shoulder and Elbow service where he had the opportunity to train under some of the most well-known surgeons in the field. The rotation brought higher expectations, but also new opportunities to develop his independence and technical skills as a surgeon, reaching a point where he was allowed to start surgeries independently (with the attending coming in very shortly afterwards).

Currently, Alec is on his pediatrics rotation, which has not been a favorite. This is mainly because of a lengthy 45-minute or longer commute each way, combined with entirely too much time in clinic and not in the operating room.



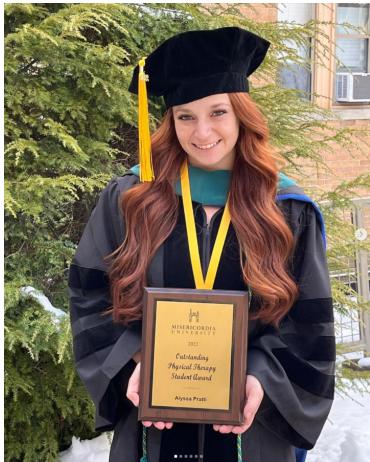
Some of the other highlights of the year included getting to see and meet the band Foreigner on his birthday down in Atlantic City after attending a show with Sydney, who is friends with several members of the band.

Alec has also fully converted to being an Eagles fan, with an Eagles jersey courtesy of his sister for his birthday. From attending the home opener to games in the freezing rain, it has been a stressful transition as the eagles love to break your heart.



Cousin Daniel's wedding was also a highlight of the year, as it provided Alec an opportunity to try to get his parents a little more tipsy than they would have liked, but also served as a good introduction event for members of the family meeting Sydney, who for the record is perhaps the first girl Alec has dated that his parents and siblings actually approve of, which that alone is impressive. (editor: It's the first girl we can sense Alec at ease with himself).

## Patrick and Alyssa



This year was filled with lots of exciting news and changes for Patrick and Alyssa! Coming off a strong finish last December when Alyssa graduated from Physical Therapy school, she studied all of January for her board exam which she got a perfect score on!

After taking her exam, Patrick took Alyssa to Italy for a 2 week get-away to celebrate her graduation and board exam, and more importantly... to pop the BIG question. Patrick stopped dragging his feet and asked Alyssa to marry him and thankfully she said





yes and agreed to take him off Scott and Allison's hands! They spent the rest of their trip going from Rome to Pompei, Florence, Tuscany, and Cinque Terre.

After getting back from Italy, Alyssa started working in Millburn for Professional Physical Therapy, the same company Patrick works for. They were able to squeeze in a "work" trip to San Diego at the end of February to the Combined Sections Meeting. Then the wedding planning started in full swing with lots of looking at venues and deciding on colors/ DJs/ Flowers, all things that Patrick was very on top of and interested in!

Thankfully Alyssa is more organized than Patrick and was able to get most of the details sorted out, and they even got their venue picked after only a few months and set a date for October 11th, 2024.

More big changes came along in late Spring at the beginning of June when they found an apartment and left the nest, moving to The Randolph in Plainfield. They were able to get a two-bedroom apartment on the top floor with great lighting and all updated appliances, although Allison still has reservations about them living in Plainfield! In a strange twist of fate, the Randolph was reconstituted from the former Muhlenberg Hospital where Allison, all her siblings and all of Scott's siblings were born.



The rest of the summer continued with both Patrick and Alyssa being very busy in their respective clinics and Patrick also working on his personal training business.

They ended the year with another big surprise as Alyssa and Patrick made an addition to their new little family by rescuing a 3-month-old kitten they named Sriracha!



They were able to rescue her from Middletown, New York, and after a few weeks of adjusting for his allergies, Patrick is very happy with the new addition despite always being a "dog" person. She took some time to get used to the apartment and hasn't knocked over the Christmas tree, so we are off to a good start!

## Scott/Allison



The year went by in a flash for Scott and Allison starting with seeing the tree and Times Square ball right after New Year's Day.

In February, Allison, Patrick, and Alyssa went to the APTA Combined Sectionals Conference in San Diego where Allison presented and tried to escape the northeast cold.



In March the family attended the Elizabeth Fire Department induction ceremony which included the promotion to Captain for Allison's nephew Brian Butterly. In between,



Allison continued her weekly trek from Jersey to Manchester, NH to teach PT at Franklin-Pierce. In April, Scott completed a 6mo long project at AWS launching a new AWS Cloud Operations Competency which validates AWS consulting and software partners with capabilities to assist AWS customers operating in the cloud.

Also, after three years, Scott finally completed his mid-life crisis this year, aka the shed meaning stuff has actually moved from the garage into the shed. Just in time to begin working on replacing the badly needed picket fence.



local wildlife, sightseeing at the Qasr Al Watan & Grand Mosque in Abu Dhabi and indulging in the local customs.

In June, Allison had a wonderful experience being able to present at the 2023 World Physiotherapy Congress in Dubai, presenting "Losing the Drive: Moral Injury Post COVID 19". While in Dubai, where the temperature averaged 86°F at night and over 100°F in the day, Allison took in the sites including grabbing a four-legged Uber, the Qasr Al Watan & Grand Mosque in Abu Dhabi and indulging in the local customs.



In August, Scott and Allison headed north to the Adirondacks to help celebrate the long overdue



retirement of Scott's brother David after 30 years and five months as a middle school technology/STEM teacher in New York<sup>2</sup>. Scott also fulfilled a wish of his late Aunt Judy

who passed away in late 2019 by committing her ashes back to earth.

After earlier in the year, having woken Scott up briefly in the middle of the night to have him click something on her iPad he has no recollection of, Scott and Allison jetted off to Austria and

Germany for a 17-day getaway, where on arrival, Allison enjoyed while Scott mostly slept through a performance of Vienna Philharmonic.

Heading westward, they spent time sightseeing in Vienna, Melk, Steyr, Hallstatt, and Salzburg taking in lots of castles, palaces, museums, apple strudel, and in Hallstatt touring the world's oldest (7000yr) salt

mine<sup>3</sup>.

Heading north into Germany, they visited some of King Ludwig II's castles including Neuschwanstein and Linderhof. Moving on to Munich, Scott introduced Allison to a proper, albeit commercial beer hall experience at the Hofbräuhaus before they both experienced Oktoberfest for the first time where Allison quickly made new friends.



<sup>2</sup> <http://tinyurl.com/mt983kfx>

<sup>3</sup> <http://tinyurl.com/57r73crd>



Heading back to Vienna for the flight home, they stopped to tour Kehlsteinhaus<sup>4</sup>, better known as Hitler's Eagle's Nest.

In October, Scott headed to Austin, TX to speak at the Technical Business Management Conference about AWS Cloud Operations, and in early December covered the Cloud Operations booth at the annual AWS developer conference, re:Invent in Las Vegas.



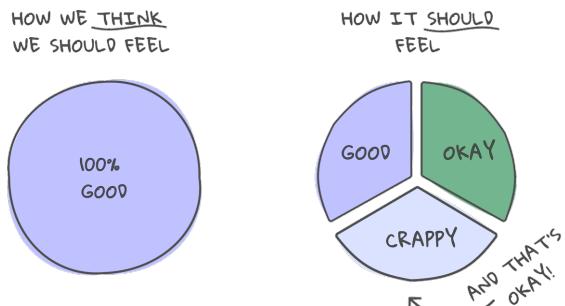
for the annual trek, this year sans Shannon to our favorite Christmas tree farm to cut down three trees, followed by a quick jaunt into NYC to see the Rockette

## Words of Wisdom

"Good thing I didn't accomplish all my goals yet because then what would I do tomorrow? — Alexi Pappas

<http://tinyurl.com/4593stp>

### RULE OF THIRDS WHEN CHASING A GOAL



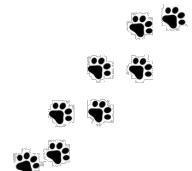
Christmas Spectacular at Radio City, the tree at Rockefeller Center, St Patrick's Cathedral and the various Christmas store window displays.

As 2023 comes to a close, we hope you'll join us in considering how the "Rule of Thirds" can help shift your perspective. If you're working towards a goal, but always feeling great about it, you might want to inch a little closer to the edge of your comfort zone. On the flip side, if you're experiencing too many crappy days, it might be time to pull back a bit.

We wish you the happiest holidays and a wonderful New Year in 2024.

Scott Allison

Alex Patrick Shannon



<sup>4</sup> <http://tinyurl.com/mry7jdse>