

Date: April 26, 2019 at 2:19:55 PM EDT
To: undisclosed-recipients;;
Subject: Henry

Dear friends,

It is with great sadness that I'm writing to tell you that Henry passed away yesterday morning, April 25th, around 8:30 AM. He had gone into "terminal restlessness" and was put on hospice crisis care Tuesday. They thought he might have as long as a week, he was resting and comfortable when I left him around 8 Wednesday night, but his condition deteriorated overnight and the nurse called me early Thursday morning to come, so I was able to be with him. In recent weeks he just couldn't rest, walked constantly, didn't eat much and slept very little. He was exhausted but his body wouldn't stop. His pain and suffering is over now. That gives me some comfort and I have a lot of support to help me work through my grief. He will be cremated and we'll have a memorial service for him at the Naval Academy in the summer, we're looking at dates now between July 9-18. Because he's a flag officer, his ashes can be buried there. Henry's daughter Suzy was trying to get here but there wasn't time, so she is coming from Connecticut next week for two weeks to help me with arrangements. My daughter Sara and her family, who live close by, have given me tremendous support through these last weeks, as have all the caregivers that have supported Henry through this journey.

I also would like to thank you for supporting us as we've traveled down this road. I'll keep you updated on plans as they come together in case you are able to be with us in Annapolis.

Love,
Ruth

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