

Kelly Howe



Kelly Howe understands caregiving is a family matter. Family is most important to her. She has raised a family, adopted twin boys with special needs, and assisted her military veteran husband with his permanent disability. She witnessed caregiving as her mother cared for her grandmother and jumped in herself when her mother had a heart attack.

Kelly would say she is very ordinary and boring, but she has been so grateful to be a stay-at-home mom. This has given her peace of mind as she deals with her family's needs and her own healthcare. While she has a background as a logistics supervisor for her family's wine warehouse and worked as a finance and human resource director for a Boys & Girls Club, a health condition of her own made her realize her stressful job may have triggered the condition and the brain surgery to address it. She sees this as God's way of saying "slow down" – a lesson she has tried to take to heart.

Kelly volunteers in various ways because she loves people and helping others gives her a sense of purpose. The downfall of her generous nature is "helping too much" and needing to slow down to consider what she really wants to do versus what she feels she must do. She realizes that some caregivers risk losing their own identity in caregiving, so she wants to volunteer to bring balance to her life.

Kelly saw an NLRCC post on Facebook and has always wanted to be more involved in advocacy. She has seen a lack of empathy for people with disabilities and their families and has been seeking opportunities to help other families be successful. She does not want others to struggle with the system as they have had to do.

What you might not know about Kelly is that she loves to bake – and does trays of cookies daily for a full month straight during the holidays. She has also recently volunteered to coach her grand-daughter's cheerleading squad.