

# A Celebration of Life – Kathy Sinnett, RN

July 20, 1940 – January 17, 2012

## ***A Tribute to Kathy Sinnett***

*by Mary Ann Geoffrey & Sharon Scandrett-Hibdon*



**A** great sense of loss fell upon many as Kathy Sinnett departed earth's plane on the "Wings of the Angels" she loved so dearly. Her last moments were shared with her family as her six amazing daughters sang several songs, including "Amazing Grace." They spoke of a very peaceful transition for Kathy.

For all who knew Kathy, "Amazing Accomplishments" are noted by those whose lives she touched. Kathy studied in-depth with Janet Mentgen and was the sixth certified Practitioner and ninth certified Healing Touch Instructor in this country (1993), as well as, being a cherished member of the Healing Touch Professional Association's Elder Council. Kathy also received certification as a Holistic Nurse through the American Holistic Nurse's Association.

She was a full-time spiritual, energy healer and teacher for over 20 years. She was the author of several self-help books including Energetic Transformations and Insights and was known for her "sense of humor and a delightful writing style." In addition, Kathy wrote a monthly column for Connections, a holistic news magazine.

A true pioneer in Energy Medicine, Kathy used her remarkable ability to develop a successful business and Healing Touch practice. As a woman of great courage, she influenced and paved the way for many students and practitioners to develop sound business practices. She founded the Healing Touch Practice in Farmington, Michigan as a model clinic, which began in Livonia, Michigan, and is still supporting practitioners in training, as well as, the local community.

Kathy fully believed in holism and self healing - evidenced by her strong will to live and to heal herself. She met her challenges "head on" and dealt with issues with the same regard. She controlled her healing environment when able and made the best possible use of both traditional and complementary therapies. In her daughters words, "*What others saw as obstacles,*

*Mom viewed as challenges to be overcome, and lessons to be learned. When faced with an endless stream of doctors, tests and waiting rooms, Mom decided she must need to learn patience. When her invasive and aggressive treatments stripped her of dignity, she concluded that she must need to learn humility. When her physical limitations made it necessary to rely on the strength of others, she reflected on her need to learn to receive, as well as, to give. Her long recovery period battling the effects of her treatments were for her an opportunity to realize how much her family and friends loved her. Mom faced her diagnosis ( of Glioblastoma ) with courage, handled her life changes with dignity, and met her physical and mental challenges with humor and grace."*

*"In 2005, Mom was given less than 6 months to live (only 3-5% of patients live three years). At Mom's quarterly MRIs her neurologist would explain the cancer would return, and Mom always argued saying, 'No, I am healed'. To the doctors amazement and Mom's smug satisfaction, she was always right. An MRI in December of 2011 revealed that she was cancer free."*

Kathy applied this same sensitivity when working with others and was very attuned to their needs, always attempting to empower them. Her understanding and gifts of healing were deep and profound. The nurturing Kathy provided healed others. Kathy's legacy includes the role of spouse, mother, grandmother, friend, nurse, healer, author and musician. She was co-founder of the Michigan Holistic Nurse's Association where she served as President for two years. Kathy told her daughter that two things were very important to her -- helping and touching the lives of others in the best way she could and teaching and training others - especially nursing students and other professionals in Michigan.

Included among her many roles was as a "baker." Many are aware of her remarkable ability to bake a few dozen loaves of whole grain bread in one morning, the best carrot cake, rice

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pudding and oatmeal raisin cookies. Kathy also delighted in “folk lore” music where dozens would gather to sing and play “Irish Tunes.” From violins, to washboards and clapping spoons, folks had a great deal of fun as they heartfully shared music that was nurturing and delightful.

Cherished memories and appreciative words are arriving from all over the country to describe this remarkable and spirited woman -- accomplished, determined, loved, caring, compassionate, courageous and a wonderful sense of humor.

In a recent conversation with Kathy, she expressed her great love for her family, friends, children, grandchildren and her work. A true role model, Kathy always put “her best foot forward” as she faced life’s many challenges.

She was a true friend to many and her ready laugh, humorous comments and big smile will be greatly missed. May you rest Kathy - - and know that you truly made a difference to those whose lives you touched. For that -- we are grateful.