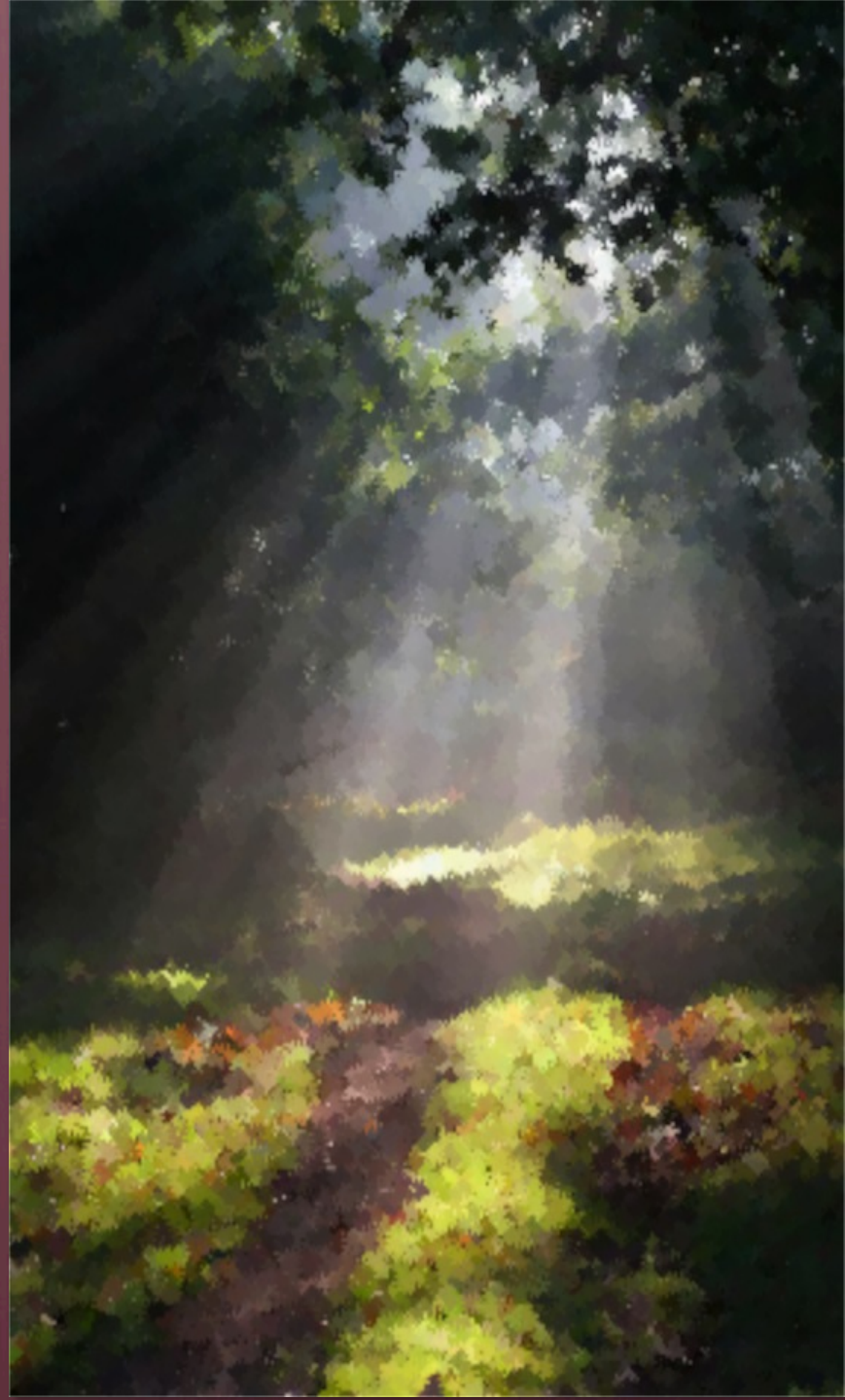


Life Struggles

By: Ashley Molasy

<http://lifestruggleswithashleymol.blogspot.ca/>



Life Struggles

Tuesday, 3 September 2013

Ashley Molasy: A Bio

A Little About Myself

Today I choose life. Every morning when I wake up I can choose joy, happiness, negativity, pain... To feel the freedom that comes from being able to continue to make mistakes and choices - today I choose to feel life, not to deny humanity but embrace it. *This is a quote by Kevyn Aucoin who has encouraged me to live life and embrace everything about it.*

My name is Ashley Molasy, I am a triplet and a part of a family of six. Even though my sisters and I are only minutes apart, my parents raised me to be the "older" sibling and to be a positive role model to my sisters, Brittany and Cassandra. They looked up to me as their mentor; they observed and mimicked my actions and behaviours.

About ten years ago my father was diagnosed with multiple sclerosis; it has been a struggle every day for my family and me. Unfortunately, his condition is not one that can be cured. However, it is manageable enough to keep him happy, stable and comfortable. As the "older" sister I had to protect my siblings from the unforeseen and unfortunate situation that could significantly impact our family. I emphasized the strength, love, care and communication of our family. With this, I assured them that we can get through anything together.

Last year, my triplet sister Cassandra was diagnosed with Lymphoma Cancer, cancer in the lymph nodes. This was extremely difficult to comprehend; my younger sister would have to overcome this life struggle at the young age of 23. This was yet another difficult and painful struggle that crossed our path. We can only hope and pray that our faith, strength as a family and love will help us get through this together.

As a loving and caring daughter and sister their happiness and putting a smile on their faces means the world to me. I will always be there for my family when they need me, whether it's a simple activity; like going for a walk and keeping them company or helping with something that they can't do. My life is a struggle, but I am blessed to have my family and I am thankful for that.

Posted by **Ashley Mol** at 20:09



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Ashley Mol

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Life Struggles

Sunday, 8 September 2013

The Big C Word

Cancer, the most feared word in the world can come along and impact one's life in ways we would have never thought possible. Many people, throughout their lives, attempt to be healthy. Some practice healthy habits such as eating right, exercising and smoking cessation. Many people may not be aware that we have natural Cancer cells at birth, it is only when these cells mutate or enlarge that it becomes life threatening. Some individuals, although aware of the harmful effects, continue smoking and adapt other unhealthy habits that will ultimately result in health complications. Nevertheless, it's unfortunate to say that although some may take extreme measures and precautions to lead and live a healthy lifestyle, they could still be diagnosed with many health issues including Cancer. I wonder how is it that some smoke for years and fortunately do not get Cancer, but my sister who is smoke-free and takes significant health precautions develops Cancer?

Christmas, a holiday that is meant to be filled with happiness and joy, turned into a terrifying and dreadful time when my sister Cassandra was diagnosed with stage two Cancer. The terrible news from our family doctor left us all speechless, in despair and disbelief. As the "older" sister, I had to be strong and positive, but I felt absolutely helpless. There was absolutely nothing that I could do to make things better for my sister, all I could do was wait patiently for her treatments to begin in the New Year. We worked really hard to hold back our emotions of sadness and sorrow, and we made sure she was always smiling. Being diagnosed at 23 is a terrifying situation, your world as you know it, is now turned upside down. You are oblivious to what the future holds for you.

The most important form of moral support is family; although our family is a small one, we made sure that we were always supportive and always surrounded Cassandra with love, care and hope. My sister Brittaney flew in for the holidays numerous times, from Alberta, with her beautiful 1-year-old daughter Dakota. Dakota's wonderful presence, playful moments and joyful laughter helped us all get through the holidays during this rough time in our lives. Dakota helped us get back to our regular lives, she opened our saddened eyes to the realization that life is precious and we need to embrace the time that is given to us. Whether we know or don't know how much time we have left in our lives to live.

Everything in our surroundings can in some way lead to Cancer, including but not limited to, body lotions and beauty products that contain Paraben could cause skin or breast Cancer if applied repetitively. Unfortunately, companies do not warn people about the harmful effects of some of their products, rather they deceive potential consumers by advertising a beautiful model in a commercial or celebrities vouching for the greatness of the product.

It is imperative to carefully read the labels when shopping and more importantly be knowledgeable!

We all should know what we are putting on and inside our bodies and we should ensure that we are doing all we can to take care of ourselves. With today's technology and wide range of search engines, books and other resources it is simple to educate ourselves and make sure that we are not exposed to dangerous and fatal products. The funny thing is that about eighty percent of you who have read this will ignore the message and continue to use their products and smoke cigarettes, whereas, the other twenty percent of you will attempt to make a difference in your lives. We only have one body in our lifetime; we must take care of it until it is our time to leave this earth, hopefully after we live a long and beautiful life. I am proud to say I am officially one year smoke-free and gradually making a difference in my life.

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My Sister Cassandra, beginning of chemo Jan 2013 and end of Radiation October 2013, Facebook

Posted by **Ashley Mol** at 21:28



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Life Struggles

Monday, 16 September 2013

Multiple Sclerosis: An Everyday Battle

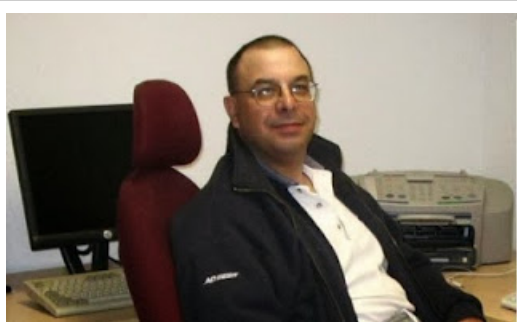
My father Arthur is an amazing person, who is determined in life to make things better around him. The most caring person I know whether he shows it or not. Absolutely the strongest person I've ever known, even though he can no longer walk or do certain things for himself. Almost ten years ago my father was diagnosed with Multiple Sclerosis (MS), which is a disease that damages your nerve cells in the brain and the spinal cord, resulting in several health issues including physical, mental and psychiatric problems. There are several cases of Multiple Sclerosis but for my father he has progressive MS. His condition is not curable but only medicine can slow down his symptoms and prolong his life expectancies.

When my father was first diagnosed he could still walk and do everyday things such as driving, exercising, and being able to have full function of his hands. The causes of MS are not really known and there are several theories such as genetics and environmental factors, however the main cause of the disease is yet to be determined. Over the years, my father began struggling with walking and many other tasks. He now uses a motorized wheel chair to get around each day but that doesn't stop him from being a successful businessman in his workplace. He works at home every day, including weekends trying to get everything done. My mother retired early to become a full-time caretaker for my father. She ensure she is available to help him get out of bed, make him food and be there when he needs her the most.

My father has been a huge inspiration to me in becoming a better person in life. I have learned that no matter what happens in life I should get back up and find a way to get past the obstacles that are in my life. He has encouraged me to go back to school and become successful.

Growing up with my father's condition has allowed me to appreciate the mere things in life like walking and being able to do anything I want without depending on someone to help me. I encouraged others to do the same, don't be lazy and complain that you have to walk to school. Many people wish that they could be able to walk again or run. Every year my sisters and I participate in the MS Walk, it helps fund researchers who are trying to find a cure for this disease and to also supply home-care products to those who cannot afford these items that are not covered under health insurance.

I am blessed that I am able to walk in life and able to wake up every morning without struggling to complete simple daily tasks. I encourage others to embrace the small things in life, make a difference and join a charity. Help others who are in need, whether it's walking with others or donating to charities, put a smile on someone's face and let people with disabilities know that someone is thinking about them.



My Father Arthur Molasy, in his office at home, Facebook

Posted by **Ashley Mol** at 17:40



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Life Struggles

Saturday, 12 October 2013

Her Name Was Natalie

Losing a best friend was one of the hardest moments in my life to get passed, not being able to see her anymore and facing the reality that she will never pick up my phone call again. It is a life experience that no one wants to face, especially at the age of 18.

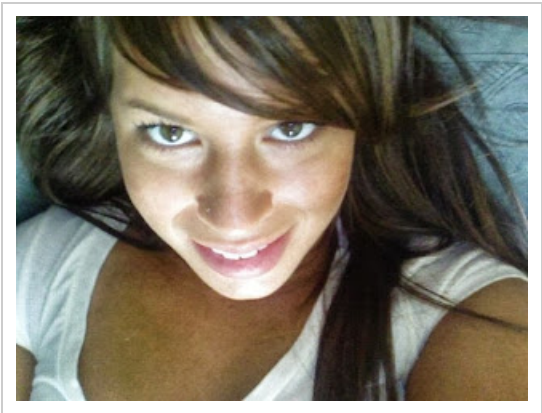
I met Natalie while working at Aldo Shoes shortly after graduating high school; originally she was from Sault Ste. Marie but moved to Mississauga with her cousin. She was the most out-going person I had ever met, filled with happiness and laughter. We spent our days working together and hanging out after work or on our days off. Some people said we couldn't be separated and no matter what happened between us we forgave each other very quickly so we can get on with our day.

Almost a year after moving to Mississauga to escape a bad-breakup with her former boyfriend, she was ready to move back home with her parents. We exchanged our hugs and said our goodbyes, we promised to see each other as much as possible and to keep in touch. We used social networks such as Facebook and cellphones to communicate with one another.

On March 12th 2008 I got a phone call that I will never forget, she was gone. Her cousin tried as best as possible to tell me what happened. She had gone to sleep that night and never woke up. It felt like a nightmare; how could this be true? She is too young? Why? I was angry at the world and didn't want to believe that I would never be able to talk to her again. She had only left in January of 2008 and we had made plans to see each other as soon as the snow melts and we could book time off.

Thoughts begin to race through one's mind, what if she hadn't moved back home, would she still be alive? Realizing no matter how much I sat there in my room thinking, I couldn't change the past. Her viewing came after a few days; I wasn't able to say my final goodbye to Natalie. I didn't know if once I got there I would be able to see her in a casket, having it as my last memory of her. I am very thankful to have had her as a part of my life and to have been her friend.

As the years go on it is becoming easier to cope with my loss. It is never easy losing someone that is close to you, but we can only hope that one day in the future we will be reunited with them after living a long and beautiful life. "Cherish your friendship with the ones that matter the most to you, and have no regrets about the past", this was a motto and way of life that Natalie has taught me to live by.



Rest In Peace Natalie March 12th 2008. You will never be forgotten.
(Picture taken from Facebook)

Posted by Ashley Mol at 18:38



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