

## **EXHIBIT #2**

### **LETTERS IN SUPPORT OF PAULA CONLON**

Hon. Jia M. Cobb  
United States District Court  
United States Courthouse  
333 Constitution Avenue, NW  
Washington, DC 20001

Re: United States v. Paula Conlon

Dear Judge Cobb:

My name is Stephanie Parmiter and I am Paula Conlon's Daughter. I wanted to take this opportunity to explain the side of my Mom I think you should know – The compassionate Mother, Grandmother, Sister, daughter and nurse that all of her family, friends, and patients have come to depend on.

I have worked at Diversified Laboratory Repair for 8 years as a Customer Service Representative. I have learned some amazing things from my mom but one thing she instilled in me is my work ethic. She has always taught me to get up and show up. I saw the sacrifice that my mom went through to get her Nursing degree. She was a single mom of four and would be up all-night studying! I still remember her glow the day she walked across that stage and accepted her associates degree. That day changed her life and it was amazing to watch. At the age of 13 I was able to grasp the whole picture and know that my mom just accomplished a huge dream of hers.

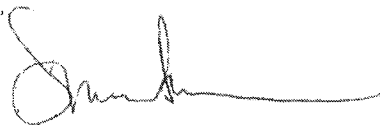
Mom has this innate quality of nurturing anyone she is around. She has a heart of gold and would give her shirt off her back if it meant helping someone. I watched as she went through the hardest two years of her career – when covid started. As a nurse in a nursing home, she watched as half of her patients became ill and passed away. The worst of it was that those patients couldn't have family around them. My Mom held every hand and stood by all of them to give them what they deserved in their final minutes. I can't imagine all the overtime she continued to work, and her reasoning was that the patients needed her now more than ever. This is just a small piece of her entire career and there are so many other things I could list but that would take ten pages! I think the main thing I want to really impress on you is that she has always worked for the patients and been their biggest advocate.

When I found out I was having twins I was TERRIFIED and my mom took me into her arms to remind me of the blessing I was about to get. Then she reminded me she would be here to help and oh how thankful I am she has stuck to her word! She is their favorite person on this earth (I would like to say besides Mommy and Daddy but sometimes I am not so sure they don't like her more, ha ha...). Anyway, she is a wonderful Grandma and takes them whenever she gets an opportunity. She drops everything to assist me. The relationship they have with her is beyond anything I ever had with any of my grandparents – or most people have with their grandparents. She gets down and plays for hours with them. Watching them interact is one of my all-time joys in life.

One final thing I have to mention before I close, I have to mention how she cared for my grandma, her mother, before she passed away. She was there every single day. She bathed her, made sure she ate, bought groceries, cleaned, etc. This was on top of a full-time job. My mom technically didn't have to because she does have tons of other siblings, but she wanted to. She told me this was the least she could do for all of what her mom did for her throughout life.

In closing, a heart like hers is so very hard to find and the world is lucky to have her. I am so grateful to call her my mom and to have been taught to be compassionate and loving by the best. I appreciate your time and hope you consider all I have said.

Kind Regards,

A handwritten signature in black ink, appearing to read 'Stephanie', with a long horizontal flourish extending to the right.

Stephanie Parmiter



Gmail

## Letter

Thu, Dec 22, 2022 at 7:20 AM

devin.brunner@aim.com <devin.brunner@aim.com>  
To: Paula Conlon <paulaconlon3@gmail.com>

Hi, my name is Devin Brunner.. and I am the youngest son of Paula Conlon. I am writing to convey a personal message of endearment about my loving and caring Mother in this unfortunate circumstance. This situation has been very difficult for not only my Mother.. but for everyone that she truly means the world to, as well.. such as me, my siblings, and all of her own brothers and sisters. We can all come to terms with the fact that a mistake was made... but seeing what she has had to deal with and go through within the aftermath of all of this, is truly heartbreaking.

I could not have asked for a better Mother in the entire world. She has always been there for me and all of my other siblings, in every single way possible, since the day each of us were born. She has done this while gaining her nursing license, while simultaneously putting everyone in her life she cares about first. She is, without a doubt, my real life Super Hero.. and I am deeply saddened that she has been through such heart ache because of an honest mistake. She has paid the price and has suffered the consequences of her actions. No one knows she made an error in her ways, more than my Mother. She is incredibly hard on herself, because deep down.. humbleness aside, she knows she amounts to a monumental human being in every aspect God asks of her. She's caring, sensitive, sweet, affectionate, thoughtful, genuine, and has an honest desire to do right in this world. I just want to reiterate how much I personally know, that my Mother has learned a lesson from all of this. And it is a fact of life, that nothing like this will ever happen again. She's not a criminal, and has never been in trouble in her life other than a few minor instances... like anyone in this world has endured. This is not the norm for my Mother, and everyone close to her knows just that. I, personally, will stand by the fact that she is the absolute best person I know in this world, and she is my best friend.. that I can always count on for anything. I beg, on behalf of my Mother, for your leniency, Your Honor.. and to give her the chance she deserves to live out the rest of her life as she should... peacefully. I love her with my entire heart... as do many, many others in her life as well. My Mother is not the mistakes she makes in life, but rather, the countless successes she's had.. makes her who she is; My Hero.

Her Loving and Grateful Son,  
Devin Brunner

Signature: Devin Brunner



Hon. Jia M. Cobb  
United States District Court  
United States Courthouse  
333 Constitution Avenue, NW  
Washington, DC 20001

Re: United States v. Paula Conlon

Dear Judge Cobb:

My name is Helen Colston, and I am the sister of Paula Conlon. I live in St. Louis, Missouri, and I am a high school mathematics teacher at Cor Jesu Academy. I understand that she is coming before the Court today to be sentenced for some serious offenses, and I appreciate the chance to present some things about my sister that will not be evident, based on these charges alone.

Paula is an intense person who devotes herself wholeheartedly to the people and causes she cares for. She is exceptionally loyal and will stand behind someone even when others may write them off. This loyalty includes an unwavering devotion and commitment to doing anything she can for her children, her grandchildren, her siblings, and her close friends. When my grandmother and my parents were alive, I saw this same constancy displayed toward them very often. I know that she also cares very deeply for the patients in her medical care. She is the kind of nurse who always looks for the big picture. She does not just treat immediate symptoms; rather, she tries to find out patterns in people's lives that could be making them unwell and connect disparate parts of their medical history to try and help the whole person. I know this because of conversations we have had over the years. I have frequently heard her expressing authentic concern for her patients and a fervent desire to help them be well, not just treat their immediate problems. I would say her approach to her family and friends and their issues is even more passionate and heartfelt. On a practical level, she provides a sizable portion of the childcare for her daughter's twins, allowing her daughter to hold a demanding full-time job. Paula has established strong, loving, relationships with her grandchildren, too, and these relationships are even more important than the practical help she provides. She helps my brother, Mark, in caring for my sister, Cathy, who is in a quasi-remission from brain cancer due to metastatic breast cancer. Paula runs errands, visits Cathy in the house, helps with medical care, and just generally provides moral support, love, and a positive outlook. Her presence in their lives makes a very great positive benefit. I live in St. Louis, so I have not benefited from Paula's physical presence, but there have been numerous times in my life when her patient support through many hours of distressed phone calls helped get me through exceedingly tough times in my life. Despite the pressures and responsibilities of her own life, she has always been there for me. I know there are countless people who benefit from Paula's being available in their lives. Her unselfishness makes the lives of many others happier and more manageable.

Another aspect of my sister that might be important to bring out is that she can be very insecure and fearful. She has strength and confidence that can come across very convincingly, but I also know that throughout her whole life, even when we were children growing up, she had deep doubts about her own self-worth, about whether she was loved by others, and about whether the world was a place of security or threat. She has been in therapy often, and one way or another she is dealing with these issues constantly. I believe her struggles with addiction have their roots in this underlying conflict. She always fights back and regains her footing when alcohol or other things pull her down, but her position is precarious. Paula is extremely susceptible to people or arguments that offer her what appear to be "solutions" to her fears that there are people or forces trying to put her

down or to destroy her or her world. I do not think she is totally capable of analyzing certain arguments objectively, and her decisions are often not good for her and reflect a myopic and victimized view of the world.

I do think with 100% certainty that the good Paula does for the world is more beneficial than the discord and division in which she may have been involved is negative. If she has allowed herself to be beguiled, she is also capable of being shown a better way and of learning and growing. Throughout her life, she has never been too proud to learn from her mistakes, and she always tries to walk the road of self-improvement. I implore you to consider her lifetime of tireless work, her unselfish love, and her potential to do even more good in the world in any decisions you make about my sister. I know that the punishments she had already received for her involvement with the violation of the Capital were quite difficult and unpleasant, and she took them very seriously. Please take this into consideration. Additional severe punishment would make it awfully hard for her to rebuild her life financially, emotionally, and practically. I think the chances of her going forward in a positive way and contributing good things to society are significantly greater if clemency and consideration for the punishments already served could be shown. This would not be softness; rather, it would be a prudent acknowledgement of the best way to ensure consequences that are just but also productive, as far as that is possible in this situation. Thank you for your consideration and for taking the time to read this.

Sincerely,

A handwritten signature in black ink that reads "Helen M. Colston". The signature is fluid and cursive, with the first name "Helen" being more prominent and the last name "Colston" following in a similar style.

Helen M. Colston  
573 Andrews Avenue  
St. Louis, MO 63122  
314.610.9510 [helenqed@hotmail.com](mailto:helenqed@hotmail.com)

**Catherine Ann Conlon**

10123 Dallas Avenue

Silver Spring, Maryland 20901

December 22, 2022

United States District Court

United States Courthouse

333 Constitution Avenue, NW

Washington, DC 20001

Re: United States v. Paula Conlon

To the office of the Honorable Judge presiding over the referenced case:

My name is Catherine Ann Conlon, older sister of Paula Ann Conlon who will be appearing before this court in the near future in regard to the above referenced case. I am submitting this testimony on behalf of my sister, to provide you with information I feel qualified to tell you about her that may be helpful in your consideration of her case.

From a personal standpoint, I am currently a resident of Montgomery County, MD where I grew up and have spent most of my life. I am a former City Planner with the Maryland-National Capital Park and Planning Commission(MNCPPC) who retired successfully in 2018 as a Manager after a more that thirty year career. I obtained my BS in Forest and Range Management from Colorado State University in 1983 and worked for a short time after graduation with the Federal Government at the Beltsville Agricultural Research Center and as an environmental planner in Fairfax County VA before obtaining my ultimate position with NMCPCC in 1987.

Paula is the fifth born child from a family of nine children (5 girls, 4 boys) born and raised in a Silver Spring, Maryland house where we lived from the early 1960's to 2020 after both our parents passed. Our upbringing was incredibly stable despite the challenges of so many kids and the different personalities emerging as we grew and became adults. Thanks to our parents and grandparents emphasis and example on the benefits of education and hard work we had a great basis for what it takes to be successful. We have always been a close knit, loving family and remain so today. Most of us still live and work in Maryland or other places surrounding the Washington, DC area.

Paula is the fifth born daughter who falls pretty close to the middle of the family and in the middle of the other sisters. I note this for your consideration because

I think it significantly contributes to Paula's competitiveness and desire to succeed. She took the hard path by marrying just out of high school and starting a family, but still managed to find an opportunity as her children grew to get the necessary finances and earn a degree in nursing. She has had a long, successful career as a nurse; first in the emergency room and more recently in the care of the elderly. Many hours of her elderly care were contributed as overtime during the height of the Covid outbreak and beyond.

It should also be noted that for most of her life because of marital challenges, Paula has been successful at being primarily or solely responsible for ownership and maintenance of the housing she provided for herself and children, and now provides for herself and visiting children and grandchildren.

In summary, I submit that the type of person my sister has demonstrated that she is should make her eligible for receiving the minimal penalties for any charges she may be subject to. Please consider the fact that my sister is an extremely devoted and loving mother and grandmother who is an important part of her family's life. She is also a dedicated nurse who has had a long career first in emergency medicine and currently in nursing home care. She is a generous and supportive friend and dedicated member of AA where she has successfully been able to control alcoholism for many years. Finally, Paula is an important part of our large and close-knit family who has always been willing to give time and assistance where she can.

Thank you for your consideration in this regard.

Sincerely yours,

A handwritten signature in black ink, appearing to read "Catherine Ann Conlon", with a long horizontal flourish extending to the right.

Catherine Ann Conlon



To: Hon. Jia M. Cobb  
United States District  
Court United States  
Courthouse 333  
Constitution Ave  
NW Washington DC  
20001

My Name is Minister Nathaniel Moore, I have known Paula Conlon for the past two years working together with our previous company, Diakon Lutheran social ministries as a GNA Preceptor, a mentor, trainer, and Paula as a RN Nurse.

Paula has been a Nurse that have gone about and beyond to care for our clients demonstrating quality care with people and effective communication skills.  
She has demonstrated unique skills in dealing with diversity, willing to render help to anyone with whatever resources she can afford.

As a man of God, I know we all make mistakes in decision making at times. I too have made mistakes in my striving to do what I thought was right.  
I am aware of her guilty plea and I prayed that the judge will with godly wisdom have mercy on her during his decision making.

My phone number is 240 817 4253 and email is

Grateful always,  
*Minister Nathaniel Moore*  
Minister Nathaniel Moore



Gmail

Paula Conlon <paulaconlon3@gmail.com>

## Character letter


Sun, Dec 25, 2022 at 10:45 AM

Sara Stelma <sastelma@gmail.com>  
To: paulaconlon3@gmail.com

To whom it may concern:

I am writing in regards to Paula Conlon. I have known her for almost 3 years. During those 3 years she has made a huge impact in mine and everyone around us lives. Paula and I worked together at Creekside Nursing home. Paula is a RN and I worked along side of her as a GNA. We immediately clicked. The way she cares for her residents was remarkable. I am in nursing school and working along side of her I have learned so much, more than I have from any other nurse I've worked for. She is reliable, trustworthy, knowledgeable. All of her patients confide in her, request for her and respect her. I have since left creekside and Paula has remain my closest friend. She is even a huge part of my own children's life. I feel blessed to have her in our life.

If you have any further questions please let me know.

  
Sara Stelma



Dear Honorable Judge Cobb:

My name is Mrs. Yvonne Kaufman, I am writing this letter on behalf of Paula Conlon. I have know Paula over ten years. Our relationship started out professional, quickly turned into a deep, mutual, and trusting friendship.

I have over 35 years of nursing, in many clinical and management specialties . I am now retired, continue to stay busy volunteering with Christ Child, and watching my grandbabies once a week.

I am aware of the allegations against Paula Conlon, along with the guilty plea. I would like the court to know that Paula is an honest, hardworking, very dependable and highly skilled professional. Paula has an excellent reputation as a nurse, mother, grandmother, daughter, sister and friend. She is loyal and is committed to all these roles in her life. She is also an active member in the recovery community. I would hope and ask for you to take all this into consideration. Paula is a valued member of society.

Sincerely,  
Yvonne Kaufman