



There is nothing more beautiful in this world to me than love. To truly love your brothers and sisters, you need to understand them as they are. Compassion and selflessness are traits that I believe all board members and staff of Creative Healing Connection possess. So, for me, joining the board was a natural fit.

I am the daughter of an Airforce Veteran. Having been a child who grew up in many parts of the world was fascinating. I was fortunate to have experienced various cultures first-hand and to learn how to love so many different people. But this had its challenges too. Moving every 2-4 years, always having to make new friends, switching schools, the constant bomb threats, and my father being gone for long periods was difficult. I am proud of my father, who served in 3 wars, but I longed for him when he was away. Communicating with each other was not easy. The stress of not knowing if he was okay or if I would see him again was taxing on my well-being and my education. As a method to cope with my anxiety, I journaled, started volunteering, and got involved in the arts. I bring this up as it relates to the Creative Healing Connection's mission, which is to "provide creative experiences using the arts and nature to promote healing and growth, develop a sense of community, connection and empowerment and growth."

Today I live in a small town with my husband and our four dogs. We have two beautiful adult children, Nikaio and Kenya. I work as a registered nurse at a small rural hospital where I have been since 1995. Caring for those when they are most vulnerable is an art, and I learn every day from my patients and their families. My journey thus far as a nurse has been one of the most incredible and humbling experiences of my life.

