



COMMUNITY NEWSLETTER

The newsletter of the Black Nurses Rock Foundation



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Choose *Purpose* Over Fear

Success of Michelle Franklin

For more information
go to www.michelledi.online

Michelle Franklin has been in the medical field for the past 20 years playing many roles, working as a team player as well as a team leader.

Michelle built her career taking care of others but failed at taking care of herself. This became crystal clear when she stepped on the scale and 250 plus lbs. was looking back at her.

Michelle Franklin

...And Her True Purpose

She was sick and tired of looking in the mirror at a face and body she did not recognize. It was then that she made a conscious decision to be better, and so the journey to a healthier life began.

Michelle is a proud member of Black Nurses Rock Foundation, Tyler chapter which is an organization that prides itself in inspiring, empowering and educating it's members as well as the community. The various examples of day to day nurses encompassing leadership and compassion, while developing a spirit of next level entrepreneurship, has assisted in the shift Michelle experienced.

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After being entangled with depression, anxiety, panic attacks, fear, guilt, anger, self-doubt, self-sabotage, and unworthiness, she has been on an intentional healing journey.

Michelle made a conscious decision to open her heart and develop NEW relationships with some positive spirits. You may have heard of them - JOY, PEACE, UNDERSTANDING and FAITH. And now, Michelle is on a mission to help those individuals that want to be in better relationships too. Understanding the importance of establishing this new relationship with oneself, will not only allow unwanted pounds to fall off, but it will lay the foundation for SUCCESS in whatever goals one plans to accomplish in this journey called LIFE!



[Watch Michelle's whole story here!](#)



THE DAISY CHAPTER AWARD

Let's Catch Up with BNR Twin Cities Chapter!



Photo Caption: The nurses are Trinia Shannon, Lily Thomas, and Dr. Patience Mbonifor.

The Black Nurses Rock Twin Cities Chapter was the first recipient of the BNR DAISY Chapter award. This chapter collaborated with multiple states, cities, and counties to support testing and vaccinations across Minnesota with a focus on the underserved areas for people of color. Here are a few statistics to reflect our service in the community.

COVID-19 Testing from August 2020 to December 2020:

34 Testing Events with 10,120 people served.

Aldrich Arena, Catholic Charities -Men Shelter, Majid Mosque, Highwood Hills Elem, New Salem Baptist, Redeemer of the Lutheran, N. United Methodist, United COGIC, Shiloh Temple

COVID-19 Vaccinations from January 2021 to Present:

62 Vaccine Events with 49,933 people served.

Earle Brown Center, Andover Archery Center, Blaine Sports Arena, Vikings Training Ctr, U.S. Bank Stadium, Shiloh MBC, Mt. Olivet MBC, White Bear Lake Fire Station, Minneapolis Urban League, Phyllis Wheatley CC, and more!

NOMINATE FOR THE DAISY AWARD



Thank you to all our members that participated in the 2020 Inaugural B NRF DAISY Chapter Award earlier this year. With the success of that award, we are happy to announce that B NRF will now open nominations to the community as we recognize our individual nurses and their chapters.

[Click Here to View Nomination Form](#)

About the award:

The 2021 B NRF DAISY Summer Awards recognizes the efforts of nurses and chapters for their continuous community services during the beginning of this year. Check out the Awards page on our website for how to qualify and more.

How to nominate:

Nominations are now open to the community and the award can be advertised during any community event. **The same online form can be used to nominate either an individual or chapter.** Click on the link above and share with your community.



QR Code Nomination Poster

Chapters can also download and print out the nomination form below with a special QR code for online nominations.

[Click here to download the poster!](#)

MAR'SHELA LESTER- HENDERSON

...And Her Journey to Success

I am a Proud Original Board Member of the Black Nurses Rock Tyler Chapter. I am a Tyler Junior College Licensed Vocational Nurse graduate of 2009. I graduated with the hopes of going on to be a RN Specializing in Mental Health, but life went on and I was not able to go back to school as planned.

I attended a BNR meeting with guest counselors representing GCU and I almost did not put my information on the sign in list. Thankfully I did, and days afterwards the GCU counselor contacted me and my words to her were, "I don't think there is any further education that could be offered for me."

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*I proudly graduated
in May 2021
with my BS...*

With her help, I proudly graduated in May 2021 with my BS in Health Science and Advanced Professional Healthcare from Grand Canyon University of Phoenix, AR as an advocate and educator specializing in Mental Health.

– Mar'Shela Lester, LVN. BSHS





IMPROVE YOUR TOMORROW!

Hello Black Nurses Rock!

On August 16, 2021, I was invited to speak at a conference for a nonprofit organization called “Improve Your Tomorrow.” Improve Your Tomorrow is an organization that works to increase “the number of young men of color getting to and through college” (IYT, 2021). The press conference was held to highlight a donation of 1.6 million by the California Volunteers Organization to help expand the IYT program.

I have been a part of the Improve Your Tomorrow organization since it started in 2013 because my eldest son was invited to be in the initial group.

I was able to speak on how this program has had a positive impact on my three sons lives’ as well as my own. It was an honor to participate in an event that highlights one of the organizations making positive changes in my community.

[Click here to watch conference!](#)





HARLEM WEEK DRIVE

From the BNR Delaware Chapter

The BNR Delaware Chapter conducted a drive in Harlem, New York during Harlem Week August 6-15, 2021. The chapter members helped to educate and discuss the disparities when it comes to donor registry within the African American communities at large.

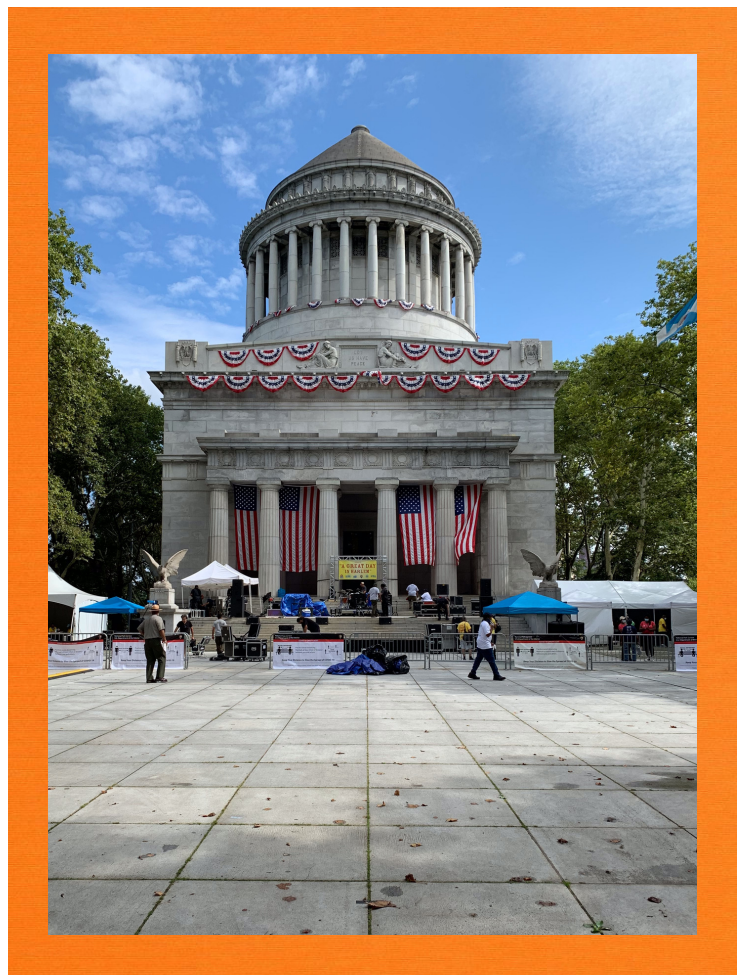
IF YOU DIDN'T KNOW:

HARLEM WEEK is an annual celebration of the best of Harlem which works to promote its rich African-American, African, Caribbean, Hispanic, and European history, as well as arts, culture, religion, business, entertainment, and sports.

Learn More Here:

<https://www.harlemweek.com/about>

HARLEM WEEK began in 1974 as HARLEM DAY, a one-day event of encouragement and fellowship in Harlem for New Yorkers and beyond. Given the huge success of the celebration, additional days were added to showcase the community's rich economic, political, and cultural history.



BNR Greater Charlotte Chapter

...And Our Journey to Success These Past Few Months

Dear, Simone,

I want to take a moment to thank you for volunteering with our COVID-19 vaccination efforts. 49% of County residents have now received at least one dose of the vaccine and 45% have received both doses. In addition, here in Mecklenburg, we have had the opportunity to vaccinate many non-County residents who commute into the County for work or other activities.

Although we still have some way to go to reach our goal of 70%, we could not have come this far without the help of individuals like yourself. Your willingness to give selflessly of your time and talent is greatly appreciated and has made a real difference in our pandemic response. We have had overwhelmingly positive feedback about our vaccine clinics and that is due, in no small part, to the caring attitude of our staff and volunteers.

***Thank you again, and with warmest wishes,
Gibbie***

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*We could not have come this far
without the help of individuals like
yourself.*



Special Recognition to the Black Nurses Rock Tyler Texas by Smith County

Black Nurses Rock Tyler Texas will be receiving special recognition from Smith County. The County has put out a special appreciation for the efforts made by Black Nurses Rock Tyler Texas. This included efforts to coordinate, host, and volunteer in COVID-19 vaccination clinics and testing site availability. All these efforts were targeted towards increasing the number of people who have been vaccinated, which stands at 49.2% being fully vaccinated and 56.8% getting their first dose of the vaccine.

BNR Tyler, Texas Chapter

Over 1500 people were vaccinated and given education regarding the coronavirus and also the importance of being vaccinated. This event involved the collaboration of different organizations and groups like the Tyler Area Hispanic Business Alliance, the Tyler Metro Chamber of Commerce, BNR, and the Northeast Texas Public Health District in committing to the health and well-being of the local community.

In light of that, the Smith County Commissioners Court has invited the Black Nurses Rock Tyler Texas to its regular weekly session at 9:30 a.m. Tuesday, August 3, 2021, for special recognition for all that was done this spring and summer to help ensure residents of the area had available COVID-19 testing sites and vaccination opportunities.

Commissioner JoAnn Hampton and Northeast Texas Public Health District CEO George Roberts passed out the recognitions to several pastors and community leaders, stating:

“I am very grateful for what you and your churches did for our county and for your communities in their time of need,” Commissioner Hampton said. “Thank you individually and collectively for all that you do for this community.”

This is to show appreciation for the effort to create more fulfilling and better lives for the community.

