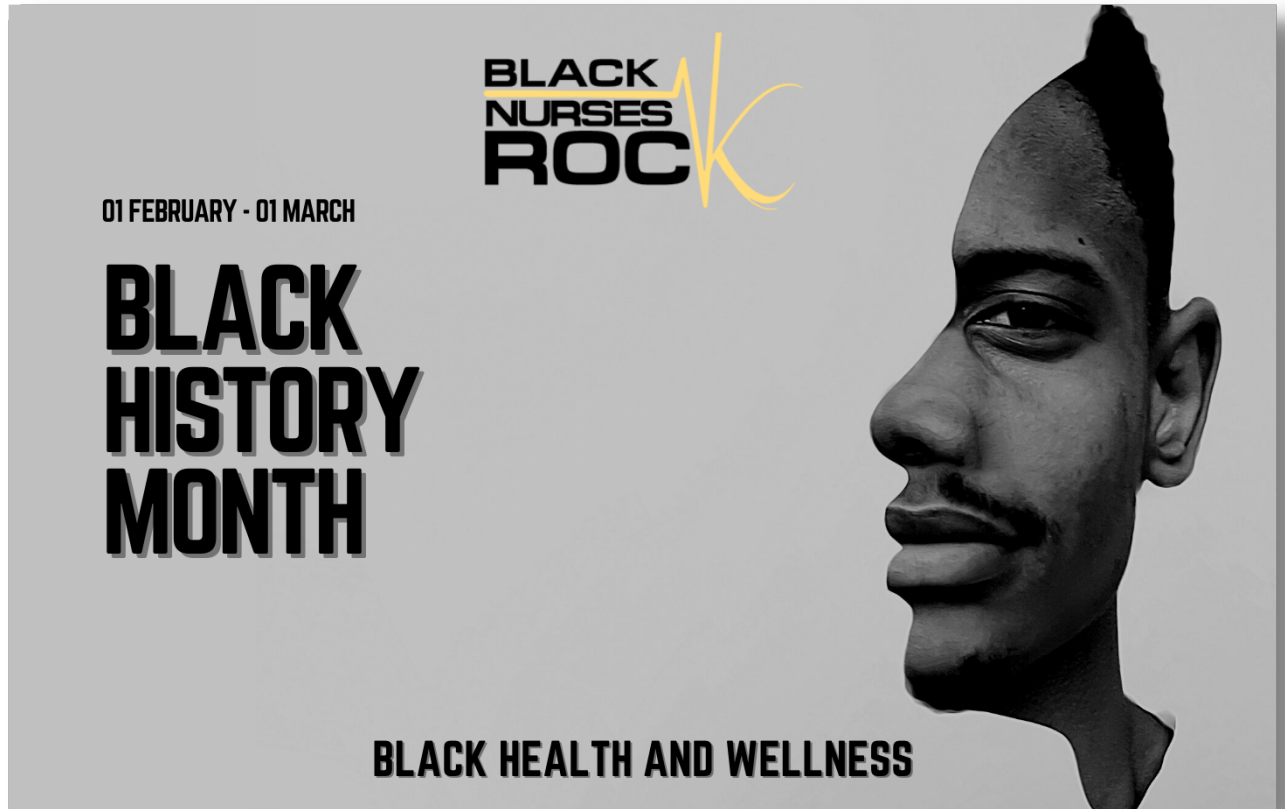


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COMMUNITY NEWSLETTER

The newsletter of the Black Nurses Rock Foundation



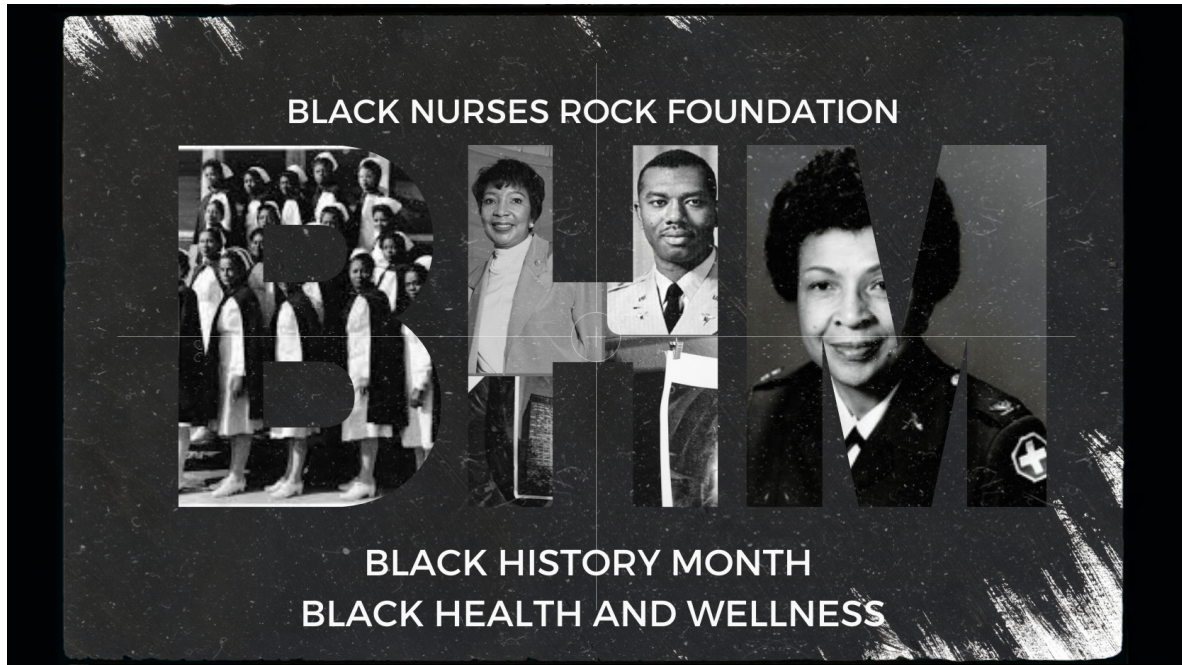
Black Health and Wellness

**Celebrate Black History
Month by serving the
community**

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Black History Month



Black History Month: Black Health and Wellness

Throughout American history, African American nurses have shown grit, integrity, and perseverance to earn the same qualifications and positions as their non-black colleagues. This year's Black History Month theme, Black Health and Wellness, highlights many of the struggles black nurses have battled and strived to ease for others.

While there are still many lengths to go to improve underlying prejudices and micro-aggressions faced today by black nurses in the U.S., the fortitude proven by so many incredible African American nurses in the past is more than a glimmer of what is to come.

How can you give back and support black health and wellness this February?

- Give blood: during the current shortage, blood donors are essential! [Learn more](#)
- Listen to The New York Times 1619 Podcast hosted by Nikole Hannah-Jones. [Listen here](#)
- Purchase, read, and share books by black authors (see BNRf's weekly book recommendations)

The profession of nursing is stronger, wiser, and more powerful because of our black heritage.

The Black Nurses Rock Foundation strives to uphold our mission to inspire and empower innovative leaders that will serve and educate vulnerable communities while reflecting the strong Black women and men of our past and present.



BNRF LAUNCHES ITS ONLINE STORE



BNRF Online Store Open for Business

Every day, we see the remarkable work BNRF members are doing to inspire and empower nurses and the community. Black Nurses Rock Foundation is here to support you in that mission and provide tools to further your engagement with the community and the service you do each and every day.

With that in mind, BNRF is excited to announce the launch of our online store. Here, you can purchase shirts, tote bags, coffee mugs, and more. Many items also give you the opportunity to personalize with your chapter and/or name. Having branded products allows you to represent the BNRF mission, inspire others to ask questions about our community initiatives, and continue to bring light and life to the vital issues in the black nurse community.

Please visit the BNRF store at <https://Shop.BlackNursesRock.net>

Please visit the BNRF store by clicking below. We'd love your feedback on current products and what you'd like to see in the store in the future. Send feedback to shop@blacknursesrock.net. Thank you all for your continued service and support! Happy shopping!



Orlando Updates

The last quarter of 2021 was a strong finish for Black Nurses Rock Orlando! October was busy with Breast Cancer Awareness, education, and the ACS Cancer Walk. November was a time to regroup and refresh with selfcare for our Leadership Team as 2021 was approaching its end.

Finally, December was upon us, and we were able to pay it forward and award \$1,000 Nursing School Scholarships to 4 individuals. Our scholarship committee sponsored a Covid Remix Scholarship Gala at the beautiful Eagle Nest Park in Metro West Orlando on Dec 11, 2021. It was well attended and afforded BNRO an opportunity to have the scholarship recipients and their families in attendance for the awards ceremony. The committee consisted of Angela Brooks, Taiche Taylor, Sherikey Mobley, Misha Carson, and Katina Wilson. We received many great applicants, so the decision was challenging. However, the top 4 recipients were chosen, and we wish to congratulate them once again. 3 of the 4 are employed by Orlando Health.



Scholarship Award Winners

- Maria Dorvil attending Univ of Arkansas LPN to BSN RN Bridge Program. She was unable to attend the Covid Remix Gala and received her scholarship presentation on the job a week earlier as arranged by her co-workers along with our BNRO Scholarship Chairperson, Angela Brooks.
- Renide Milfort attending Chamberlin Univ FNP program. She is employed at Orlando Health.
- Shantelle Arrington in the Registered Nursing Program at City College, Altamonte Springs, FL. She is employed at Orlando Health.
- Tiana Battles attending Nursing School at FAMU (Florida A & M University) Tallahassee, FL.



Orlando Updates (cont.)

As you can see, Black Nurses Rock Orlando met the challenge to improve healthcare disparities and paid it forward to deserving nursing school students. We're looking forward to even greater events in 2022.

January will start with BNRFO supporting Christian Men in Action and The City of Clermont, FL for their Annual Dr. Martin Luther King Community Event and parade on January 17th, 2022 at Waterfront Park.

In February, BNRFO will host this year's first Simply Speaking Educational Dinner on the topic of Thrombocytopenia at Flemings Restaurant in the Dr. Phillips Orlando location. We thank our members for their commitment to the vision of empowering innovative nurse leaders in an ever changing profession.



DIRECTOR OF MEMBERSHIP LISA WILLIAMS DISCUSSES LEADERSHIP

How Leadership Tyler has taught new skills & provided insights

As a community leader, I assist with developing grassroots innovations, which operate in niches and require nurturing of a leader. Community leaders can identify and solve several issues within the community, assist niche building by working closely with intermediary actors, and ensure the community meets the needs of its members.

The Leadership Tyler program has equipped me with a wide range of leadership skills and knowledge. An important concept I learned is situational leadership, which puts emphasis on adaptability, and working with community members from different backgrounds, races, political, and occupational affiliations.

Identifying your leadership styles is essential as it will help you become a better communicator with those you are leading and increase the success of those you are guiding.

Leadership Tyler is a non-profit 501(c)(3) organization providing unique opportunities for people at different leadership stages of their life to become well-informed and serving community leaders. Leadership Tyler reflects the people, the issues, and the special characteristics of Tyler, Texas.



Member Spotlight

Member since 2018
Cleveland, OH

Aretha
Brown-
Rudolph

I enjoy being a part of Black Nurses Rock because of the fellowships with nurses who look like me and the mission of B NRF. I have chosen to fulfill the mission of B NRF by serving vulnerable communities through volunteering at Laura's Home and mentoring nursing students for the Greater Cleveland College Now Mentoring program. During the Christmas season, I helped wrap over 400 donated gifts for the women and children living at Laura's Home. I will be continuing my relationship with Laura's Home by volunteering on teen night and teen girl's exclusive night. I look forward to inspiring and making a difference in the lives of the many women and children living at Laura's Home.

NONYE TOCHI AGHANYA
MSc, RN, FNP-C

**COMMUNICATION
IS LIFE.
HEALTHCARE IS
WHERE IT
BEGINS**



Many years ago, I had a conversation with a patient who angrily said to me “if you don’t know what you’re doing, maybe you should just step down and let someone who knows the job take over.” This statement was made following the administration of a flu vaccine after which the patient experienced a sore spot at the site of the injection. Of course, this patient did not know that there is an up to 64% chance of experiencing soreness at an injection site following the intra-muscular administration of a flu vaccine. With such patient’s statement, a natural response would have been for me to feel insulted or get angry, which would result in an unproductive interaction with the patient. As a clinician in such a situation what would you do? How do you effectively respond to such a patient attitude?

We find that rising fears and anxieties can manifest as diverse patient behaviors and attitudes, which can create mistrust in the healthcare settings. My lifelong mission is to create awareness of the factors that contribute to this issue and, more importantly, highlight the solutions that can be implemented to alleviate mistrust in healthcare.

As a healthcare provider for over 30 years, I’ve had contact with patients of various backgrounds and have extensively studied patient behaviors. I’ve also analyzed the effects of various communication styles on behaviors that occur due to underlying anxieties that patients display in the healthcare settings.

I’ve published various resources for improving communication patterns in healthcare to help alleviate fears and improve a trusting environment for healthcare practitioners and patients. Included in the online master class are original, unique, and innovative educational content based on reviews of existing research studies and numerous interactions with diverse groups. A fellow of American College of healthcare Trustees, I’m married, have four daughters and reside with my family in Virginia.

More information can be found on website: www.nonyetochi.com
Online master class: bit.ly/34nj2LG

HONOR YOUR DISCONTENT



Anchor Your Soul's Purpose

We don't always know what our life's purpose or journey is supposed to be, or we may have so many dreams we are overwhelmed with them all. However, one thing is for sure: if we are feeling restless or discontent, we are not living our dreams! Feelings of discontent and longings for something else, even when we don't know for sure toward what we are being drawn to, are actually calls from God to pursue our greater good. We discover true desire by first noticing discontent.

When you experience restlessness and you're not sure why, don't shut it out just because you don't know what it means. When you shut off your longings, you become numb and paralyzed to creating something more interesting. Bring those inner rumblings to the front of your mind for examination and let discontent to lead you toward your purpose.

We also need to be aware of messages from those around us and not let others criticize us into shutting down our dreams, or even our discontent.

Dreams and desires pull at us, tug at us, speak to us, and will not leave us alone because we are not meant to live limited lives. Let these inner frictions rub until they create the spark that will ignite the fire of your own purpose. You will know when your desire is sincere when just talking about it gives you energy and incites motivation in you, even when the reality of the dream is far away!

Anchor your positive energy to engage in the plan for your life. In doing so, you will be honoring your discontent and letting it lead you to your greater good.

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Life Transformational Coach
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