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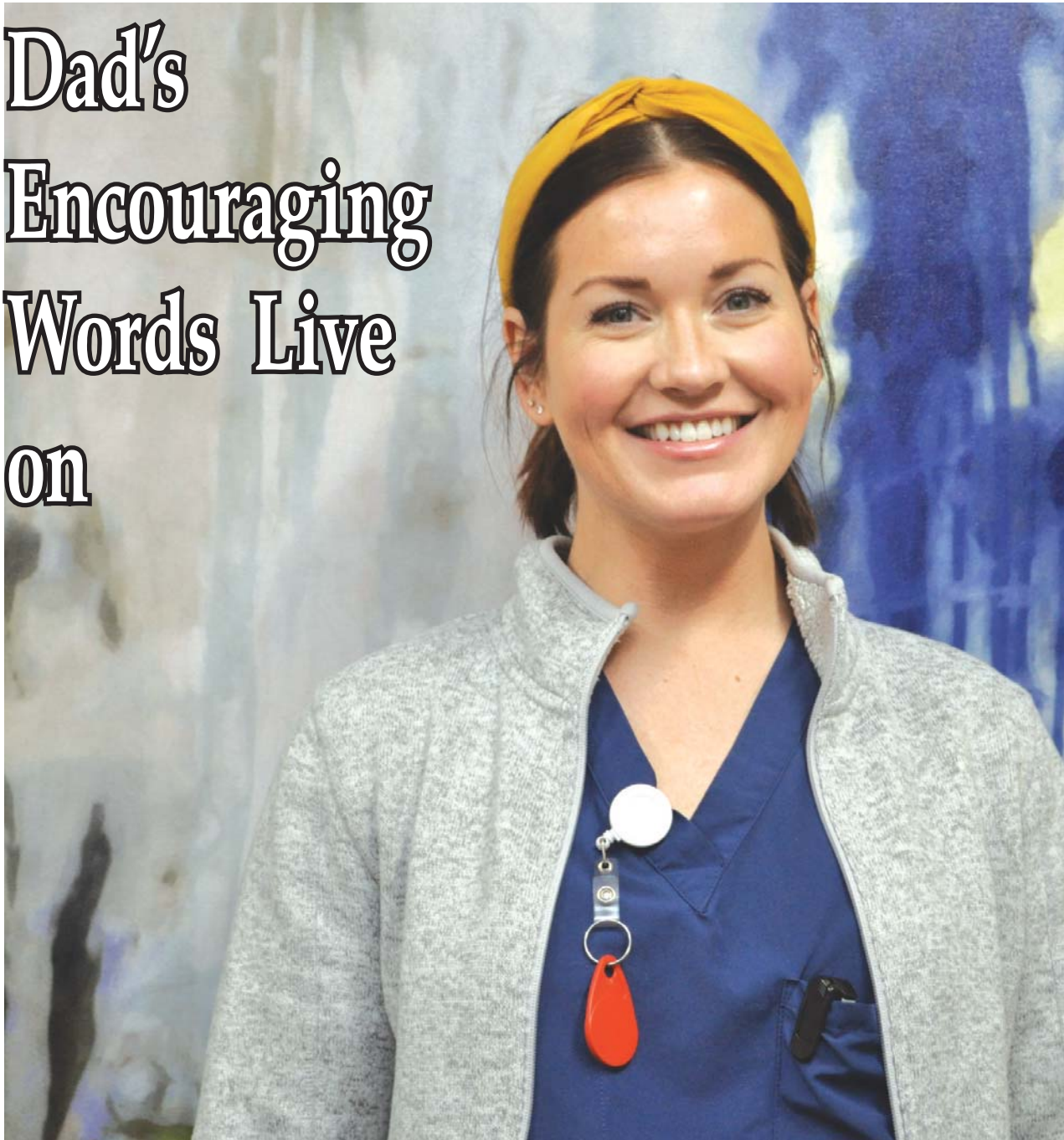
Information for the Oklahoma Nursing & Health Care Professional

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Vol. 21 Issue 5

Published Weekly. Locally Owned and Operated by Metro Publishing L.L.C.

Dad's Encouraging Words Live on



Naadi Healthcare Center is where you find an excellent staff. One special nurse is Emily Barry, RN who has a genuine love and concern for the patients.

by Vickie Jenkins, Staff Writer

At Naadi Healthcare Center, the physicians, nurses and staff perform outpatient screening, education and procedures to treat Chronic Venous Disease and prevent amputations and life threatening infections.

Life offers a variety of different opportunities through the years. Being a nurse is special in itself. Some nurses like to be close to the cutting edge of medical

devices; and how those advances make real-world and rapid improvements in the lives of the patients that come through the door. This is true of Emily Barry, RN that works at Naadi Healthcare and Vascular and Intervention Center.

Emily enjoys her job and has been a nurse for seven and half years. "I have always been challenged to be a nurse," Emily said. "No two days are the same.

See BARRY Page 2

SSC Hires Interim Nursing Program Director



Linda Brown named new Interim Nursing Program Director for the spring 2020 and fall 2020 semesters at Seminole State College.

Seminole State College recently named Linda Brown as the Interim Nursing Program Director for the spring 2020 and fall 2020 semesters. Brown comes to the College through a partnership between SSC and SSM Health St. Anthony Hospital - Shawnee.

Brown most recently served as an Acute Care Registered Nurse at St. Anthony Hospital - Shawnee. She also served as the Vice President of Support Services at St. Anthony Hospital - Shawnee for seven years, the Vice President of Clinical Services at Unity Health Center for 11 years, Vice President

See BROWN Page 3



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BARRY

Continued from Page 1

I like meeting new people and hearing their stories. It makes me feel good to know that I am helping them, even if it is just being there to listen," she added.

Born and raised in Oklahoma City, OK, Emily thought for sure she would grow up to be a teacher or a zoologist. Life moved on and she decided that she would go to school at OSU-OKC and go into nursing. Emily possesses all of the qualities of a good nurse; patience, compassionate and empathetic along with flexibility and multitasking!

What is your biggest challenge? "Just being a nurse is challenging in itself but I would have to say being emotionally stable is a big part of it. Sometimes, we have to prepare ourselves for the next emotional rollercoaster that comes our way," she replied. "That can change day to day and patient to patient."

Emily's first job as a nurse was at St. Anthony's Hospital on a Neuroscience/Spine Step Down unit. "I have been here at Naadi Health for about a year. It is so rewarding knowing that I am making a difference in someone's life," Emily stated.

Asking Emily if anyone influenced her to be a nurse, she replied, "The first person to influence me to be a nurse was my dad. At the time, he was in the medical field and he would always tell me that I would make a good nurse. I remember when I first applied to nursing school; I got on a wait-list and felt so defeated. He wrote me a letter/card that was full of encouragement, telling me not to give up on myself. He passed away before he could see me graduate but I know that he is with me and will continue to be every day."

When asking Emily to describe herself, she said, "It's really difficult to talk about myself but let's see I am somewhat of an introvert but I hope by the end of the day, the patients that I see on any given day, leave with a good feeling about their nurse. I consider myself a kind, competent nurse who has a genuine love and concern for the patient; beyond the ailment/reason when we met. I hope the patients remember me, leaving here with a great experience," Emily replied. "This job is special to me because there are certain moments that I know for sure that I changed a life for the better; giving me a special and rewarding feeling."

On a personal note, Emily is married to her wonderful husband, Matt. "I met Matt when we were in sixth grade, where he lived across the street from my friend. Matt and I started dating in high school and he has been my best friend ever since," Emily said. "We have been happily married for six years now," she added.

It seems as though Emily is quite the athlete. "During high school, I played basketball and ran track and field. I was part of a current school record holding 1600 Meters Relay set in 2003 at Bishop McGinnis. I was also named as a Jim Thorpe All Star in 2005 and was a part of the urban team," Emily said.

Emily is a true pet person. "We have a dog, Marnie who is seven years old and a cat, we call Mister who is three years old. Yes, these are our children," she said. Emily lives by the golden rule. "I'll admit that the golden rule plays a big part in the way I treat people. I treat people the way I want to be treated. I want to make a difference in someone's life."

To sum up Emily's life in one word, "It would be REAL."



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BROWN

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of Operations at Shawnee Regional Hospital for one year and the Vice President of Marketing at Shawnee Regional Hospital for seven years.

During her time as the Vice President of Support Services, Brown oversaw a \$58 million, 119,000-square-foot new construction project and a 30,000-square-foot remodel project.

Brown is active in several civic and non-profit organizations. She serves on the Oklahoma Baptist University Alumni Board of Directors, the United Way of Pottawatomie County Board and is a founding member of the Volunteer Health Clinic of Pottawatomie County, where she served as Vice President for three years and completed a term as President.

"Linda's clinical and administrative experience in the medical field make her an ideal fit for this role," SSC President Lana Reynolds said.

"The College has had a longstanding working relationship with SSM Health, one that provides our nursing students so many opportunities.

"We are so appreciative of St. Anthony Hospital - Shawnee President Chuck Skillings for his willingness to help us fill this critical role in nursing education. This partnership is a great example of private industry and higher education working together for the common good of our communities."

SSC reached out to St. Anthony Hospital - Shawnee when the College's Nursing Program Director and Health Sciences Chair Valarie Watts received active duty orders from the Army Reserves for a 12-month deployment. While Brown serves as the Interim Nursing Program Director, Assistant Professor of Life Sciences Dr. Noble Jobe will serve as Chair of the Health Sciences division.

Brown will begin her new role at the College on Feb. 1.

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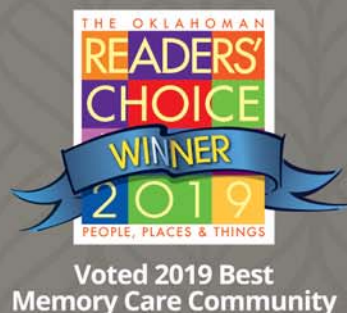


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CAREERS IN NURSING

HONOR OF KEEPING A WORD- EPWORTH VILLA

by Vickie Jenkins - Writer/Photographer

With some people, taking care of others just comes natural. That was the case for Marla Cordero, LPN at Epworth Villa. “Ever since I was young, I can remember taking care of my mom, my brother and pretty much being a caretaker to the family. I have always been a caring person and liked helping others,” Marla said. “I never gave it any thought to be a nurse. If fact, when I was little, I wanted to grow up and be a princess. Since that didn’t happen, I thought I would try something else,” she said with a laugh.

“When I was twenty-two years old, I remember going to my cousin’s graduation as she graduated from nursing school. When I saw her walk across the stage, it was like a light came on and at that moment, I knew that I wanted to do the same thing. I wanted to be a nurse! I’m not sure exactly what it

was, whether it was the recognition of walking across the stage or something that told me that I should do the same, but either way, I’m glad that I had that desire. I guess you could say that it was my cousin who had such an influence on my life. I’ve been a nurse for thirty years and I can’t imagine doing anything else,” Marla said.

“I was born here in Oklahoma City, OK. My dad was in the military so I was one of those military brats,” she said. We moved quite a bit, living all over. I even lived in Europe for a while. Somehow, I managed to settle in Missouri and I went to school in Joplin, Missouri. Back then, the nuns taught us and they were pretty tough on us. I will tell you, school was hard! They taught me well so I guess that I absorbed all of that information for nursing. After graduating, I found a job at a

nursing home. It was called Bella Vista,” she added. “I can’t believe I remembered that!”

“As far as it goes, I like my job of working with the elderly residents. At one time, I did work with a certified midwife. I did that for eight years and enjoyed assisting in the deliveries. It seems like I did it all,” she said with a laugh. “Right now, I work with the long-term care residents. I like working here because I seem to get along better with these older folks. I talk to them and I think they enjoy the company, especially having the same person each day. A majority of the residents are alert and oriented. They seem to have a sense of humor so I am always joking around with them. They like to be teased a little and of course, they tease right back. I have a back ground of working in skilled nursing where taking care of the residents is different day to

day. With the long term care, the residents have a routine. I am sure they like it here and they are all nice and friendly,” Marla said. “I especially like it when the residents miss me if I am gone for a few days. I miss them too. I work with about twenty-five residents. It makes me feel like we are like a big family. As far as which job I liked best, working with the newborns or the elders? It was nice to see a new life begin and it is also satisfying to be there when life ends.”

What qualities make a good nurse? “I think that a nurse, just like with any other job, will love their job or hate their nurse! Residents like consistency. If a nurse tells a patient or resident something, be sure to follow through with it. Your words should be your honor, making you responsible,” Marla replied. Marla feels like her

See CORDERO Page 5



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Marla Cordero, LPN works with the long-term residents at Epworth Villa. Marla has been a nurse for thirty years and continues to do what she loves to do.

CORDERO

Continued from Page 4

strongest quality is her years of experience. "I try to help the new nurses with anything that I can."

On a personal note, Marla likes to give her undivided attention to her three children and two grandchildren, Zoe, 10 and Jaxson,

4 years old. They have one dog, Tito and a tabby cat named Hobo. Marla's hobbies include going to the lake, water activities, swimming, cross stitching, traveling and last but not least, binge watching,

Asking Marla what word would describe her life. She replied, "A word to describe my life? Oh, it has to be, Challenging."

OSDH Announces Persons Under Investigation for Novel Coronavirus Tested Negative

The Oklahoma State Department of Health (OSDH) has received confirmation through laboratory testing conducted by the Centers for Disease Control and Prevention (CDC) that two persons under investigation in Oklahoma tested negative for the 2019 Novel Coronavirus (2019-nCoV), which originated in Wuhan, China and has resulted in cases detected in several countries, including six laboratory-confirmed cases in the United States.

Public health officials at the OSDH remain in contact with local, state and federal partners including the CDC as they monitor the rapidly evolving situation locally and nationwide. At this time, there are no other persons in Oklahoma who meet the established criteria for testing.

OSDH Commissioner of Health Gary Cox said the risk to the general public is low, but OSDH will continue to be vigilant and continue planning and communicating with all local, state and federal partners as the investigation of this worldwide event continues.

"We appreciate the work of the OSDH Acute Disease Service and the CDC for working quickly to confirm there are no cases of the Novel Coronavirus in our state," said Cox. "The public should be assured that OSDH will continue monitoring and engaging the multidisciplinary coordinated response team which is formulating response plans as the situation evolves and stands ready to protect Oklahomans."

Coronaviruses are a large family of viruses, some can cause respiratory illness in people. Transmission is likely occurring via respiratory droplets from coughing and sneezing around close contacts. Common symptoms of illness will include fever, cough and shortness of breath. The primary factor of concern is travel history to the affected area or being in close contact with a laboratory-confirmed patient or close contact with someone who is under investigation for the virus while that person was ill.

Anyone who may have travelled to China in the last 14 days and is experiencing fever, cough, or difficulty breathing, should report their recent travel and symptoms to a health care provider before seeking treatment so that proper evaluation and infection control measures can be put in place. In the event of more suspected cases in Oklahoma, public health officials will work collectively with county health departments, health care providers and hospitals to arrange for testing with the CDC.

The CDC advises the public to avoid all non-essential travel to China; and recommends people who must travel to China practice health precautions like avoiding contact with people who are sick and practicing good hand hygiene.

Health care providers are urged to obtain a detailed travel history for patients being evaluated with fever and symptoms of acute respiratory illness such as cough and shortness of breath. There is no vaccine or specific treatment. Those with the virus are being offered supportive care. More cases are likely to be identified in the coming days, including more cases in the United States.

While risk of contracting coronavirus is low, by contrast, the flu virus continues to be active this time of year. As a reminder, the best protection against the flu is to get a flu shot. Prevention tips for the coronavirus are similar to those of other respiratory illnesses.

In addition to getting a flu shot, public health officials recommend the following prevention tips:

- * Frequent hand washing using soap and water, or alcohol-based products such as hand gels when hands are not visibly soiled.
- * Make respiratory hygiene a habit, using tissues to cover coughs and sneezes, then disposing of them and washing hands at once. When tissues are not readily available, cough into your sleeve, never your hands.
- * Stay home from work, school and other public places, except to get medical care or other necessities, until you have gone at least 24 hours without the use of fever-reducing medicine.



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Crawford Named Senior Associate Dean and Director of New College of Medicine

The University of Oklahoma College of Medicine announces family medicine physician Steven Crawford, M.D., as the Senior Associate Dean and director of the newly formed Office of Healthcare Innovation and Policy.

The Office of Healthcare Innovation and Policy was launched to harness resources within the college and across the academic healthcare enterprise to address the social determinants of health – the social factors that significantly impact health conditions among Oklahomans. Crawford has been serving as chair of the Department of Family and Preventive Medicine for 20 years and brings a background and dedication to helping people achieve better health in their own communities.

"As part of an academic health center, a significant part of our mission at the OU College of Medicine is to create partnerships with communities across the state, whether rural or urban, to help people get the resources they need to improve health," said John Zubialde, M.D., Executive Dean of the

OU College of Medicine. "Approximately 75% of the care we provide is for people with chronic illness. Once they leave the doctor's office or hospital, they must manage their conditions, such as diabetes and cardiovascular disease, in their home and community settings. We want to work with communities and health systems to find innovative solutions to support those patients."

Crawford will begin his role with the Office of Healthcare Innovation and Policy by taking an inventory of the numerous resources across campus and coalescing them in a strategic fashion. Crawford has extensive experience with many such projects, including Healthy Hearts for Oklahoma, begun in 2015 with a \$15 million federal grant from the Agency for Healthcare Research and Quality. OU's healthcare providers worked with approximately 300 small primary care clinics across Oklahoma to incorporate and standardize four guidelines known to decrease the risk of cardiovascular disease: low-dose aspirin in high-risk patients; controlling blood pressure; cholesterol evaluation;

and smoking cessation assistance. OU provided the expertise to help clinics establish guidelines into the regular flow of their practices and the technology to measure outcomes.

Crawford also brings a background in advocacy for healthcare innovation at the state Capitol, as well as policymaking with the Oklahoma Health Care Authority, which administers the state's Medicaid program. He works closely with the Oklahoma State Department of Health, both the Oklahoma and American Academy of Family Physicians, and the Oklahoma Hospital Association, among others. He is also a leader for the College of Medicine's program to prevent opioid crisis, and he directs a workforce grant to recruit and retain more health professions students from diverse and underserved populations.

"I am grateful to be named to this role and to lead our Office of Healthcare Innovation and Policy," Crawford said. "I believe this type of effort, involving the expertise of people across our campus and state, will



Steven Crawford, M.D.

improve Oklahoma's health outcomes and the quality of life for people across our state. The medical care we deliver is important, but equally so are

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There is no better place to earn an RN degree than by attending OSU Institute of Technology and receiving an Associate in Applied Science Degree. The OSUIT Registered Nursing Program is approved by the Oklahoma Board of Nursing and accredited by the Accreditation Commission for Education in Nursing (ACEN).

"Our nursing labs feature advanced simulation mannequins – enabling practice for a wide range of nursing procedures. OSUIT's Nursing Program provides: hands-on learning environments, experienced faculty, numerous employment opportunities with excellent salary potential, smaller cohorts, caring faculty, and faculty that want you to succeed," states Dr. Jana Martin, dean School of Nursing

and Health Sciences.

"We're very proud of our graduates and the quality of our program. Upon successful completion of the degree program, faculty continue to monitor the student and their NCLEX-RN preparation. We guide them for success on licensure," Martin states. Upon successful completion of the NCLEX-RN, graduates are eligible for employment as a registered nurse helping people in a lifelong career that provides both personal satisfaction and great income. Dr. Martin said in the last several years OSUIT's NCLEX pass rate has improved, and the trend seems to be continuing. Our graduates are normally offered a job before they graduate.

"We have a rigorous program. It has to be rigorous— we are

dealing with patients' lives, your family member's life." Martin said students who come to the nursing program are almost always surprised by how difficult and challenging it is, even for those who excelled in high school or other college programs. "It's a new way of learning that they're not used to. It's a different type of memorization that adds application of the critical thinking process. There is a large amount of reading required and commitment from the student. It requires organization, flexibility, the ability to make tough decisions and prioritize. As one of our previous graduates, Carolyn Casey stated, "you must make choices to succeed."

Students need a wide array of support at home as well to

be successful. The training and education are tough because the profession is hard work, Martin said, and the faculty in the nursing program are continually working to ensure the program improves while also meeting the needs of the industry. "Our faculty make sure this is a quality program. They make sure we maintain our standards."

"Everything we have done, and our accomplishments are because of our faculty," she said. "They stay up to date on best practices and new technologies." It's all in service in making sure the students are prepared and knowledgeable when they start their careers. "We believe that our program prepares them for success not only in passing NCLEX-RN but the career of nursing as well," Martin said.

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DEAN

Continued from Page 8

the resources for our patients in the communities where they live."

The work of the Office of Healthcare Innovation and Policy also dovetails with that of the OU Hudson College of Public Health, whose focus is the science of protecting and improving the health of people in their communities. The Hudson College of Public Health has strong partnerships across the state and beyond to develop strategies toward improving the health of an entire population, rather than treating acute illnesses as they arise. Social determinants of health range from safe housing and local food markets to educational and job opportunities to socioeconomic conditions, and much more.

"The future of our healthcare system - and the health of our population - requires that the disciplines of public health work together with clinical medicine in a coordinated way," said Gary E. Raskob, Ph.D., Dean of the Hudson College of Public Health. "The medical care a person receives is crucial and lifesaving, but about 40% of our total health outcome is shaped by the 'upstream' factors before an individual sees a physician, such as

their social circumstances and lifestyle choices."

As a locally owned, nonprofit healthcare system, OU Medicine is invested in creating a healthier future for the state and, as a teaching campus, it is training future health professionals to advocate for their patients beyond the hospital or clinic. Crawford is the ideal person to lead the mission of the Office of Healthcare Innovation and Policy, said Chuck Spicer, President and CEO of OU Medicine.

"I have witnessed Dr. Crawford's care and compassion for his patients, both as my personal physician and a close friend," Spicer said. "He understands that the care we provide shouldn't end after a doctor's appointment or a hospital discharge. Instead, our patients should return home to find innovative support developed through a relationship between OU Medicine and the community."

"As a comprehensive academic health center, we keep the patient at the center of everything we do," Spicer added. "We are dedicated to addressing healthcare innovation and the social determinants of health from a physician-driven and research-driven perspective. That makes us unique in the state of Oklahoma and is a mission that we are excited to grow."

Kirkpatrick Family Fund Grants \$15,000 to Upward Transitions

Upward Transitions was recently awarded a grant of \$15,000 from the Kirkpatrick Family Foundation that will be used for assisting clients with services.

According to the Kirkpatrick Family Fund, they distributed, "\$5.3 million in grants to 106 organizations for the first half of its fiscal year in the areas of animal welfare; arts & humanities; children, youth & families; community development; education; environment; health; social services; and endowment matching grants."

For over 95 years, Upward Transitions has touched the lives of Oklahomans in need. Upward Transitions' mission is to prevent generational poverty through community collaboration, emergency relief and empowerment, therefore inspiring hope with our neighbors experiencing housing instability.

Upward Transitions' CEO, Periann Pulliam shared, "We are so grateful and honored to receive this generous support from Kirkpatrick Family Fund. The grant will allow us to continue making a meaningful impact on the lives of families and individuals who are experiencing homelessness or are at risk of becoming homeless."

The Kirkpatrick Family Fund, founded by John and Eleanor Kirkpatrick in 1989, supports charitable, civic and cultural causes that impact citizens in central Oklahoma and beyond. The Kirkpatrick Family Fund has funded organizations and programs across many areas of need, contributing almost \$80 million to more than 650 qualified nonprofit organizations that work tirelessly to address the greatest needs in their communities.

Upward Transitions is an Oklahoma County non-profit that serves families and individuals who are homeless, at risk of becoming homeless, or stranded by providing case management and stabilizing resources to help meet basic social needs. To learn more about Upward Transitions, go to www.upwardtransitions.org or contact Micah James, Director of Development and Public Relations at 405-232-5507 or mjames@upwardtransitions.org.



NURSE TALK



To travel to Africa and kill a black water buffalo.



Stevie McMillan, LPN

I would like to travel to Italy and eat some real pizza!



Mindy Sylvester, RNQA

What is one thing on your bucket list?

Accentra
HOME HEALTHCARE
Accentra Home Healthcare

I would like to ride elephants in Bali.



Adiyo Owili-Eger, Intake Director LPN

I want to retire and travel with my husband.



Janet Pettijohn, RN, Coder/QA



Our 'Brocko' was a true gift to all that knew him and all that were impacted by his shining light. He absolutely loved life and felt the mission to positively impact others. He was a fierce competitor, loyal teammate, driven athlete, while being selfless and encouraging to others. He adored his family, his hero and best friend was his older brother, Riley. As a Christian, he was very bold in ministering to others and had the ability to engage anyone with a conversation about our Lord.

We tragically lost him too soon, but the choice he selflessly made to be a donor continues to be a humbling testament of Brock's love and passion for others. We were given the most amazing gift when God gave us Brock, for which we will forever be grateful.

'Children are a gift from the Lord, they are a reward from Him' Psalm 127:3

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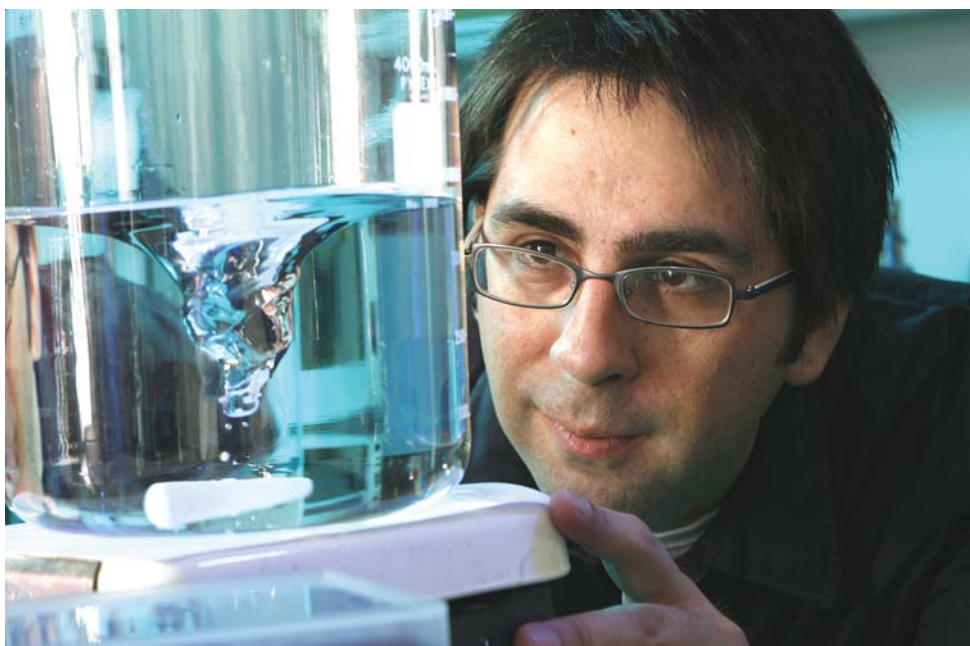
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OMRF scientists reveal diabetic heart clues



OMRF researcher Kenneth Humphries, Ph.D.

The healthy heart thrives on flexibility, using any available nutrient source for fuel. But in diabetes, that flexibility stops.

Scientists at the Oklahoma Medical Research Foundation are investigating why this inflexibility occurs with diabetes and, ultimately, what can be done about it.

"The healthy heart has a dynamic capacity to respond and adapt to changes in nutrient availability—it's an omnivore," said OMRF researcher Kenneth Humphries, Ph.D. "The problem with diabetes, though, is the heart's inability to use or make insulin, a hormone that allows your blood to use sugar."

In diabetes, either you're not making enough insulin or it's not working properly, said Humphries. This increases the heart's reliance on fats to meet energy demands, which can lead to damaging effects and even death.

Heart disease is the number one cause of death in diabetic

patients, and it can result in a specific type of heart disease called diabetic cardiomyopathy.

"So far, there are no effective treatments for this type of heart disease," said OMRF graduate student Maria Newhardt, who contributed to the research. "We are trying to increase our fundamental understanding of heart metabolism and how it is disrupted in diabetes so better therapeutic treatments can be developed."

Humphries and his team conducted a study to see if they could increase flexibility in the hearts of diabetic mice by introducing the complications of obesity.

Obviously, regulating blood sugar would be the ultimate goal, but we're looking fundamentally at how the heart responds to differences in nutrient availability," said Humphries. "We decided to try to force the diabetic heart to use more sugar and see if that made the diabetic heart go back

to its normal function."

The team uncovered a previously unknown form of metabolic regulation. They discovered that two cellular switches in the heart that determine what nutrients the heart will use are interrelated, rather than independent, as previously thought.

These switches need to be able to turn on and off, but in diabetes, one is constantly turned on.

Newhardt said this basic finding is a next step in understanding how diabetes impacts heart health and how interventions—future drugs and

therapies— might be used to treat the effects of diabetes on the heart.

Other OMRF researchers who contributed to the findings were Albert Batushansky, Ph.D., Satoshi Matsuzaki, Ph.D., and Mike Kinter, Ph.D.

The research was supported by grants from the National Institute of General Medical Sciences, National Heart, Lung, and Blood Institute, and the National Institute of Aging, all parts of the National Institutes of Health, as well as a Graduate Research Fellowship Program grant from the National Science Foundation.

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Meet the Maddox family. Their thirteen-year-old daughter, SaNiyah, has cerebral palsy and is confined to a wheelchair. SaNiyah's entire life – her happiness, her health, her every need – all depends on her family and help from the team at Special Care. But they also have two adorable young sons, demanding jobs and – on top of everything else – they foster an infant who needed a home, too. It's more than most of us could handle.

But here's the big surprise. The Maddoxes not only receive help from United Way agencies, they find room in a budget stretched to its limit and they give to the United Way. **Can you?**

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