

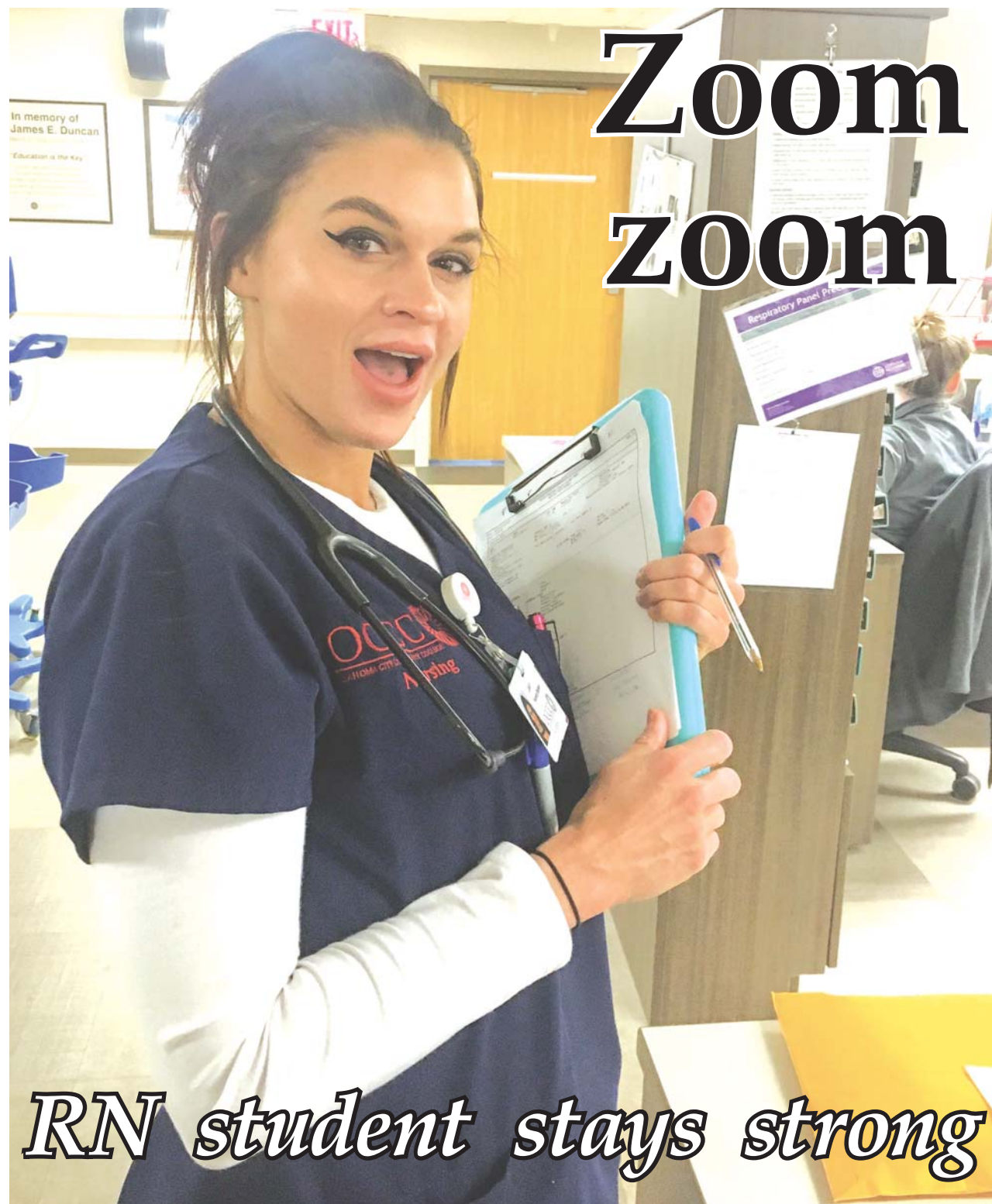


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RN student stays strong

Lauri Gosney is a nursing student and a certified nursing assistant who is helping people stay healthy during social distancing.

by Bobby Anderson, RN - staff writer/photographer

Three kids, final exams and a 12-hour shift at the hospital in front of her.

Lauri Gosney has a way to deal with all of it.

She cranks up the music and let's loose.

"I can't not dance," the Oklahoma City Community College nursing student said. "It's my happy place."

See ZOOM Page 2

Oklahoma Exceeds 90,000 Testing Goal for May



OKLAHOMA
State Department of Health

The Oklahoma State Department of Health (OSDH) announced today the State has surpassed its goal to collect and test more than 90,000 specimens in the month of May. As of Wednesday, May 27, OSDH had processed 113,264 specimens collected for COVID-19 testing since the first of the month, with a total of 183,632 tests conducted since COVID-19 was first detected in early March.

OSDH published the latest numbers yesterday in its Executive Order COVID-19 Report to Governor Kevin Stitt and demonstrated that as COVID-19 testing increased over the month of May, the percentage of positive cases dropped to a record low of 3.8% in Oklahoma.

"Testing is paramount to controlling the spread of COVID-19," Interim Health Commissioner Lance Frye, MD said. "Reaching this goal is only a starting point in the strategy for Oklahoma. In order to increase progress on minimizing the spread of COVID-19, we will continue to expand testing accessibility, increase contact tracing efforts and encourage Oklahomans to remain steadfast by continuing to follow State and CDC guidelines."

The State of Oklahoma was able to achieve its testing goal due to more than 80 OSDH county health departments' testing locations, alongside Oklahoma City-County Health Department and Tulsa Health Department, as well as the State's testing strategy with long-term care facilities

See TESTING Page 2

TESTING

Continued from Page 1

as well as state prisons. This led to an average of 4,324 tests conducted daily.

“Teamwork across State agencies and the trust and support of Oklahomans allowed us to reach this critical milestone and quadruple COVID-19 testing in the month of May,” Governor Kevin Stitt said. “Oklahomans prove time and again that our State is a standard bearer in how to come together in times of crisis and take care of our communities. It is very important we maintain this momentum to minimize the presence of COVID-19. We need Oklahomans to continue to seek out testing, to work with the Health Department’s contact tracers and medical experts, and to be personally responsible with washing hands and physical

distancing.” OSDH highly encourages Oklahomans to get tested for COVID-19. Due to sufficient COVID-19 testing supplies,



Oklahomans no longer need to exhibit symptoms or to have been exposed to someone who tested positive. Regional COVID-19 testing sites are open in multiple cities in Oklahoma as a result of a cross-county, city and state health system partnership, and Oklahomans can find a free testing location in their community by visiting: <https://coronavirus.health.ok.gov/testing-sites>.

ZOOM

Continued from Page 1

Gosney first went to college at Rose State where she worked as a lifeguard and taught senior citizen water aerobics.

The Zumba craze happened shortly after she had her kids. One class and she was hooked.

“I tried my first class in March of 2009 and started teaching in May 2009 and have taught ever since,” she said. “I just love to dance and I have absolutely no shame as far as dancing goes.”

And she’s helped hundreds get through quarantine and now social distancing through her online Zumba workouts via Zoom.

Gosney teaches classes at The Health Club in Norman, which has opened back up with distancing restrictions.

But for anyone who needs them, Gosney hosts online classes from her home.

An active group of friends and followers on Facebook find out her Zoom times weekly and attend from the comfort of their own home, garage, park or wherever.

“This is what I generally like to tell people: if you’re worried about what you you look like or about looking dumb just don’t care,” said Gosney, who loves to dance so much she once taught a class at 8:30 p.m. before having her baby six hours later. “We’re all working out having fun and enjoying dancing. No one cares about what the other people look like.”

“Focus on you because that’s what it should be about - your fitness or your stress relief or your enjoyment. If you enjoy what you’re doing you’re going to look cool at what you’re doing and people will want to do it with you.”

Gosney tells people they can turn off their own video and just watch her. Even she’s too busy to focus on 30 or more frames of people individually.

“It is a nice thing to get people a chance to try it who have been scared to try,” she said. “If I can see someone that’s new to a class I can break it down a little more.”

Gosney says she has the occasional participant Venmo her \$5 or \$10 but it’s not what she does it for.

“The amount of money I could make doing this is not enough to push it,” she said. “I just enjoy doing it. It’s a hobby for me. I like to dance. I’d rather just dance and people come rather than try to make \$30 off a class.”

“I feel like I have a following. People have been coming to my class for 10 years.”

Gosney graduated from Harrah High School before heading to Rose State to play soccer. Her soccer coach also happened to be the boss at the college pool.

She would spend 10 years as a lifeguard total, even earning lifeguard of the Year for the entire southwest region twice.

“I’ve got that competitive nature so any competition I’m going to try really hard,” she said.

Now with kids ages 14, 11 and eight, her next competition is with herself and nursing school.

A stay-at-home mom for 14 years, Gosney wanted to find a career with security. She settled on nursing.

“It kind of was more of a necessity,” she explained. “I found out I was pretty good at it.”

At the hospital, Gosney works on a critical care floor taking care of anywhere between eight and 12 patients as a certified nursing assistant.

“I was definitely shocked at how much work there is,” she said. “I don’t sit down a lot. It’s go, go, go, go but I kind of like it. It makes the day go by so fast.”

It’s fast-paced and good experience.

I definitely wanted some experience,” she said. “I had never even worked in a healthcare setting and if I was going to become a nurse I wanted that experience and just be able to get my foot in the door as far as what kind of nurse I would like to be. And using the skills I’ve learned so far at the patient bedside setting will help me be more confident as a nurse.”



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CAREERS IN NURSING

PATIENTS DESERVE THE UTMOST RESPECT: OKC INDIAN CLINIC

by Vickie Jenkins - Writer/Photographer

It is amazing how when we are young, we admire the people around us and what they do all day while they are at work. We want to grow up and be just like them. That is the case for Nathan Elliott, LPN. "I became a nurse because I admired the professionalism, and strength of some of the people that took care of my Granny Annie," Nathan commented. "She was taken care of from the time I was born until I was nine when she passed away. She will always be my gold standard; she deserved the best; just like I treat my patients," he added.

"I work at the Oklahoma City Indian Clinic because I was told to do so after meeting with my supervisor outside the clinic. I had just finished school and passed the NCLEX-PN. I had no idea what I was getting myself

into. She told me that she needed a strong male nurse to work with Dr. Kong, and asked me when I could start," Nathan said with a smile. "To this day, I still do not think that I had any choice in the matter and I have been here ever since," he laughed.

"The OCIC is a good place to work and I consider myself fortunate to have the opportunity to work at such a special place. I have worked here on several other teams and I am grateful to have worked with all of them, learning something from each of them. However, Sage Team is home, and I am glad to be back where I started, at my old desk. My teammates are truly wonderful, and I could not ask for anything more."

When it comes to leadership, Nathan knows when to take

command of a situation and when to follow instructions. "Nursing is a team sport, compatibility with coworkers and different departments are both key in achieving the best possible outcome for my patients."

Nathan's biggest reward is seeing his patients' conditions improve. "My job is to be a benefit and never a hindrance. I will always strive to increase my mastery of nursing skills, so that I may benefit all my patients as much as possible," he said. Nathan's biggest challenge right now is fighting disease in its many forms, especially at this time when the coronavirus is spreading so fast.

Nathan grew up moving from Oklahoma City, Harrah, and Yukon, OK. He attended Canadian Valley Technology Center and has been a nurse for a

little over two years. "My Granny Annie was a big influence on me becoming a nurse, along with my cousin, Angie Elliott who always encouraged me to be proud of my work, to take pride in giving my best effort no matter the situation, and to always believe in myself. When I was in nursing school, I was fortunate to have Mrs. Jones as one of my instructors. She always told me that I would be successful. I learned how to be strong, not only as a nurse but as a person. I still try to think about Mrs. Jones grading and charting actions and I want to meet those high standards of hers," he said.

What qualities make a good nurse? "I think a nurse needs to be safety conscious, have integrity and determination and grit. They need to be adaptable, dependable,

See ELLIOT Page 5

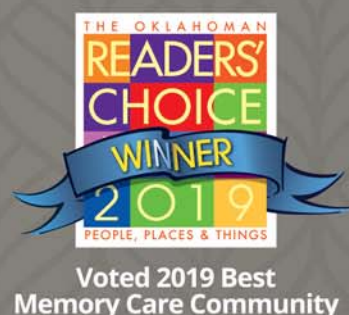


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Nathan Elliott is an LPN, working at the Oklahoma City Indian Clinic. Nathan and his coworkers continue to work on the frontline each day through the pandemic.

ELLIOT

Continued from Page 4

and confident. A nurse needs to possess patience, kindness and be a mastery of nursing skills, mixing all of those qualities together. It’s taking difficult tasks and seeing them through to the end. Patients are of the greatest importance and a nurse needs to always remember that,” Nathan replied.

How has the Coronavirus changed your life? “I wear a lot more PPE at work. I also work at home on rotations and I keep my distance from people as much as possible. I am proud to say

that I have been implementing most, if not a lot of these, extra precautions, continuing my journey in nursing. Mrs. Jones once gave me a lecture in the skills lab at CVTC about the need to keep everything clean as much as possible while I was being checked off for putting on sterile gloves. She showed me how easy it was to touch something accidentally or inadvertently and the consequences for doing such. I will never forget that lesson and I will forever strive to keep everything around me and in my workplace as clean and sterile as possible.”

SITUATION
UPDATE: COVID-19

- As of this advisory, there are 6,573 confirmed positive cases of COVID-19 in Oklahoma.
- There are no additional deaths.
- There are 334 total deaths in the state.
- The OSDH announced today that its COVID-19 data tracker, located at coronavirus.health.ok.gov, will continue reporting active and recovered COVID-19 cases by county only, as permitted by State law, and the agency will no longer be able to publish COVID-19 data by city, zip code, or by long-term care and nursing home facility due to the State’s Catastrophic Emergency Declaration expiring on May 31, 2020. For more information on this change, please click [here](#).
- COVID-19 testing sites are open in multiple cities in Oklahoma as a result of a cross-county, city and state health system partnership. Visit this page for updated dates and locations.
- For more information, visit coronavirus.health.ok.gov.

COVID-19 Oklahoma
Test Results

Confirmed Positive Cases	6,573
*Total Cumulative Negative Specimens to Date (As of 5/29)	186,700
*Total Cumulative Number of Specimens to Date (As of 5/29)	194,496
**Currently Hospitalized (As of 5/29)	154
Total Cumulative Hospitalizations	986
Deaths in the Past 24 hours	0
Total Cumulative Deaths	334

*The total includes laboratory information provided to OSDH at the time of the report. Total counts may not reflect unique individuals.

**This number is a combination of hospitalized positive cases and hospitalized persons under investigation, as reported by hospitals at the time of the report. The data reflect a change in calculation and should not be compared to prior data.

Data Source: Acute Disease Service, Oklahoma State Department of Health. *As of 2020-06-01 at 7:00 a.m.

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at North County Nursing & Rehabilitation located at 523 N 22nd St, Collinsville, OK 74021. Apply now! Competitive Pay, Benefits, Bonuses, Supportive Leadership. Qualifications: Must be 18 years old, with a clean background, reliable transportation, active driver's license, auto insurance, and the ability to lift at least 50lbs. Ability to work flexible schedules and weekends is highly preferred. Required license or certification: Certified Nursing Assistant Required education: High school or equivalent.

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We are in need of a PRN, or as needed, Clinic Nurse/Licensed Practical Nurse for the after hours/urgent care clinic.

Purcell Municipal Hospital located at 1500 N Green Ave, Purcell, OK 73080 is in need of a PRN, or as needed, Clinic Nurse/LPN for the after hours / urgent care clinic. Monday-Friday 8a-7p, varied weekends: Saturday 10a-6p, Sunday 10a-4p. No holidays. Openings are for evening shifts and weekend days. The Clinic Nurse/LPN must perform the functions of a licensed practical nurse or registered nurse in assessing, planning, implementing, and evaluating all assigned patient care in collaboration with Physicians and Physician Assistant(s). They are responsible for adhering to all Standards of Nursing Practice, for managing supplies and equipment with the direction of the Clinic Physician Assistant and/or Physicians. Must have current Oklahoma LPN license and prior work experience in clinic setting.

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161 LICENSED PRACTICAL NURSING

We are seeking Licensed Practical Nurse at Angels Care Home Health 27 N Vann St, Pryor, OK 74361. Primary function of the LPN is to administer skilled nursing care, under the supervision of a registered nurse, for clients of all ages in their place of residence, coordinate care with the interdisciplinary team, patient/family and referring agency. Qualifications: Graduate of an accredited school of vocational nursing. Current state license as an LPN, Current State's Driver's License. Two years' experience as an LPN, home health preferred. Proof of current CPR and Hepatitis profile.

204 REGISTERED NURSE

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Dr. Robbie Henson was recently appointed as dean of the OBU College of Nursing, having served on its faculty for 29 years. She had served as interim dean since August 2019 and is the Lawrence C. and Marion V. Harris Chair of Nursing. She also teaches in both the undergraduate and graduate programs in the College of Nursing. She has clinical experience in a wide range of specialties including adult medical-surgical, intensive care, home health, psychiatric-mental health, and maternal-newborn nursing. She earned her BSN at OBU and knows firsthand the tremendous education offered in the OBU College of Nursing.

"Our graduates are very much in demand in Oklahoma and all the way down to the Dallas-Ft. Worth metroplex," Henson said.

RICH HISTORY

The school's baccalaureate program was the first approved in the state, graduating its first class in 1956. For decades, OBU nursing graduates have been in high demand, and that tradition of excellence entered a new era four years ago with the state-of-the-art Stavros Hall, the new home for the College. The 32,000-square-foot facility was designed to provide cutting-edge nursing education for both undergraduate and graduate-level students.

Opened in 2016, it is located on the northeast corner of the OBU campus in Shawnee. The facility features six high-fidelity skills simulation labs, a mid-fidelity skills lab, a health assessment lab, and a home health and bathing training room, totaling 24 beds. The high-tech simulation labs are equipped with the industry's most advanced medical simulation solutions, providing students with realistic training scenarios for their future nursing careers.

"It's a beautiful building with state-of-the-art simulations and skills labs,"

Henson said of Stavros Hall. It has been featured on news programs in the Oklahoma City area, as well as statewide.

The acute care setting gives students a hands-on feel of a true hospital unit. With full control of the state-of-the-art human simulators, instructors train future nurses to expect the unexpected and react with life-saving speed to evolving situations in real-time. The building's video technology allows instructors to offer the best possible feedback to students, as they review the scenario together following each simulation.

"We have really wonderful facilities and amazing faculty for both teaching and learning," Henson said.

Class sizes in OBU's College of Nursing tend to be small with only 35 to 45 students in each of the junior and senior classes allowing for hands-on instruction.

"That really says you're going to get to know your faculty and have access to the resources that you need for assistance. You are going to make lifelong friends and mentors too," Henson said. "We know our students well and very intentionally pour into their lives."

OBU is coming off another 100-percent NCLEX pass rate with its most recent graduating class. The University's nursing graduates typically post pass rate percentiles in the upper 90s.

"We have a very strong trend in our pass rates," Henson said.

Another unique feature is the school's ethical focus.

"Has there ever been a more critical time in history when students needed to develop a worldview with faith and justice?" Henson said. "That, I think, is one of the most important things we offer. Having a focus on society's needs, ethics, and faith in today's world is huge."

OBU also offers the RN to BSN degree with the same core focus. This fully-online program can be completed in as little as 12 months.

OBU's master's degree in nursing



Dr. Robbie Henson is the new dean of OBU's College of Nursing. She has served as interim dean since August 2019 and is the Lawrence C. and Marion V. Harris Chair of Nursing. She is an OBU alumna and joined the nursing faculty in 1991. She is pictured in Stavros Hall, home to the College.

education can also be completed in 15 months, completely online.

"The OBU College of Nursing has done an outstanding job with our BSN completion and MSN programs,

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OU College of Medicine Awarded \$11 Million Grant to Study Infections

The University of Oklahoma College of Medicine has been awarded an \$11 million federal grant to create the Oklahoma Center for Microbial Pathogenesis and Immunity, a hub for research into many types of infections and how the immune system recognizes and destroys them, or succumbs to them.

The new center will be housed in the college's Department of Microbiology and Immunology, chaired by Jimmy Ballard, Ph.D. The five-year grant is from the National Institute of General Medical Sciences, a component of the National Institutes of Health. It represents a CoBRE (Centers of Biomedical Research Excellence) grant, which establishes multidisciplinary research in Oklahoma and enables talented researchers to compete for additional federal awards. A major component

of the program is mentoring junior researchers, who contribute to better patient treatment with their projects, while building their careers and attracting additional grant funding that helps to drive Oklahoma's economic growth.

While funds will not be used to investigate the COVID-19 virus, the grant is especially timely as the world is battling a new viral infection that overwhelms the immune systems of some people it infects while sparing others. Ballard's team of researchers will use the grant money to further their studies into various fungal, bacterial, viral and parasitic infections, in the context of how the immune system recognizes and destroys those infectious agents, or the opposite occurs.

"Under most circumstances, our immune system does a good job of

responding to and clearing infectious agents, Ballard said. "It happens all the time in our bodies. We want to better understand what makes our immune systems successful, but also finding the weak links that can be exploited by pathogens. When a battle is taking place, the microbes that are successful have come up with a way to short-circuit or interrupt the effective immune response, either by killing cells or altering the way those immune cells function."

This CoBRE grant provides funding and mentorship to five junior researchers – three at the OU College of Medicine and two at Oklahoma State University. Mentors support the researchers during their investigations and as they leverage their findings to attract new federal grants. The CoBRE also supports a research core, in this case advanced technology in genomics and transcriptomics that can be used by all researchers.

Researchers supported by the grant are:

- Lauren Zenewicz, Ph.D., OU Department of Microbiology and Immunology, who studies infections and inflammation of the intestinal tract related to *Clostridium difficile*, which affects 500,000 people in the United States each year, often older adults who have been in the hospital and have been taking antibiotics.

- Kevin Fuller, Ph.D., OU Department of Ophthalmology and Department of Microbiology and

Immunology, who studies fungal infections of the eye.

- Hala Chaaban, M.D., OU Department of Pediatrics, who studies necrotizing enterocolitis, a devastating disease in which bacteria invade the intestinal wall of premature infants.

- Matt Cabeen, Ph.D., OSU, who studies biofilms and mechanisms of antibiotic resistance.

- Karen Wozniak, Ph.D., OSU, who studies fungal infections of the lung.

In several projects, researchers will seek to understand how the microbiome of the intestinal tract – which is filled with thousands of bacteria, good and bad -- influences infection and immune responses. The challenge is to uncover which bacteria are related to specific infections, Ballard said.

"The microbiome plays a major role in how our immune system develops, beginning soon after birth," he said. "There are thousands of different types of bacteria that make up each person's very individualized microbiome. However, even though our microbiomes are different, there are changes we have in common that make us susceptible to infections. That's part of our work – what changes in our microbiomes to make us have problems with our immune system development or responses?"

Research reported in this press release is supported by the National Institute of General Medical Sciences, a component of the National Institutes of Health, under the award number 1P20GM134973-01.

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NURSE TALK



My biggest pet peeve is when someone doesn't wash their hands!



Gretchen Chafey, RN

When someone is late....tardiness!



Shelly McKay, RN

What is your biggest pet peeve at the hospital?

INTEGRIS
Community Hospital

Integris
Community
Hospital -
WEST

What bothers me more than anything? Laziness!



Cindy Smith, RN

When someone says they are going to do something and they don't! Not following through!



Sarah Sehhati, ER
Tech

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Kidney Recipient

Imagine, 30 years old, beautiful wife, one child, another on the way, a great job and you go to the doctor and he says "This is the day you start dialysis, we have a chair ready for you." Dialysis...possibly for the rest of your life. I couldn't start that day, I had to go home and refocus on this long journey of dialysis three times a week. The next day I started and was a dialysis patient for six years. I continued to work for several years and shortly after starting dialysis our second son was born. Our kids only knew a dad that was on dialysis three times a week, until I received a kidney transplant.

since my life was changed. It's hard to imagine what my family's life would have been like without it. Imagine the difference you could make as an organ donor!

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. If you don't have a license or state ID card and do not have internet access, call **800-826-LIFE (5433)** and ask for a donor registration card.

Thanks to the family of an accident victim, I received a kidney transplant in 1986. It's been over 27 years

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CHILDREN'S HOSPITAL TO PROVIDE FREE LUNCH FOR CHILDREN THIS SUMMER

As part of its commitment to improving the lives of all children in the community, The Children's Hospital, in cooperation with Sodexo, will again participate in the U.S. Department of Agriculture's Summer Food Service Program during the traditional summer break period. The program will extend from June 1 to July 31. The Children's Hospital was the first hospital in the state to offer free meals to children during summer break.

Through the Summer Food Service Program, lunch will be provided on a first-come, first-served basis at no cost to children 18 years and younger. Meals will be provided each weekday of the program period. Meals and service provided are the same for all children regardless of race, color, national origin, sex, age or disability. This year, access to the building is restricted due to the COVID-19 pandemic, and children may not eat onsite. However, meals

will be available for pick-up outside the Children's Atrium, the main entrance to The Children's Hospital, located at 1200 Children's Ave., Oklahoma City. Each boxed lunch meets USDA nutritional guidelines and includes a sandwich, milk, fruit and a snack. Lunches may be picked up during these times: 11 a.m.- 2 p.m., Monday through Friday June 1 – July 31

Staff members have taken measures to ensure the lunch pick-up process is

safe for all participants. These measures include frequent hand washing, limiting contact, observing social distancing guidelines and wearing masks at all times. Read more about the program here, or contact Sodexo Administrator Pam Harris at pamela.harris@oumedicine.com or (405) 271-8001, ext. 42212.

For more sites and information, visit www.fns.usda.gov/sfsp/summer-food-service-program.

OU-TU SCHOOL OF COMMUNITY MEDICINE OFFERING CHRONIC PAIN WEBINAR FOR PROFESSIONALS

An informative webinar on chronic pain therapies being offered by OU-TU School of Community Medicine in conjunction with the James W. Mold Oklahoma Primary Healthcare Improvement Cooperative, Oklahoma Department of Mental Health and Substance Abuse Services and OU Anne and Henry Zarrow School of Social Work.

The webinar, Beyond Pain Pills: Non-Pharmacological Therapies for Chronic Pain, is offered at no cost to participants. Attendance is open to all, however, webinar content is

tailored to primary care physicians and other healthcare professionals who work with patients to achieve pain management goals.

The webinar features professionals with depth of expertise in trauma-induced pain, exploring key areas in which these complementary therapies in the treatment of chronic pain may be effectively incorporated. Presenting faculty members include Kim Coon, Ed.D.; Martina Jelley, M.D., MSPH, FACP; Julie Miller Cribbs, MSW, Ph.D.; and Frances Wen, Ph.D. Daniel Duffy, M.D., MACP, Professor of Medicine,

OU-TU, will act as moderator for the webinar.

Chronic pain results from unresolved bodily illness or injury and from toxic stress and trauma. Patients can learn ways to amplify naturally occurring pain relievers produced by the brain to minimize use of pain medications, particularly opioids. Mindfulness meditation, physical exercise, massage, yoga and relaxation, combined with modification of thoughts and attitudes, enhance these natural pain relievers. These therapies are recognized in the emerging science

of trauma-informed care. Webinar participants will learn to:

- Use simple language to explain changes in the brain caused by physical or emotional trauma.
- Motivate and educate patients with chronic pain to use methods that enhance natural pain relievers.
- Enhance patient acceptance of referrals to learn these methods.
- De-escalate emotionally charged clinical situations.

The webinar will take place at noon, Friday, June 5. Registration is open now at: <https://bit.ly/NonPharm>



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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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