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**A coupla more months and we get the chance to come together for the first time since 2019. Planning for the outdoor gathering is underway, and we hope you are planning to come. You can help the committee out by telling classmates who don't email.**

# The Big Boomers

*This is us*

***Our Own Sylvia Ward Williams Voted 1st Runner Up at Eta Phi Beta Grand Boule'.***

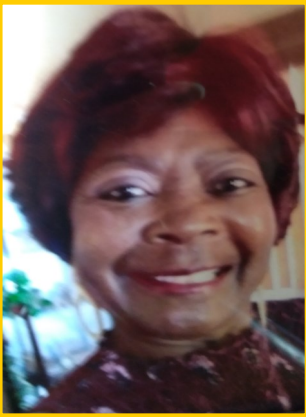


Eta Phi Beta Sorority held it's 35th Biennial Grand Boule in New Orleans from July 25th—29th. Sylvia, our 6T5 Chaplain, was elected 1st Runner-up to the Sorority Queen.

The class of 6T5 was further represented by Soror Linette Rogers, wife of Classmate **Larry Rogers** who was also in attendance, and, Soror **Edith Smith Reeves**. Larry is a former president of the National Council of SHADS, who are the spouses of sorority members.



# 6T5 in Healthcare



I worked in the Healthcare industry for 43 yrs. - 13 yrs. as a Licensed Practical Nurse, and 30yrs as a Registered Nurse. Some of the roles I filled were, Staff nurse medical unit & ICU/CCU; Charge nurse medical unit & ICU/CCU; Associate Head Nurse of Ambulatory Care medical clinics. My employers were Cedars of Lebanon, Miami FL 13yrs; Victoria Hospital, Miami FL 10yrs; Jackson Memorial Public Health Trust Miami FL 20yrs.

I received my training at Lindsey Hopkins Vocational School Miami FL -Practical Nurse certification; Miami Dade Community College - AA in nursing; Barry University, Miami FL. Majoring in Nursing.

**Laura Gallon Jones**

My greatest inspiration to becoming a nurse was following members of my family who chose professions in health care— 3 aunts and 2 cousins. I am grateful for being mentored by Ms. Graf, a German Nurse Instructor, strict but awesome nurse. As a nurse I enjoyed caring for the elderly patients. I also enjoyed being involved in the Health Ministry at my church educating members on health care.

Special highlights were traveling and being involved in the recruitment of Canadian Nurses in the early 80's. Video production was created to highlight Nurses enjoying South Florida Beaches, of which I was a participant. I was also awarded Nurse of the Year in the Ambulatory Care Clinics.

Because of my love for nursing, my life has been very rewarding ..

A Little known Black history fact:

The year of 1966, Lindsey Hopkins had a satellite program for Practical Nurses. The classroom setting was at Miami Northwestern. The program was available for young ladies from inner city schools (Miami Northwestern, Mays, North Dade, Carver & Booker T) I was proud to have been one of the students accepted in the program.



I worked in the Healthcare industry for 38 years as an Operating Room technician at JACKSON MEMORIAL Hospital, where I also received my training.

The highlights of my career were learning how to be a responsible team worker, and how to take orders.

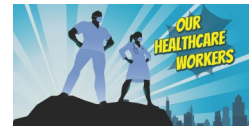
I was inspired by my godmother Mrs. Lula Mae Monroe who was a nurse at Jackson Memorial Hospital.

I loved my job. My goal was good patient care and safety. I was very concerned about patient recovery.



**Sandra Minus**

# 6T5 in Healthcare

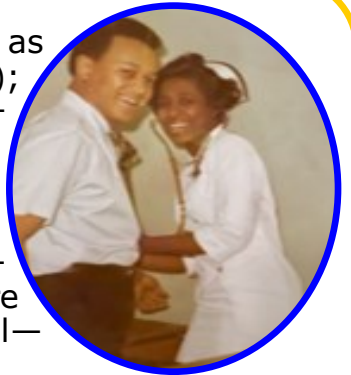


I worked in the Healthcare industry for 35 years as a Certified Critical Care Registered Nurse (CCRN); Assistant Head Nurse in Critical Care Unit; Registered Nurse in Specialty Hemodialysis Unit of ICU Patients; Assisted in Setting up and Opening CCU IN Philadelphia, PA.

I was employed by St. Luke's Hospital— Philadelphia, PA; Orlando Regional Medical Healthcare Center - Orlando FL; Orange Memorial Hospital— Orlando, FL; Orlando Health—Orlando, FL.

I was trained at MIAMI-DADE Community College—ASN DEGREE

**Mary Simms McCall** Florida Southern College—BSN DEGREE.



My inspiration was a lifelong passion for helping and caring for those who needed it. I also had relatives in the field of healthcare.

During my career I was awarded several achievements for working in the Critical Care Specialty Units, Employee and Nurse of the Month Award! I also had the opportunity to meet people from all over the world as people from many countries frequently visited Disney World! We had a map posted with all the countries highlighted. I must say it has been a challenging and rewarding career!!!



## **Judy Sawyer Garrison**

I worked in the Healthcare industry for 25 years as a Registered Nurse in the Neonatal ICU, Head Nurse Adult Care Unit, and Head Nurse in the One Day Surgery Unit. My employers were Jackson Memorial Hospital—Miami, FL; Military Air Force Base— Germany; Southwest General Hospital—San Antonio, TX; Tampa General Hospital—Tampa, FL.

I received my training at Miami Dade Junior College—Associate Degree in Nursing; Florida International University— Bachelor of Science in Nursing; Troy State University (class held at Macdill Airforce Base) - Masters Degree in Public Administration/Nursing Science.

My nursing inspiration came after I got bored with Education classes, and my mother became very sick with diabetes and I wanted to take care of her.

Two of my career highlights were taking care of premature babies which was most rewarding, especially when they were grown healthy to go home, and, working in a one day surgery unit where patients come in for surgical procedures. This was very satisfying because you assisted the patient to recovery enough to go home within hours.

I got the chance to work overseas in Germany at an Air Force base and was afforded the opportunity to travel to different countries. Working in the health care field has given me the chance to meet many people from around the world. I have been truly blessed.

# 6T5 in Healthcare



I worked in the Healthcare industry for 42 years as a Clinical Social Worker in several settings; a healthcare administrator & consultant to private medical practices, instructor in a medical assisting program. To fill some of the retirement days I did medical billing for a while. My employers were Thomas L Garvin MD PA - Miami Gardens, FL; Miami-Dade Community College Entrepreneurial Campus - Miami, FL; Group-MED - Miami Shores, FL.

I received my training at University of Miami - Coral Gables, FL—BA Psychology; Barry University, Miami Shores, FL—MSW & 2 yrs. toward PhD.

I became interested in the Mental Health profession in 6th grade for a reason I do not remember, however, the plan to major in psychology never waived. While I enjoyed psychotherapy and teaching social and behavioral science courses, I came to enjoy the management & administration of organizations that were part of the health care delivery system. There is no specific person or event that I can attribute the inspiration to.

My favorite achievement was successfully managing my own consulting business - Medical Office Support Services and gaining the recognition of several local medical practitioners, a local hospital, and a Medical Software Developer. I especially loved helping patients navigate the complex health insurance industry.



## ***Richard H. Powell, RPH***

I worked as a pharmacist for 44 years at Osco Drugs, my own pharmacy (Leson Drugs), Walgreens and Jackson Memorial Hospital. I received my training at Xavier University – BS Pharmacy; St Thomas University – MS.

I was inspired to become a pharmacist by Betty McQuay Major, RPH who was a friend of my sister's. High achievements for me was being a part of the first group of Xavier graduates to work for Osco Drugs, and owning my own drug stores.



## M.A.V.I.S. Health Drinks

By Vandene Tisdol Samuel

### *A special report of a special project*

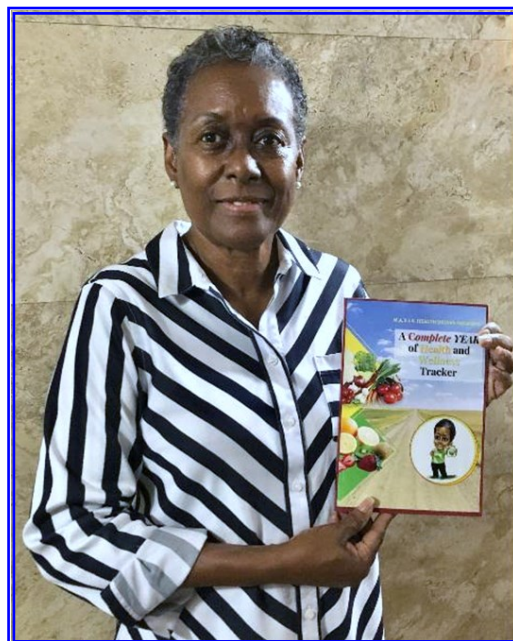
I became invested in my health when I noticed my body responded differently to foods and drinks, I once loved. My metabolism changed, just like many other things in life. In early 2000, our classmate, the late Elder Jerry Taylor, told me to start juicing. He was also known as a health advocate, and shared the many benefits he was experiencing. I took his advice, and it made my health better. Just like he shared with me, I wanted to share with others, as many people that would listen. I found people were eager to learn from my experiences. As I was juicing every day, it became a hobby that I turned into a business.

The name of my juice business is called, M.A.V.I.S. Health Drinks. The name comes from the names of my immediate family - **M**ack, **A**driene, **V**andene, **I**nga, and **S**herri. First, I started making juices for my friends and family, and a few years ago introduced new flavors at our class meetings. People discovered that my health drinks improve the symptoms of diabetes, high blood pressure, inflammation, and cancer. Besides the health benefits, the juice tastes great! My customers appreciate the research that goes into every bottle and combination. I make educational bookmarks that teach them how different fruits, vegetables, and herbs improve specific ailments. I want to empower them to heal themselves through making good choices.

Last year, during the coronavirus, I am proud to say that I completed my first health book, "A Complete Year of Health and Wellness Tracker", that is available on Amazon or you can buy directly from me. The book includes recipes and healing combinations to go along with different parts of the body. It allows you to track your sleep cycle, steps, stress level, etc. You can also start any month of the year. One of the scriptures in the book is:

*"Beloved, I wish above all things that thou mayest prosper and be in health, even as they soul prospereth." III John 1:2 KJV*

I am thankful to the Al-  
wake up on this side of  
tive attitude and do not  
my day.



mighty God every day that I  
the dirt, that I put on a posi-  
allow any negativity to spoil

## Sandrell Rivers Theater



In honor of Chief Sandrell Rivers' birthday, Fantasy Theatre Factory is honored to present a spectacular evening of distinctly uplifting music, visual art, poetry, fashion and more! Local tastemakers from diverse backgrounds will pay tribute to the life and work of the late and beloved Chief Sandrell Rivers. The entire community is invited to join us for live arts performances, networking, and a cultural celebration in the name of our hometown icon.

**6PM—\$10**

COVID-19 Protocol & Practices: Read our guidelines: <https://www.sandrellriverstheater.com/reopening>

### Dues

The Reunion Plan is waiting for you.

Make your \$50 check payable to Miami Northwestern Class of 6t5. **Mail to Linda Payne - 1804 NW 192<sup>nd</sup> St. Miami Gardens, FL 33056.**



August 2nd—Vandene Tisdol Samuel  
August 3rd—Jacqueline Wallace Tucker  
August 7th—Selena Thomas  
August 10th—Mack Samuel  
August 14th—George Hudson  
August 26th—Charlie Powell  
August 30th—Willie Clark

### Directory Update

**16 done so far**  
**We must know how to reach you**

We are using the class website to update classmate information. NO contact info is visible to the public. **Go Here:**

<https://miaminorthwestern6t5.myevent.com>

Click on "**Classmates 6t5**"

**TO:**

create a profile—Click "**Add Your Profile**"  
update a profile—Click "**Edit Your Profile**"

There is a "**forgot your user name or password link**"

If you can't get in, send an email asking for help to "**reunion6t5@gmail.com**".  
Include your phone number.