

AUTHOR,

recalled how “a Jamestown attorney that I babysit for once wrote me a job recommendation that stated that I had ‘overcome adversity’ and was capable of performing at any task that I chose to take on.”

“At the time, I really had no idea what ‘adversity’ I had overcome,” she admits. “Being poor, multi-racial and book-smart only gave me the opportunity to prove to myself that my life was actually quite good.”

Along with her fondness of books, (“I loved autobiographies!” she exclaimed) her childhood memories include “walking to the Russell County Public Library to trade out books, playing outdoor sports, listening to music on WJKY and WJRS, and picking blackberries.”

“I started working after school for Mrs. McClure at the Selective Service Office when I was a sophomore in high school,” Miller recalled. “I typed draft cards, and thought I was hot stuff making \$1.60 per hour.”

“My best friend was Judy Lawless Smith,” she said, “and the 4-H club was one of my main high school interests. I loved speech and demonstrations, and enjoyed being in the chorus.”

Back then, the RCHS Chorus mainly sang in churches, Miller said, and in 1972, she was one of six delegates to represent the state of Kentucky in a National

4-H Conference being held in Washington D.C.

“I skipped the senior class trip to go,” she said. “It was my first trip on an airplane, and my dad probably sacrificed to get the money for me to go. I could not believe that when we returned to Lexington, they had rolled out the red carpet for us six teenagers to disembark, and had news media!”

With a strong drive to succeed, Miller pursued nursing school.

“I worked in Frankfort and Lawrenceburg for the Community Service Administration (CSA),” she said. “It was not in Russell County, but it was significant for me. We transported needy clients to doctors appointments that were usually at UK Medical Center in Lexington. We needed vans to transport more people, but did not have the funds.”

“God gave me an idea that ended up being lucrative,” Miller remembered. “Back in the 1970’s I used to be a secretary for (Kentucky) state government while I attended college. One of my jobs was with the Department of Natural Resources. They had a program that was aimed at cleaning up abandoned cars and junk that littered the countryside in Franklin County. I initiated the suggestion to the board that we could encourage people to donate their junk cars to us, and we gave them the

donation receipt for tax deductions.”

“(The) Natural Resources picked up the cars for free, and would deliver them to a place of our choice to sell them for scrap metal,” Miller said. “The board liked my idea. David Strohmeier and I walked miles and miles throughout Franklin County getting donations, and we raised enough money to buy several mini-vans.”

Always hoping to keep in touch with friends, Miller was traveling in an RV a few years ago when she “met up” with Strohmeier.

“He owned the Still Waters Campground where we booked a week to stay on the way back to Florida from Maine,” Miller said. “He said some of the vans that we enabled CSA to buy are actually still in service!”

LOOKING BACK... AND FORWARD

Before moving to Oklahoma to work in the Emergency Room at Oral Roberts University, Miller’s “favorite job” was in Russell County working as the office nurse for Dr. Barrett Bernard and Dr. Larry Loehle in Russell Springs.

“Along with the two front office staff, Beth and Lisa, we set up the office from scratch,” Miller said. “We ordered the medical supplies, set up our systems etc. You would be hard pressed to find better physicians to

work for. Every day was a good day, whether learning a life lesson, or serving the many patients who frequented our office.”

In an illustrious career, Miller also worked in Florida - along with stays at the University of Kentucky Burn Unit, the former Westlake Hospital in Columbia, and the VA Hospital in Lexington.

“I keep my Oklahoma Registered Nurse license active,” she said. “It was useful when I started my business, Greater Mobility, Inc. in 2015.”

“I was accepted in the business incubator at the Ocala Chamber and Economic Partnership,” she said. “That chamber was the award-winning, 2020 National Chamber of the Year. While there, I was recognized as one of the Ocala Magazine’s ‘40 Over 40’ business people who were making a difference for the people of Ocala, Marion County, Florida. Our business also received an award for the ‘Best of the Best’ - medical supplies - for Ocala 2020.”

Between working and traveling, Jacquie somehow found time to write a book.

“I have a private, personal Facebook Group, called ‘What a Wonderful World!’ which was dedicated to the travels that my husband and I made over the past two years,” she said. “I regularly posted pictures that caught my eye, and shared stories about things that we

learned. My friends told me over and over that I should write a book. That is how ‘Nurse More. Stress Less.’ evolved.”

“I had an acronym for the word ‘CONNECTED’ that I pitched to a publishing group,” she said, “who thought I should focus on a target audience of medical peers because the message that I wanted to give to everyone is more likely to reach an audience if I used my nursing background. My husband, Bob, who is my vice-president (of Greater Mobility), and who has masters degrees in both Mechanical Engineering and Business Administration, is very critical, and gave me a tearful approval of my book.”

“It did briefly hold some number one, two, and five spots on Amazon in Emergency Medicine, Theology and Two-Hour Religion & Spirituality Short Reads,” she said.

Greg “Radar” Gray, DO, FACEP Emergency Department Physician, St. Francis Health Care System, Tulsa, OK, has nothing but praise for his former coworker and her book.

“I have known this nurse for almost 30 years,” Gray said. “She is the most caring, empathic nurse who brings God into the Emergency Room. Her calm with every stressful situation always built our team of physicians, nurses, techs, respiratory

therapists, clerks, and security into a strong, extended family.”

“Her book has brought her philosophy of nursing and her love of God together,” Gray said. “She describes situations that nurses and all health professionals in critical care must deal with daily. She is able to bring passages from the Bible into the context of health care.”

Gray considers himself and associates “lucky” to “work with Jacquie in a catholic health care system where we were encouraged to bring our faith into the emergency room.”

“Jacquie is able to tie our faith into how we can give better care,” Gray said. “She is able to give tips on how not to burn out from these daily, stressful workdays.”

He encourages fellow healthcare providers to read “Nurse More. Stress Less.”

“In this time of COVID, every ER and ICU healthcare professional should read this book,” he said. “It will help you deal with your everyday work life. It will help you build enjoyment back into medicine.”

“Nurse More. Stress Less - The Missing Guide for Highly Stressed Nurses Who Want to Make a Difference Without Losing Their Sanity” is currently available on Amazon in paperback, or on Kindle.

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