

June 1, 2015
God Bless America

Woman's World

More
for your
money!
\$1.79

Simple
technique
lets you
**WALK
AWAY
STRESS!**

LOSE 20 LBS in 14 days!

DR. OZ'S ULTIMATE DIET!

In your drugstore now! The supplement mix that
STOPS HAIR LOSS!

**REDUCE CANCER
RISK 80%** with spaghetti
sauce!

**SAVE \$50 A WEEK
on groceries!**

This easy stretch
CURES SCIATICA!

ALL HIS BEST TRICKS!

- ✓ Metabolism-boosting smoothie!
- ✓ Meals that turbocharge fat-burning!
- ✓ Slimming carbs that release stored fat!



Summer cocktail fun



"With determination, you can overcome any obstacle!"

Born with severe health issues, foster child Misty Blue Foster spent much of her childhood in the hospital. But her nurses touched her life in such a meaningful way, they ignited a very special dream!

Lying in her hospital bed, 14-year-old Misty Blue Foster's mind whirled with worry. In the morning, she was having bladder surgery. Misty had already undergone a dozen operations. But that didn't make the Palo Alto, California, teen feel any less afraid.

Over the beeping of the machines, Misty could hear chatter and laughter echoing from the other rooms as moms and dads tried to ease their sick children's fears.

But Misty's foster mother didn't believe in "coddling" her. She never visited Misty.

Suddenly, there was a tap on her door.

"Hi, Petie!" Misty called out.

Petie Cote was a certified nursing assistant at Lucile Packard Children's Hospital.

"I just ended my shift, and I thought I'd sit with you for a while," she said.

"I'd like that!" Misty exclaimed, smiling.

Misty's angels

Born three months premature to a drug-addicted mother, Misty came into the world with severe health issues, including spina bifida and cloacal exstrophy, a rare birth defect in which her abdominal organs were outside her body.

Misty was just one day old when she underwent the first of several surgeries to repair her exposed and malformed spine.

Soon after birth, she also began a series of operations to move her protruding organs into her abdomen.

But while the early intervention enabled her to walk, Misty needed both a bladder and bowel ostomy and would require multiple urologic, abdominal and orthopedic procedures well into adulthood.

With her mother unable to give her the care she needed, Misty was put into foster care.

But though her foster mother expressed sympathy for Misty to caseworkers, she'd gripe to Misty about having to take her to doctors.

And when Misty needed a corrective procedure, her foster mother would check her into

the hospital, then leave, telling her, "I'm not about to waste my time sitting around here."

The nurses in the 3 East Specialty Surgery Unit were horrified. They knew the hospital was a scary place for a kid. And so they began stopping by her room during breaks with a bag of Cheetos—Misty's favorite snack—and games.

They'd take her to the hospital playground.

And when Misty was frightened, one of them would sit with her, sometimes all night. They'd hold her hand and reassure her, "You're going to be okay."

Misty came to think of nurses Carol, Stacy and Pinpin and CNA Petie as surrogate moms.

"They made me feel special. Loved," she says.

And as Misty grew older, they assured her that she had a bright future.

"You can be anything you want to be," they insisted.

There was only one thing Misty wanted to be.

One day, she confided to Petie, "I want to be a nurse and help other people the way all of you have helped me."

Petie's heart squeezed.

"I think you'd make a great nurse," she said.

Dream come true

But just getting into nursing school was a major feat. Her doctors had to convince doubtful administrators that Misty was physically up to the challenge of such a demanding job.

And her health wasn't Misty's only obstacle.

Having turned 18, she'd aged out of foster care. And though happy to get out of her foster mother's house, Misty quickly realized she couldn't go to school full-time, study and work enough hours to support herself.

With a heavy heart, she withdrew from school.

Still, Misty wasn't ready to give up on her dream.

Just as her medical issues needed to be addressed one at a time, Misty decided she'd



become a nurse one step at a time.

She took a job as an aide in a Residential Care Facility and set her sights on becoming a certified nursing assistant—like Petie.

But even with the lighter class load, working and going to school at night was exhausting and stressful. And there always seemed to be another health crisis: raging infections, surgeries to repair issues with previous procedures, pain as she recuperated.

But Misty kept reminding herself what her nurses had always told her: "You can do anything you set your mind to."

And she pushed herself to keep going.

Not only did Misty become a CNA, but in 2009, she became a licensed vocational nurse.

Today, Misty, 29, is a favorite nurse among patients and staff at her local VA hospital and is studying to become a registered nurse.

"You can't always control what you're given in life, but you can control what you do with it," Misty says. "With determination, you can overcome *any* obstacle! I'm proof of that."

—Kathy Fitzpatrick

"There can be no rainbow without a cloud and a storm."

J. H. VINCENT

Make your dreams come true!

Realize your dreams, like Misty did, by ...

✓ **Making a plan!** Having a plan of action, like Misty did for becoming a nurse, keeps you focused! For help, go to Coach.me and download the free Web and phone app.

✓ **Visualizing success!** For a few minutes every day, picture yourself living your dream. This helps affirm that it can be done—and fuels your desire!

✓ **Spreading the word!** Sharing your dream helps build a support network. Hearing someone else say, "You can do it!" is powerful motivation!

Read or heard a human interest story you think belongs in Woman's World? Send it to us! If you're the first to share it, and we publish it, we'll pay you \$100! E-mail the story with your name, address and phone number to: WWFeatures@WomansWorldMag.com. Or mail to: Scoop, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

Photos: courtesy of Lucile Packard Children's Hospital; iStockphoto.