


# Encouraging Words



## Growing up...



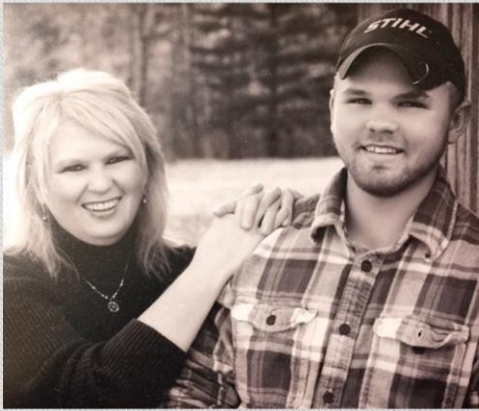
I wanted to start off the evening by stating I am honored to speak as the first PennHuMacParrGill Lecturer, it humbles me as a person and a professional. I also wanted you to know that I spent many hours debating my topic, and what I could talk about that would interest you. I've tried to think about what I would write about for several months but my mind tends to wonder thanks to my undiagnosed ADD otherwise known as attention deficit disorder. My Mother had a cure for ADD, it was to run around the outside of the house 20 times and then if that didn't do it off to the garden to hoe a row! I always hated that hoeing so I always tried to get myself in check before reporting in from the circle running. I reviewed the list of lecturers before me and wondered again what to write about and I always came back to encouragement and education.



After further debate I of course put the question to the all-knowing Facebook forum, calling on my former students, peers, OSRT members, and co-workers by asking them if they could remember anything I had “taught” them over the years or if they had taught me something. I was hopeful I would receive a few comments to build my speech around and honestly could not believe what an overwhelming response I received from people-people that I hadn’t heard from for quite some time. Honestly, I was impressed at the responses but more impressed at the people that took the time to provide very thoughtful examples. The research I did was of course was random, wasn’t very well thought out or planned, truthfully I did it out of desperation for a topic for tonight’s event.

So what did I find out? I was amazed that not one person commented on anything technical but focused more on life situations. I have worked in this profession for a number of years, so I have a lot of experience at lifelong learning or situations and have “counseled” a number of people over the years. A number of my former students commented on how I had helped them through a life situation or encouraged them when no one else would offer them hope. A number of my professional peers commented on my passion for legislation, the profession, learning and education itself.

# Home...



That being said, first of all you have to know where I've come from to know where I am. My name is Leisa Horton Arnold and I am from a VERY small town in southeastern Ohio known as Senecaville. I grew up on a farm, lived in the country and have a son named Levi-others know him as man-child. I have worked for the past 34 years at Southeastern Med formally known as Guernsey Memorial Hospital in Cambridge, Ohio where I have worked with my mentor and boss, Mark Fowler.



# Family



My parents James and Audrey Horton were from Noble county Ohio. Growing up I always told my parents I was going to move far away from them, live in California, and be a truck driver. The reality is I built my home on the family farm and lived adjacent to my parents who helped take care of Levi growing up and in the reverse I helped take care of them when they were growing older



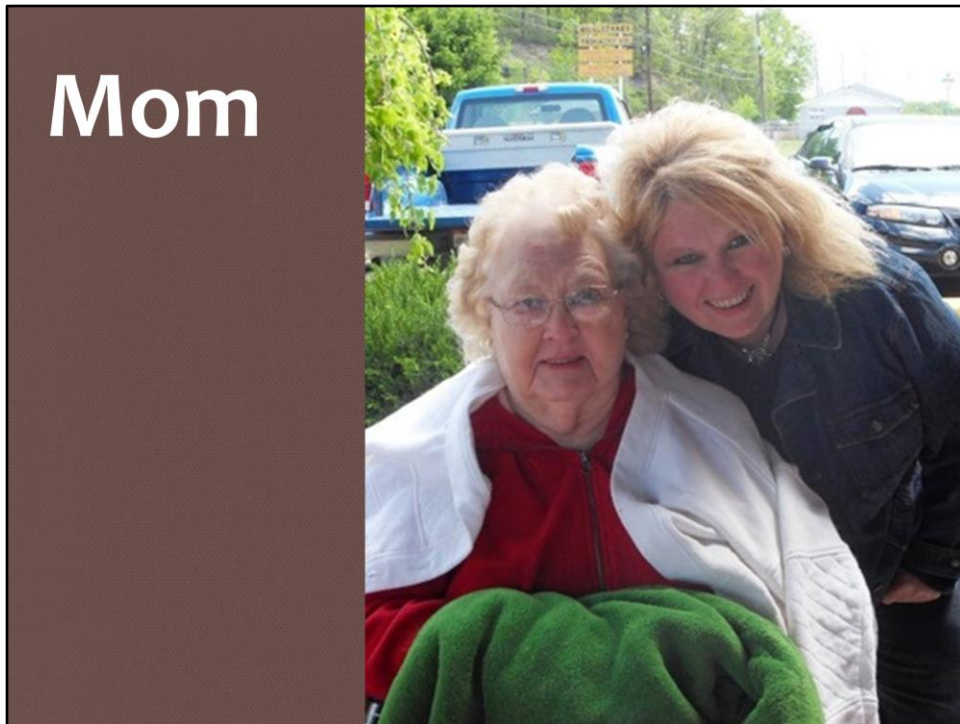
## Uncle Art



My Uncle, Arthur-my Mom's twin- now lives with me as well. Things I have survived- My child being diagnosed with Type 1 diabetes at age 3. Divorce. My parents both suffering from Alzheimer's. This list could go on and on. What I have learned from the aforementioned list. Relationships are not always what they seem. Children aren't always healthy. Marriage doesn't always work out. And parents age. This list could also go on and on.

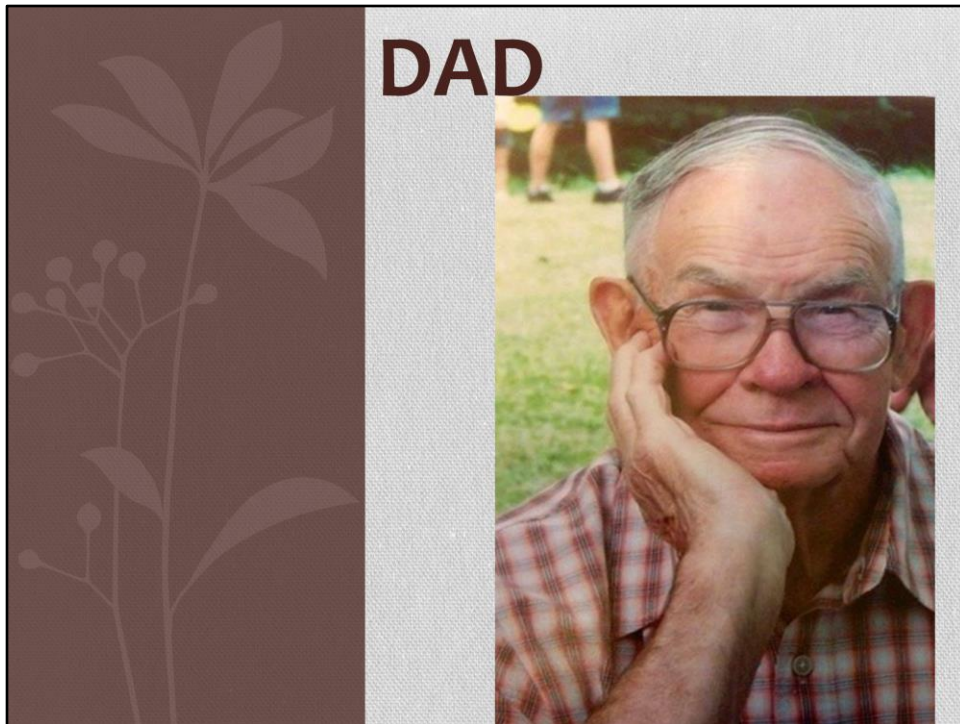


The one thing I've always had consistent in my life is my job. Some people call it a career, profession, job, whatever you want to refer to it as, is fine. I started my job in 1981 as a 3-11 pm staff technologist. I have my parents to thank for that, it was the 80's and I didn't really care if I went to college or not but my Mom insisted.



My Mother was a driving force behind my education; she was a survivor of the depression and she worked hard to further her life. When she was attending high school her brothers joined the armed forces leaving her to help with the family farm. Audrey of course, felt the obligation to help her family first and quit high school. Growing up my Mother always spoke of getting “her degree” and how much it would mean to her. My Mother always told me you will go to school, you will go to college. Of course, I was young and thought there was more to life than school. After much debate (aka heated arguments) with my Mother I applied to college and was accepted into a radiology program. My parents were always in support of education. They supported any of us in any way possible to attend college. My Mother was supportive by her words.





My Father on the other hand, managed a farm, worked a full time job, and also raised and sold ginseng to help his bank account, which helped fund our college educations. The bottom line is my parents insisted I go to college. I attended Muskingum Area Technical College aka as Zane State College and obtained my associates degree; my parents funded my college. A few years into working I decided to go back and obtain my bachelor's degree; my parents funded my college. Later in life I decided to go back and obtain my Master's degree; I wish my parents would have funded my college! Eventually my Mother also returned and attended a local vocational school to obtain her high school diploma; she was in her 60's. I can remember my Mother hesitating on returning to school, she thought the younger students would make fun of her attempt. I later remember my Mother telling me how the younger students couldn't do "the math" and how she would help them with their homework. I remember how good that made her feel. I remember my Mother receiving her diploma and putting on my college graduation gown, we took pictures of her dressed in the graduation garb, and it was a great day!

# Family



So what does my attending college, my Mother obtaining her GED, and my Father growing ginseng, have to do with you? My parents were ALWAYS encouraging my education or honestly anything that I pursued. My parents lived their final days in a local nursing home. Oftentimes, when I was visiting them I would help them eat in the dining room. The staff there was often kind and chatty. The girls would discuss how they were either going to college or wanted to go to college. I would do my best to encourage them because they were smart and had a dream.

## My Girls-First Year Students



Does anyone realize what a few kind words of encouragement can do for a person? Encouragement is something I've always had in my life no matter what the issue. I find that people today do NOT have encouragement. They lack mentors or even just someone telling them right from wrong. I really try to set an example for my students. I hear the staff sometimes comment on how "soft" I've become over the years. I hate to tell them but it's not that at all, I've just become wiser.

## My Girls-Second Year Students



I've found that students often need someone to just be honest with them about things in their life to find the right path. Do you know how many of your students have no one to just be honest with them and help direct them to make the right decision? I've seen a lot of students over the years, and unfortunately I've seen a lot of them not have any support from their family, they didn't have an Audrey or a James in their lives- I was more than lucky, I was blessed.



## Me and Jules...



In the early years of my career I became the clinical instructor for radiology students. During this time I met Julie Gill and joined the OSRT. I can remember Julie Gill telling me it was just a couple of meetings a year, and you can do it.



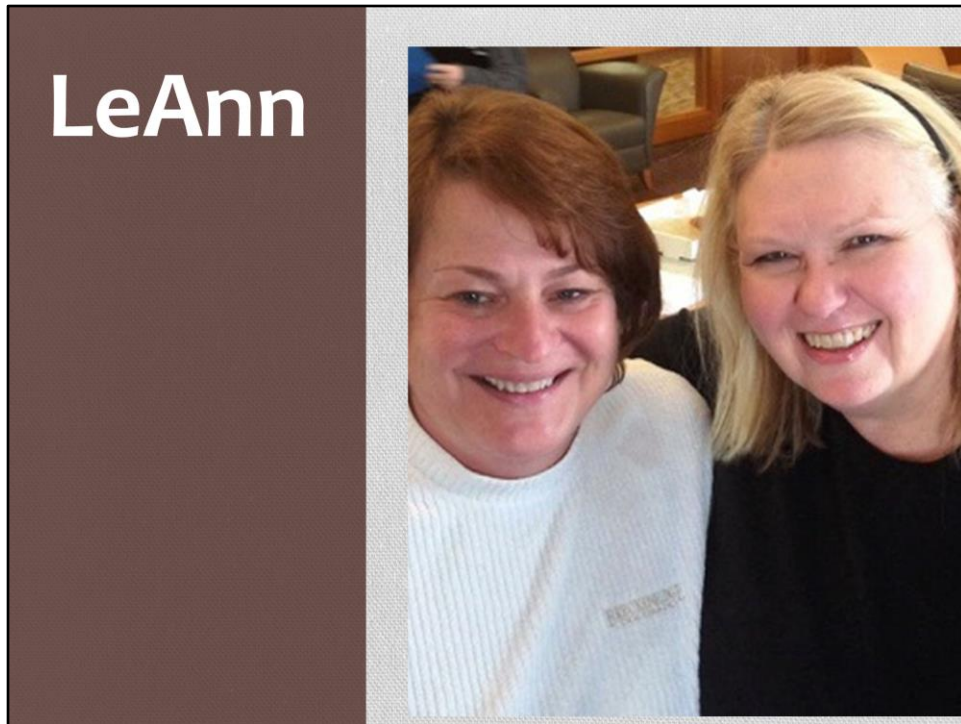
**Tricia and I- aka  
Bubbadump &  
Pamela Lee  
Anderson**

And so it began, Tricia Leggett and I joined the OSRT with Julie's words of encouragement -you can do it; and we then ran for the OSRT board of directors



Tricia, Denise,  
& Tracy

It was after that first year that Denise Moore became one of my closest mentors; her kindness still remains in my core today. The first year of the elections I actually lost and became appointed-I think they felt sorry for me! After serving on numerous state and national committees, offices, and helping to form the Foundation let me just be clear it's been more than a couple of meetings!



During my formative years in the OSRT, I also remember the first time I was in charge of a room at the annual meeting. I remember trying to introduce the speaker, I could barely talk! I remember LeAnn Fisher



# Lori



Lori Oberholzer

# Beth & Lori



Beth McCarthy asking me if I was okay-did I need anything. No I said I would be fine when actually I was dying inside! I could not speak in public and prayed I would get through it! Words of encouragement from women that didn't know me but were kind to me.

# Linnea



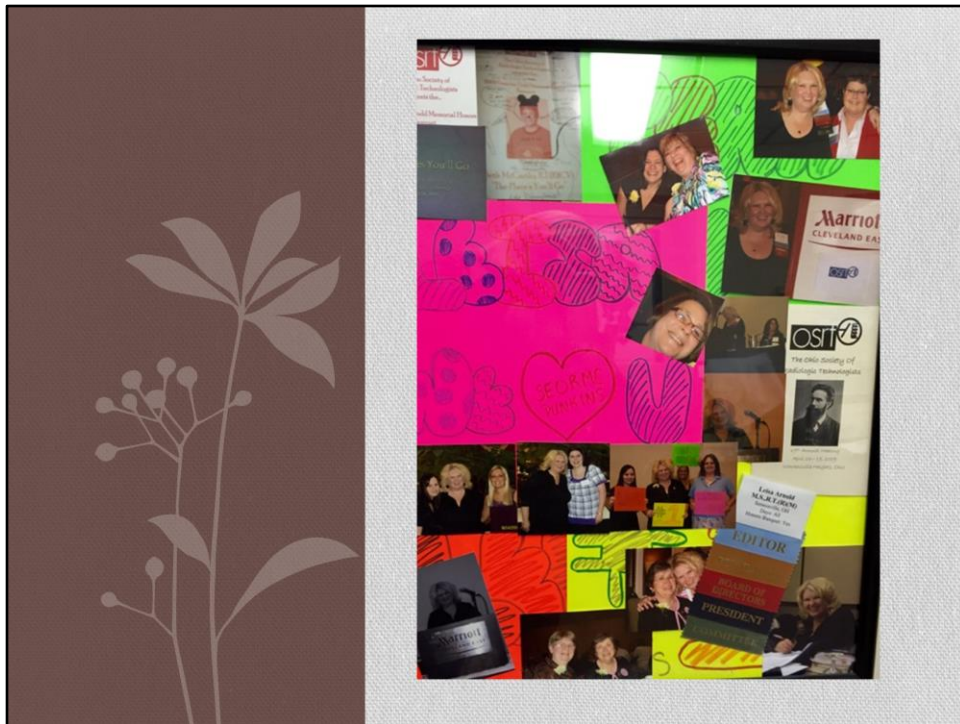
During my years of office in the OSRT I was actively trying to recruit young people into the OSRT- unfortunately some people would be discouraged with the performance of our younger members. I spoke with someone much wiser than myself about this and Linnea Hopewell said, “Sometimes Leisa, we tend to eat our young-even though we don’t mean to it happens.” While that was a powerful statement to me and it also encouraged me to redirect my thoughts on mentoring younger technologists within the profession.

## Kevin & Nina



I remember Nina Kowalczyk appointing me to edit Cardinal Rays-and I am using the word appointing here very loosely! She told me it would be for a year or so-that was 10 years ago... While I had never been an editor Nina encouraged me to fill the position. I often find myself encouraging others to fill positions and in life. Do you have any idea the impact a few kind words can have on someone? I don't know of anything in my life my Mother would be prouder of than my encouragement of others to attend college.





This past year I have been absent from the OSRT meeting,

# My Parents



my Father died on March 29 and my Mother on April 12

## Peter Shams Avari



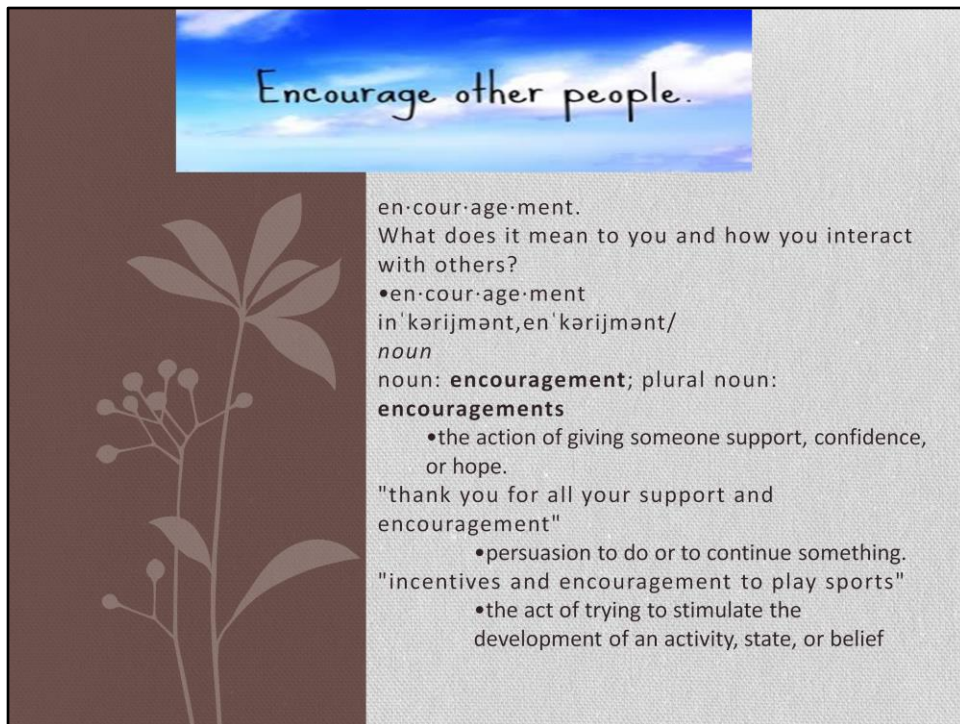
One of my best friends Peter Sham's Avari also died in August of 2014.

# Mack



My boyfriend Mack had a heart attack and open heart surgery in the fall of 2014.





Encourage other people.

en·cour·age·ment.  
 What does it mean to you and how you interact with others?

- en·cour·age·ment

in 'kərijmənt, en 'kərijmənt/  
*noun*  
 noun: **encouragement**; plural noun:  
**encouragements**

- the action of giving someone support, confidence, or hope.

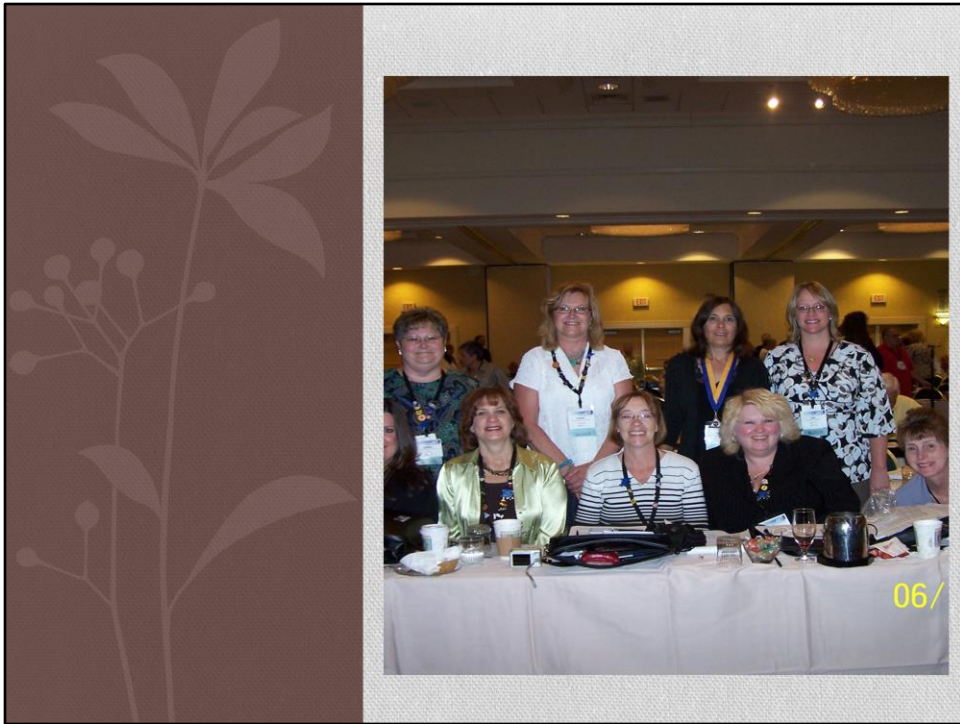
"thank you for all your support and encouragement"

- persuasion to do or to continue something.

"incentives and encouragement to play sports"

- the act of trying to stimulate the development of an activity, state, or belief

Through this all I've had a "few" words of encouragement. Like the stacks and stacks of sympathy cards I received during the death of my parents, my friends' texting me to check on me, friends from my OSRT affiliation attending the funerals of my parents. Encouragement. The point of my entire speech is what do you do to encourage your students or other professionals you interact with on a daily basis? Do you try to structure their day by guiding them with fear or with kindness? When a student or employee displays inappropriate behavior, what do you do to help redirect them? A simple word of encouragement can help redirect their thoughts and actions into a more positive outcome.



In closing, I would like to thank the OSRT for honoring my Mother with an honorary grant this year. I can't begin to tell you how proud my Mother would be to know she was helping someone with their education.



There are of course those here tonight whom I have encouraged whether they are willing to recognize it or not, they are now encouraging others.



**Deb & Nancy**

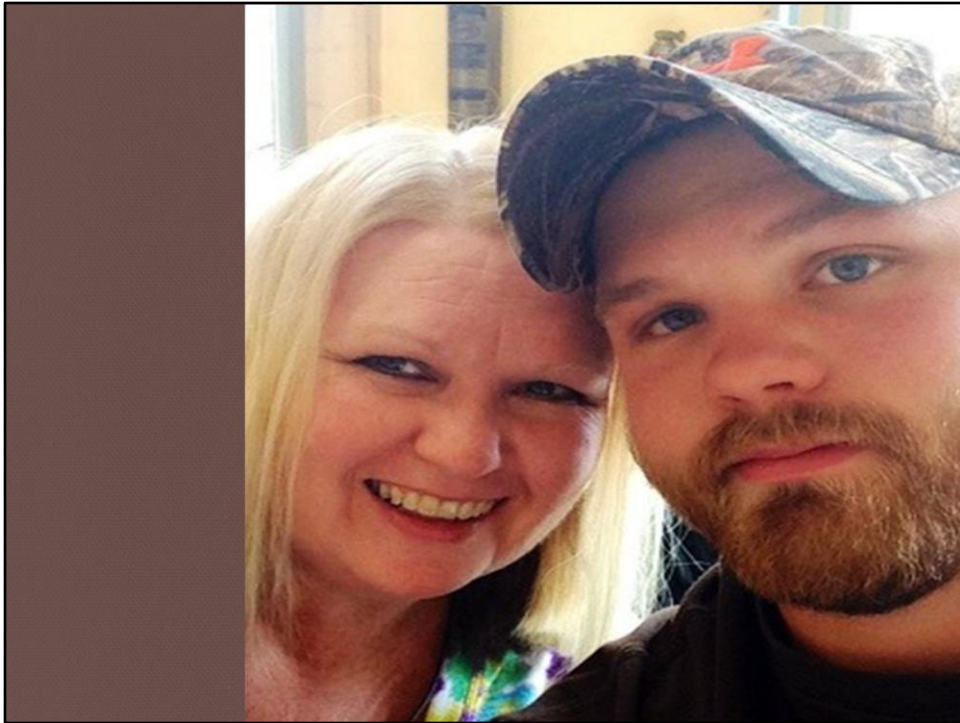


If you leave here with nothing else tonight please know that your actions and words have a direct impact on others.

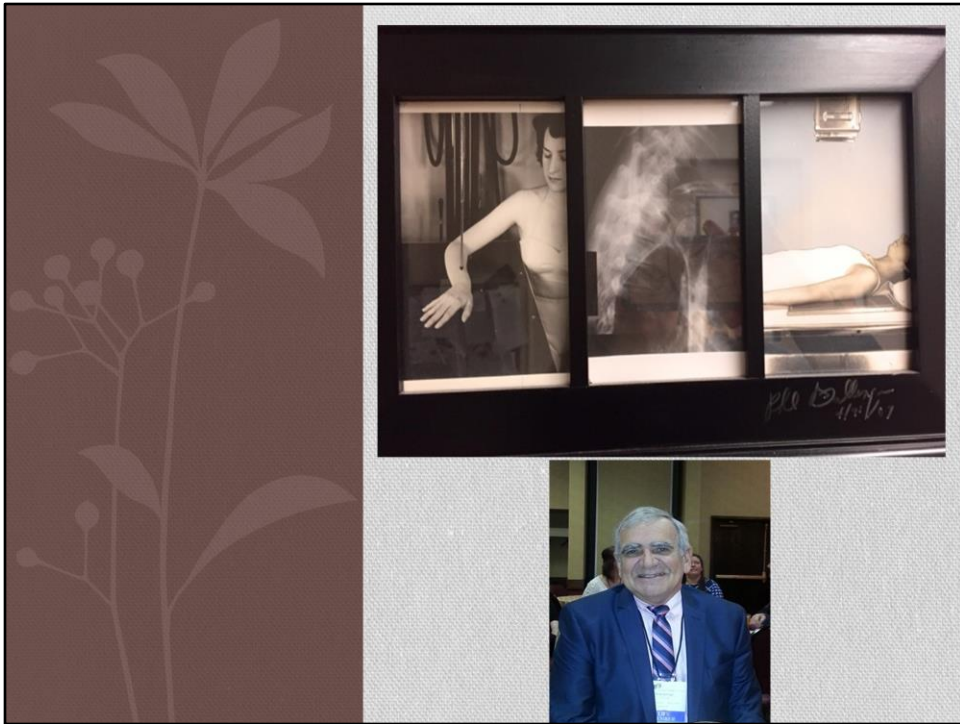




Again, I would like to recognize those that have encouraged me over the years and simply say thanks!



You know who you are and I couldn't possibly name all of you that have been such a big part of my personal



and professional life!