

Role: Board Member

# LaKendra Myers

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## Bio

LaKendra Myers is a nurse, wife, and mother of two. She is a passionate leader, motivated learner, and inspired lifetime member of New Mexico. She was born in Ruidoso, NM where she was raised. She went to Albuquerque, NM to begin college in 2010 and returned home after the first semester to help care for her grandmother on hospice. She continued school through the local community college. She then returned to Albuquerque where she finished nursing school at CNM in 2016. She has been a nurse for three years in the operating room and recently received her BSN in 2019. She is currently attending GCU for her masters with an emphasis in public health. She now works in Labor of Love at Lovelace Woman's Hospital and has grown very passionate about helping mothers-to-be and beyond.

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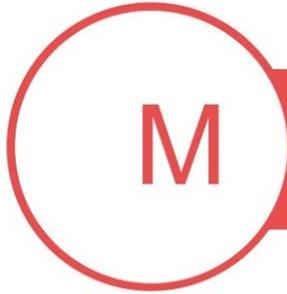
## **What interests you about joining the Board or a Board Committee at the NM?**

While many barriers have been knocked down for breastfeeding mothers there are still many barriers for breastfeeding women and working mothers who wish to continue breastfeeding after returning to work. I am interested in making sure every mother who wishes to breastfeed feels safe and comfortable to do so regardless of place or time. I also want to make it the norm for people to see breastfeeding, pumping and breast milk around the state. I am interested in educating any negative stigma around breastfeeding or breast milk especially in the workplace.

## **Letter of Intent**

My name is LaKendra Myers and I wish to serve on the board for the New Mexico Breastfeeding task force. My skill set and interests lie primarily within the position of secretary or close related titles. I wish to be a bigger voice for breastfeeding mothers and to change negative stigmas that still exist especially in the workforce. I have experienced negative impact on breastfeeding recently and have seen others go through similar situations. I wish to be a part of the development and planning related to bettering the New Mexico population in regards to breastfeeding. The benefits of breastfeeding are endless and when the process is disrupted due to negativity it can ruin the mother and babies whole experience. I want to fight for all the mothers who have experienced this and fight so no mother ever has to experience it again. Being able to breastfeed and pump in the workplace allows modern-day women to have both the family and the career. There is nothing wrong with that and should be encouraged. Breastfeeding is a right and women should have a passionate advocate like me that will help pave the road and ensure they can breastfeed when and where they want without facing negative repercussions.

## **Resume**



# LAKENDRA MYERS

REGISTERED NURSE

## SKILLS

Organized  
Detail oriented  
Motivated  
Great communication  
Time-management

## EXPERIENCE

RN CASE MANAGER • LOVELACE WOMANS HOSPITAL •  
NOVEBER 2019 – CURRENT

Work closely with the Emergency Department for culture review and follow up to ensure patients are treated appropriately. Follow up and provide support and any education to patients who have congestive heart failure. Work with Labor of Love program to provide free navigation for pregnant women.

RN CIRCULATOR • LOVELACE WOMANS HOSPITAL • OCTOBER  
2016 – DECEMBER 2019

Functioned as cross-departmental member in support of operations and surgical procedures, performed as a circulating nurse administering individualized care as scheduled and on call with specific needs to the OR, maintained accurate and detailed computerized records for each patients procedure, maintained a sterile and safe environment, ensured legal documentation was present and maintained, assisted with anesthesia, positioned patient properly, performed sterile skin preps of all specific operative sites, ensured counts of sponges and instruments were correct before, throughout, and after cases, and ensured and maintained detailed and accurate charges for each case.

STERILE PROCESSING TECHNICIAN • LOVELACE WOMANS  
HOSPITAL • JULY 2014 – AUGUST 2015

Performed and participated in decontamination, cleaning, assembling, packaging, scanning, sterilization, storage and distribution of reusable surgical instrumentation and equipment. Performed other duties as assigned or required.

## EDUCATION



575-808-0556  
LAKENDRA\_MYERS@YAHOO.COM

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BACHLOR OF SCIENCE IN NURSING • DECEMBER 2019 •  
EASTERN NEW MEXICO UNIVERSITY  
3.2 GPA, Community outreach volunteer time spent

ASSOCIATES OF APPLIED SCIENCE IN NURSING-RN • AUGUST  
2016 • CENTRAL NEW MEXICO COMMUNITY COLLEGE  
3.6 GPA, received degree and passed boards to receive RN  
licensure. License number RN-85047

Other degrees and certificates include Associates in University  
studies, Associates in liberal arts, Pharmacy technician certificate,  
Sterile processing technician certificate