



PEAK HEALTH

# Meet the Nurses

Peak Health Nurse Directory

**Name:**

Margaretha Backers-Netherton, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., George Mason University
- Biology, B.A., George Mason University
- Education, B.S., Old Dominion University
- Plant-based Nutrition Certification, Cornell University
- Master of Fitness Certification, Cooper Institute

**Clinical/Wellness Interest(s):**

- Plant-based nutrition
- Stress management

**State of Residence:** VA

**Peak Health States Covered:**

- Multiple states

**Outside Interests:**

Read, walk, bike, kayak, travel, ski, yoga, play flute, piano, tinwhistle, attend musical concerts, time with family and friends, Irish and Scottish dancing.

**Name:**

Melissa Bicudo, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., Shepherd University

**Clinical/Wellness Interest(s):**

- Integrative medicine
- Nutrition

**State of Residence:** FL

**Peak Health States Covered:**

- **On site:** FL
- **By phone:** Multiple states

**Outside Interests:**

Spending time with my family and staying active with jogging, pilates, and tennis.

**Name:**

Denise Bilbrey, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., Carson Newman College

**Clinical/Wellness Interest(s):**

- Health and wellness coaching

**State of Residence:** TN

**Peak Health States Covered:**

- **On site:** TN, VA
- **By phone:** Multiple states

**Outside Interests:**

I enjoy being in nature, especially any activity on the lake. I love to travel and also enjoy a good book.



**Name:**

Tiffany Blair, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., Morehead State University

**Clinical/Wellness Interest(s):**

- Health promotion
- Disease prevention
- Faith community nursing

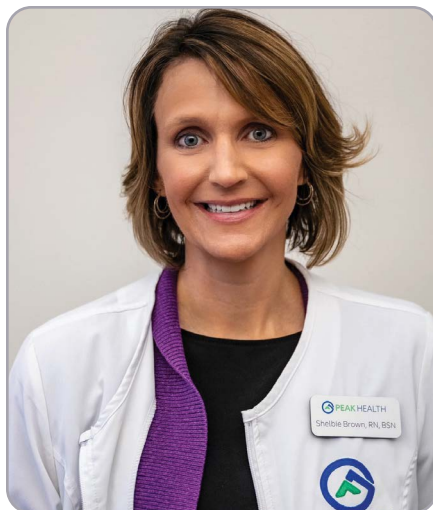
**State of Residence:** GA

**Peak Health States Covered:**

- **On site:** FL
- **By phone:** Multiple states

**Outside Interests:**

Spending time with family and friends, hiking with my dogs, reading, and traveling.



**Name:**

Shelbie Brown, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., Samford University

**Clinical/Wellness Interest(s):**

- Promoting optimal care of one's physical and mental health through nutrition, exercise, sleep and relaxation.
- Helping clients prioritize and care for their mental health.
- Educating on and promoting breathwork, movement, and mindfulness exercises for stress.

**State of Residence:** GA

**Peak Health States Covered:**

- **On site:** GA
- **By phone:** Multiple states

**Outside Interests:**

Atlanta Braves fan for life. Reading historical fiction and murder mysteries. Teaching Sunday School for 4th and 5th graders. Wogging - when walking and jogging collide.



**Name:**

Sherry Chandler, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., East Texas Baptist University

**Clinical/Wellness Interest(s):**

- Fitness - 20 + years experience as a personal trainer
- Holistic healthcare - care for physical, mental, social, emotional and spiritual components of a patient's life
- Chronic disease management - blood pressure, cholesterol, diabetes

**State of Residence:** FL

**Peak Health States Covered:**

- **On site:** FL
- **By phone:** Multiple states

**Outside Interests:**

I enjoy outdoor activities such as kayaking, walking trails, going on adventures with my yellow lab Ember, and going to the beach. I also enjoy creative arts such as singing, dancing, and listening to live music.





**Name:**

Heather Cleary, RN

**Degrees/Certifications:**

- Nursing: Associates Degree, Vermont Technical College
- Psychology: B.A., University of Vermont

**Clinical/Wellness Interest(s):**

- Cardiology
- Occupational health
- Health and wellness

**State of Residence:** NC

**Peak Health States Covered:**

- **On site:** NC
- **By phone:** Multiple states

**Outside Interests:**

Traveling, outdoor activities.



**Name:**

Maureen Drees, RN, BSN, CHC

**Degrees/Certifications:**

- Nursing: B.S., Ball State University
- Certified Health Coach: CHC, National Society of Health Coaches

**Clinical/Wellness Interest(s):**

- Women and children
- Pre-op and post-op
- Recovery room
- Medical/surgical care

**State of Residence:** NC

**Peak Health States Covered:**

- **On site:** NC
- **By phone:** Multiple states

**Outside Interests:**

Spend time with my husband, Dale, and Mia, our beloved Shiba Inu dog. I enjoy swimming, biking, and visiting family in Michigan.



**Name:**

Kent Duffey, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., Bon Secours Memorial College of Nursing
- Education: M.T., Virginia Commonwealth University
- Political Science: B.A., University of Richmond

**Clinical/Wellness Interest(s):**

- Empowering people through health and wellness education in order to advocate for their own health care and needs.
- Public Health on a national and international stage; medical mission work in Haiti.
- Women's Health, focused on menopause
- Adolescent Health and Wellness

**State of Residence:** VA

**Peak Health States Covered:**

- Multiple states

**Outside Interests:**

I love to spend time doing anything with my husband and two young-adult daughters. When I'm not working I love to travel, read, journal, knit and lately I'm trying to paint a little.

**Name:**

Chelsa Lynn Fairburn, RN, BSN,  
CPT, CN

**Degrees/Certifications:**

- Nursing: B.S., Liberty University
- Certified Personal Trainer: CPT, ISSA (International Sports Sciences Association)
- Certified Nutritionist: CN, ISSA (International Sports Sciences Association)

**Clinical/Wellness Interest(s):**

- Weight training
- HIIT training
- Hiking and running
- Personal training

**State of Residence:** VA

**Peak Health States Covered:**

- **On site:** VA and NC
- **By phone:** Multiple states

**Outside Interests:**

When I'm not at work, I love being outside. Whether that's walking my dogs or going for a hike, I'm there! Also, I love thrifting and furniture flipping.

**Name:**

Mary Elizabeth Flowers, RN

**Degrees/Certifications:**

- Nursing: Associates degree, Wake Technical Community College

**Clinical/Wellness Interest(s):**

- Plant based nutrition
- Stress management

**State of Residence:** NC

**Peak Health States Covered:**

- **On site:** NC
- **By phone:** Multiple states

**Outside Interests:**

I love spending time with my husband Tim (we're newlyweds), my 13-year-old son Christopher, and Dixie (my 2-year-old Teddy Bear pup). We love to travel, fish, and anything adventurous. God, Wife, Mommy, Family, Nurse = ME.

**Name:**

Paula Foris, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., Duquesne University

**Clinical/Wellness Interest(s):**

- Wellness coaching
- Emergency room nursing
- Neonatal intensive care nursing

**State of Residence:** MD

**Peak Health States Covered:**

- **On site:** MD
- **By phone:** Multiple states

**Outside Interests:**

I enjoy time with my husband/family/friends, playing golf, being around horses-attending horse shows, exploring vineyards, and attending music festivals.



**Name:**

Joan Gajewski, RN, BSN HWNC-BC

**Degrees/Certifications:**

- Nursing: B.S., University of Nebraska Medical Center
- Board Certified Health and Wellness Nurse Coach: HWNC-BC, American Holistic Nurses Credentialing Corporation

**Clinical/Wellness Interest(s):**

- Health and wellness coaching

**State of Residence:** NE

**Peak Health States Covered:**

- **On site:** CA, AZ, IN, WA
- **By phone:** Multiple states

**Outside Interests:**

I enjoy staying up to date on new research on health and wellness. I also enjoy riding my bike, workouts at Orange Theory Fitness and gardening.



**Name:**

Heather Johnson, RN

**Degrees/Certifications:**

- Nursing: Associates degree, Nash Community College

**Clinical/Wellness Interest(s):**

- Nutrition
- Fitness
- Employee health
- Health education
- Mental health

**State of Residence:** NC

**Peak Health States Covered:**

- **On site:** NC
- **By phone:** Multiple states

**Outside Interests:**

Biking, baking, gardening



**Name:**

Emily Karsholt, RN, MSN

**Degrees/Certifications:**

- Nursing: B.S., University of Texas at San Antonio Health Science Center
- Nursing / Health Care Administration: Masters, University of Phoenix

**Clinical/Wellness Interest(s):**

- Cardiology
- Wellness
- Exercise
- Nutrition
- Stress management

**State of Residence:** TX

**Peak Health States Covered:**

- **On site:** TX
- **By phone:** Multiple states

**Outside Interests:**

Any outdoor activities, running, scuba diving, playing with my kids, traveling, listening to live music, trying new foods!

**Name:**

Kelly Lennox, RN

**Degrees/Certifications:**

- Nursing: Associates degree, Central Piedmont Community College

**Clinical/Wellness Interest(s):**

- Cardiac health and wellness
- Critical care
- Diabetes education

**State of Residence:** NC

**Peak Health States Covered:**

- **On site:** NC
- **By phone:** Multiple states

**Outside Interests:**

Living a healthy life!

**Name:**

Nancy Leonardo, RN

**Degrees/Certifications:**

- Nursing: Associates of Science, University of New York
- Nursing: M.S., University of the South

**Clinical/Wellness Interest(s):**

- Preventative care
- Public health

**State of Residence:** NC

**Peak Health States Covered:**

- **On site:** NC
- **By phone:** Multiple states

**Outside Interests:**

I enjoy doing crafts, vegetable and fruit canning, the beach and most of all spending time with my grandkids.

**Name:**

Elizabeth A. Lorenzo, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., Southeastern Louisiana University

**Clinical/Wellness Interest(s):**

- Nutrition
- Stress management

**State of Residence:** NC

**Peak Health States Covered:**

- **On site:** GA, NC, SC
- **By phone:** Multiple states

**Outside Interests:**

Worship God, family time, gardening, and acquiring knowledge regarding lifestyle and activities of people in history and how it relates to overall health and happiness.





**Name:**

Denise Mastromarino, RN, BSN, NBC-HWC, MCHC

**Degrees/Certifications:**

- Nursing: B.S., St. Xavier University
- Nat'l Board Certified Health and Wellness Coach: NBC-HWC, Dr. Sears Wellness Institution

**Clinical/Wellness Interest(s):**

- Community nursing
- Certified in parish nursing
- Fitness

**State of Residence:** FL

**Peak Health States Covered:**

- **On site:** FL
- **By phone:** Multiple states

**Outside Interests:**

There are 3 words that sum up what I like to do on my free time: God, Family, Friends.



**Name:**

Ginny McCarthy, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., University of North Carolina - Charlotte
- Biology: B.S., University of North Carolina - Chapel Hill

**Clinical/Wellness Interest(s):**

- Neonatal intensive care
- Medical intensive care
- Cardiology
- Health coaching
- Nutrition
- Mind/body wellbeing
- Exercise physiology

**State of Residence:** NC

**Peak Health States Covered:**

- **On site:** NC
- **By phone:** Multiple states

**Outside Interests:**

Hiking, beach walks, domestic and abroad traveling, church activities, concerts, singing, visiting with family, photography, yard work, tennis, outdoor exercise, volunteering, visits to zoo and museums



**Name:**

Karla McRae, RN

**Degrees/Certifications:**

- Nursing: Associate of Science, Middle Georgia State University

**Clinical/Wellness Interest(s):**

- Nutrition and how it impacts your health
- Belief system: "Let food be thy medicine and medicine be thy food."- Hippocrates

**State of Residence:** TN

**Peak Health States Covered:**

- **On site:** GA
- **By phone:** Multiple states

**Outside Interests:**

I am an avid hiker, backpacker and kayaker. When I am not on the trail, I can be found playing with my grandchildren.





**Name:**

Julie Monnig, RN, BSN

**Degrees/Certifications:**

- Nursing: Associates Degree, University of Charleston
- Nursing: B.S., Cumberland University

**Clinical/Wellness Interest(s):**

- Population health
- Cardiac/open heart surgery
- Occupational health
- Preventative health/condition management

**State of Residence:** WV

**Peak Health States Covered:**

- **On site:** WV, ID, MN
- **By phone:** Multiple states

**Outside Interests:**

Family time and pets, community volunteering, yoga, flower and vegetable gardening, nature, amateur astronomer



**Name:**

Janine Napoletano, RN, MSN, NBC-HWC

**Degrees/Certifications:**

- Nursing: B.S., University of Delaware
- Nursing: M.S., Villanova University
- National Board Certified Health and Wellness Coach: NBC-HWC, Emory University

**Clinical/Wellness Interest(s):**

- Cardiac telemetry
- Home health

**State of Residence:** PA

**Peak Health States Covered:**

- **On site:** PA
- **By phone:** Multiple states

**Outside Interests:**

My favorite activities are hiking, paddle boarding and skiing with my family. I enjoy traveling and exploring new places.



**Name:**

Leesa Neal, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., Chamberlain College of Nursing
- Certified Health Coach: CHC, Institute for Integrative Nutrition

**Clinical/Wellness Interest(s):**

- Cardiac rehab
- Post-op open heart/thoracic surgery
- Personal training

**State of Residence:** NC

**Peak Health States Covered:**

- **On site:** NC
- **By phone:** Multiple states

**Outside Interests:**

Spend time with family, travel, dog transport and rescue, be outdoors.



**Name:**

Cynthia Neilsdtr, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., Mount Mercy College American Studies
- Minor Sociology/Psychology: B.A., University of Iowa

**Clinical/Wellness Interest(s):**

- Women's health-pregnancy and postpartum
- Living a healthy lifestyle
- Mindset work

**State of Residence:** VA

**Peak Health States Covered:**

- **On site:** VA
- **By phone:** Multiple states

**Outside Interests:**

Salsa dancing, kayaking, gardening, hiking, travel to other countries, reading, gratitude, laughter, and visiting with my friends.



**Name:**

Khadija Omer, BSN, RN

**Degrees/Certifications:**

- Nursing, B.S., Mercer University

**Clinical/Wellness Interest(s):**

- Preventative Care
- Critical Care Nursing
- Acute Care
- Preoperative Nursing
- Post-anesthesia Care Unit
- Outpatient Ambulatory Center

**State of Residence:** GA

**Peak Health States Covered:**

- Multiple states

**Outside Interests:**

Outside of work I like to exercise such as doing Cardio & Pilates. I like to travel and enjoy outdoors. Also, spend time with family and friends.



**Name:**

Jenna Newcomb, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., Winston Salem State University
- Psychology: B.A., University of North Carolina - Wilmington

**Clinical/Wellness Interest(s):**

- Lowering health care costs by lowering health risks
- Community health education

**State of Residence:** NC

**Peak Health States Covered:**

- **On site:** NC
- **By phone:** Multiple states

**Outside Interests:**

Spending time with family and kids (ages 5 and 10). Getting outside and being in the natural world, taking road trips, exploring our national parks with my kids, hiking, biking, skiing, taking long walks and being outdoors. I also play the guitar and piano and love listening to podcasts.

**Name:**

Laura P. Nielson, RN, BSN, CPT

**Degrees/Certifications:**

- Nursing: B.S., University of South Carolina
- Health/Fitness: B.A., University of South Carolina
- Certified Personal Trainer: CPT, ISSA (International Sports Sciences Association)

**Clinical/Wellness Interest(s):**

- Home health
- Outpatient surgery
- Ob/gyn
- Case management
- Hospice
- Certified health coach- in progress
- Nutrition
- Fitness

**State of Residence:** SC**Peak Health States Covered:**

- **On site:** SC, MN, RI
- **By phone:** Multiple states

**Outside Interests:**

Run, strength training/HIIT, camping, ride motorcycle with husband, watch football, take care of 2 cats and 4 aquariums of tropical fish.

**Name:**

Jane Phillips, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., Winston Salem State University

**Clinical/Wellness Interest(s):**

- Health and wellness coaching

**State of Residence:** NC**Peak Health States Covered:**

- **On site:** NC
- **By phone:** Multiple states

**Outside Interests:**

I enjoy spending time with my grandchildren, especially outside activities such as hiking and birdwatching.

**Name:**

Jeanine Richardson, RN

**Degrees/Certifications:**

- Nursing: R.N., Truett-McConnell University

**Clinical/Wellness Interest(s):**

- Holistic health

**State of Residence:** KY**Peak Health States Covered:**

- **On site:** KY
- **By phone:** Multiple states

**Outside Interests:**

Reading, gardening, enjoying my grandchildren, volunteering at church and community.





**Name:**

Cindy Ruenes, RN

**Degrees/Certifications:**

- Nursing: B.S., Columbia University
- Physical Education / Exercise Physiology: B.A., Columbia University
- School Nurse: Certification

**Clinical/Wellness Interest(s):**

- Meditation/relaxation techniques
- Reiki (Master Practitioner)
- Certified Medical Intuitive Practitioner

**State of Residence:** PA

**Peak Health States Covered:**

- **By phone:** NY

**Outside Interests:**

I am an oil painter and am part of a collective gallery in Stockton, NJ. I paint still life paintings, landscapes and abstracts. I'm also a musician/singer-songwriter and perform with my brother at local venues. We do acoustic covers and my own songs. I have two wonderful grown children who live in Brooklyn and Queens, NY and a very supportive, loving husband.



**Name:**

Kimberly Urban, RN

**Degrees/Certifications:**

- Nursing: Applied Science degree, West Virginia University - Parkersburg
- Psychology: B.A., University of North Carolina - Wilmington

**Clinical/Wellness Interest(s):**

- Cardiac and women's health
- Chronic care management

**State of Residence:** TN

**Peak Health States Covered:**

- **On site:** TN, OR
- **By phone:** Multiple states

**Outside Interests:**

Travel, home remodeling, outdoor activities (hiking, biking, kayaking, tennis), visit family and friends, babysitting grandchildren.



**Name:**

Sharon Weaver, RN, BSN

**Degrees/Certifications:**

- Nursing: B.S., University of South Alabama

**Clinical/Wellness Interest(s):**

- Preventative health and wellness

**State of Residence:** AL

**Peak Health States Covered:**

- **On site:** AL
- **By phone:** Multiple states

**Outside Interests:**

I enjoy volunteering in the community, yoga, reading and being an active member of my local church along with spending time with my husband, friends, family and chocolate lab - BrowniMae.

**Name:**

Jennifer, RN, BSN, NBC-HWC

**Degrees/Certifications:**

- Nursing: B.S., University of Pittsburgh
- National Board Certified Health and Wellness Coach: NBC-HWC, Mind Body Green

**Clinical/Wellness Interest(s):**

- Health and wellness coaching

**State of Residence:** FL**Peak Health States Covered:**

- **On site:** FL
- **By phone:** Multiple states

**Outside Interests:**

I enjoy doing anything outdoors and spending time with family and friends.



**PEAK HEALTH**

To learn more about Peak Health, call us at (252) 237-5090.