

## MNA News

District 7, nurses from Harford and Cecil counties, volunteered at the Annual Aberdeen Earth Day Celebration. District 7 members helped adults and children plant vegetable seeds in peat

pots and provided planting instructions. They also took the opportunity to teach attendees about the importance of vegetables to their health. ■



District 7 members at the Aberdeen Earth Day Celebration (left to right) D7 Member Alicia Waters; D7 President Sonia Galvan; D7 Director Sandy Ruffell; D7 Chairperson, Committee on Nominations Bijoy Mahanti; D7 Treasurer & President, Nursing Foundation of Maryland Sadie Parker; and, D7 Member & MNA Executive Director Barb Biedrzycki

**CONGRATULATIONS**  
to our MNA members recognized as  
**2025 Health Care Heroes**  
by The Daily Record

**Lifetime Achievement**  
Sherry B. Perkins, PhD, RN, FAAN  
(District 3)  
Luminis Health Anne Arundel Medical Center

**Nurse of the Year**  
Lou J. Bartolo, DNP, MSN, RN  
President, Maryland Nurses Association

**Nurse Practitioner of the Year**  
Agatha Ukaegbu, DNP, MSN, RN, FNP-BC, PMHNP-BC  
(District 2)  
Tuerc House

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