



Northern Light
HealthSM

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Pride Month

Building a bridge across our othernesses one story of a life at a time

We all start as little kids, discovering life's delights and anguishes one root beer float or skinned knee at a time as we go about gathering up an idea about who we happen to be in the whole glorious, shattering messiness of life. One of the most painful of those anguishes that may lay in store for us is figuring out, "They don't like who I am." Worse than that, though, is the soul-crushing conclusion that, "there must be something wrong with me," when we're all just trying to answer the call to be who we are, our core common mission leading to the marvel that is each of us.

When I was a kid my favorite thing in the world to do was... swim in our swimming pool.

I would spend hours... swimming in our pool or riding bikes all over our small town in Arkansas.

I also loved... playing out in the field jumping on hay barrels and hanging out with my friends and cousins.

As a kid, more than anything I wanted... to be liked by everyone around me.

My big plan was to... adopt a child and have a family.

As a kid what I liked most about myself was...I was very responsible. I woke up every morning by an alarm clock starting in 2nd grade. I would get myself ready and then go two houses down to wake my best friend up and make her lunch to make sure she got out to the bus on time.

That kid still lives on in me in the way...that I can have fun with my child.

Across the span of my life, one of the hardest things I ever had to do was... when I turned 30 my wife and I decided to move our family to Maine from Arkansas to be with my wife's family

Something I have been or am afraid about is... something happening to my loved ones. I worry due to having the laws change with same sex marriage. We have this worry every day of our lives.

What makes me so happy now is... being around my family and sitting around a fire pit with friends.

I am most myself when I... I am at home with my family.

My secret superpower which people may not know is... I am a huge advocate for my daughter whether it involves her doctors or just life skills.

My favorite way to spend a day is... shopping with my daughter or having a date day/night with my wife.

What I really like about myself as an adult is how I... how I have learned to speak up for myself and my family!

My perfect meal would be... Chinese food hands down! Or some good ole Arkansas BBQ brisket.

I wish I was a little more... into going to social events to meet other people.

One of my life goal's is to... make sure my daughter feels awesome about herself! We do this by posting positive affirmations around the house and using positive talk when she is feeling down.

Something that comes easy for me is... showing others compassion and helping others. I got this from being a CNA for 13 years and then making my way into the HR world.

Something that doesn't come easy for me is... talking in front of crowds or meeting new people in person!

In the end, I would like people to think of me as a person who... is just me! As a compassionate, helpful, caring, loving mother, wife and friend.

One more thing about me, the thing that can stop society from seeing me as fully worthy of love, respect, care and access to life-supporting services and opportunities is this: I am/have (however you identify within the LGBTQIA+ community)... I do not like to label myself as I want to be known as myself!