

NT Behind the Scenes: FloweTry: A Collection of 108 Poetic Flows on Life, Love, and Liturgical Issues

Kimberly Hillyer, DNP, NNP-BC



The following is an amended transcript for Neonatology Today of Dr. Kimberly Hillyer and author/Physician Dr. Tiffanie Tate Moore. The following interview focused on her new book, **FloweTry: A Collection of 108 Poetic Flows on Life, Love, and Liturgical Issues.**

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“The following interview focused on her new book, FloweTry: A Collection of 108 Poetic Flows on Life, Love, and Liturgical Issues”

Introduction

Thank you for joining us on today’s broadcast. I’m Dr. Kimberly Hillyer, a Nurse Practitioner and the media correspondent for Neonatology Today. This segment features Dr. Tiffanie Tate Moore. Dr. Moore is the author of FloweTry: A collection of 108 poetic flows on Life, Love, and Liturgical issues. Candidly and poetically, she dives into the topics of our times which includes COVID, politics, black history, and police brutality. Through a challenging childhood being a young survivor of a drive-by shooting, Dr. Moore went on to serve in the U.S. Navy during Operation Enduring Freedom and the global war on terrorism. She became an OB-GYN, but after a hand injury forced her to retire from her beloved job in 2019, Dr. Moore faced yet another challenge. This compilation of poems is a testament to her journey and resilience.

Dr. Hillyer: Thank you for joining us, Tiffanie. In your book of poems, you shared your life. Can you tell me a little bit about your journey and how these poems influenced that or were influenced by your journey?

Dr. Tate Moore: Well, basically, my life journey has been a very interesting one, and my poetry took definitely a different turn because I did not consider myself to be a poet. I considered myself

to be a Surgeon. When I started writing, I started writing out of necessity because I felt essentially down and depressed. I started writing when I could no longer practice medicine.

“I grew up in Compton, and both of my parents were essentially drug addicts. I was raised by my aunt, lovingly known as my mom-tee Mae. She has raised me basically from the age of two years old. I’d overcome so many different obstacles to become an obstetrician-gynecologist.”

I grew up in Compton, and both of my parents were essentially drug addicts. I was raised by my aunt, lovingly known as my mom-tee Mae. She has raised me basically from the age of two years old. I’d overcome so many different obstacles to become an obstetrician-gynecologist. I could not believe that there would ever be a time that, after overcoming everything that I did, that I would not be able to practice medicine.

When I was injured and I could no longer practice medicine, I began to write poems to encourage myself. As I began to write the poetry, I didn’t write them for other people; I wrote them to encourage myself. I began to share them with family and friends, and they said, “You should probably publish this.” I was like, “No, I am not going to do that because I’m a doctor; I’m not a poet.” They were like, “No, seriously, you should share this.” I was like, “No, I am a surgeon; I’m not a poet.” They’re like, “No, seriously, you should really publish this.” When I submitted my poems to two different publishers, both publishers were interested. I scratched my head, and I was like, “Oh, huh, maybe I’m a doctor and a poet.” I had to rethink what I was because I had put myself in a box, and I did not consider myself to be a writer. I mean, I’ve always loved writing, but I did not consider myself a writer.

When I started out in undergrad, I actually started as an English major. I thought I was going to become an English teacher to pay my way through medical school at U.C. Santa Barbara. My counselor there, he laughed in my face, and he said, “Oh, sweetie, teachers don’t make enough money to pay for medical school.” I didn’t know that at the time. He said, “If you want to be a doctor, you need to switch your major to biology,” and so I did, and that was all she wrote. I put writing behind me. The joke’s on me because here I am writing again.

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Dr. Hillyer: A full circle. It went right back to your heart's passion. You said you just started putting the words to paper as you were going through these changes later in your life. Did you have this connection to poetry before then, before maybe even thinking about becoming an English major?

Dr. Tate Moore: Well, I've always loved poetry. I've loved the writings of Langston Hughes, Robert Frost, and Maya Angelou. I've always felt a connection to writing, but I've never considered myself a writer per se. I've always thought, well, one day, I'm going to write my life story and write an autobiography. I'm going to encourage people and write about how good GOD has been towards me. Even when I was in the hospital recovering from one of my complications, I began to negotiate with GOD. I was like, Lord if you get me out of this, I'm going to write my autobiography when I get out. I'm really going to do it.

“It's like a mantra per se, and I think it can be something that the world needs right now. A lot of times, we could use some encouragement, and a lot of these poems can encourage people.”

So, when I got out of the hospital, I thought I was going to write an autobiography; I did not think I was going to be writing a poetry book. So again, this poetry book was still a curve ball. It was still a surprise. I did not expect to be writing a poetry book, and I'm still not writing my autobiography. So, it was still a very much hiccup, I guess a curveball, but I know that it is something that I felt I needed to write. It was very cathartic for me, and it was a good release, and I know that I feel encouraged. I still read a lot of my own poetry. I find it very encouraging. A lot of my family and friends say they read a lot of the liturgical sections before they go to sleep at night and find it reassuring. I read my own poetry at night sometimes and find it reassuring. It's like a mantra per se, and I think it can be something that the world needs right now. A lot of times, we could use some encouragement, and a lot of these poems can encourage people.

Dr. Hillyer: Now, I'll be honest, as I was reading the different poems. I felt, especially since I knew a little bit about your life story, that even though you're saying it's not an autobiography, I saw your life through it. You have been a Surgeon, an OB-GYN. You're a Navy veteran. Can you tell me a little bit about some of these influences and the way you've developed some of these poems? I could hear some of the resiliency as you've grown up.

Dr. Tate Moore: I believe that because I have served in the military, I look at things a little bit differently, and I think it gives me a different perspective. When I was at U.C. Santa Barbara, I minored in Black studies, so I look through history, and I apply a little bit of American history to some of my poetry. So, I try to incorporate a little bit of education into some of my poetry to enlighten people to a certain extent because I think that if we can always encourage and educate at the same time, it's always a good thing. I believe that uplifting and enlightenment go hand-in-hand.

Dr. Hillyer: I love that, and the enlightenment, the inspiration.

Your book has 108 poems, I guess; what I'm wondering is, where did you come up with 108? Is there anything significant about that? Those are 108 moments of inspiration; can you tell me about some of those moments?

“Because anything that can foster emotions and stir up feelings, and make people feel better is something that's needed right now. There's just so much pain and so much suffering anything that can make people feel better is welcomed.”

Dr. Tate Moore: Yes! As a member of Alpha Kappa Alpha Sorority Incorporated. My sorority was founded in 1908, and I was not about to write 1908 poems. But because of the 08 significance, I wanted to pay tribute by having an 08 in memory of that, so I did 108 poems to pay homage to that memory. I like the idea of going through the life, love, and liturgical sections. Just thinking and reflecting on different moments of my life and the lives of my family and friends and thinking about happy times and even some not-so-happy times to reflect and encourage and help people think about moments that can move and motivate. Because anything that can foster emotions and stir up feelings, and make people feel better is something that's needed right now. There's just so much pain and so much suffering anything that can make people feel better is welcomed.

Dr. Hillyer: Which poem, if you can remember, inspired some of your most joyful memories?

Dr. Tate Moore: Hum, which poem? There's my favorite, and then there's my son's favorite and my daughter's favorite. So, I think I like “*Better*.”

Better says:

Is it better yet?

Do you have regret?

Just keep pressing forward and through the tough road ahead of you. Sometimes it is better to see things in the rear view,

Out of fear of things that are straight ahead in front of you.

Do not be afraid of what is to come.

Only you really know where you are actually coming from.

When departing a bad situation, anything better is a welcome invitation.

Better is on the way. Push aside any thoughts of dismay.

Yes, it will get better.

Dr. Hillyer: That's very powerful. As I remember some of your childhood or stories that I've seen or read, things did get better. Do you mind telling me a little bit about your childhood upbringing? How were you able to see it get better, now looking back?

“That’s very powerful. As I remember some of your childhood or stories that I’ve seen or read, things did get better. Do you mind telling me a little bit about your childhood upbringing? How were you able to see it get better, now looking back?”

Dr. Tate Moore: As an adult, reflecting back on it was definitely difficult. I never met my father because my mother and father divorced when I was an infant. My father became addicted to drugs very early on, and he became homeless and lived on the streets. I subsequently met him after he died, and I claimed his body from the prison system and had to have a funeral for him, probably in 2019. So, that was just recently.

Well, my “mother” was my aunt’s sister. My mom, unfortunately, was also addicted to drugs, so she lost custody of me when I was around two years old. But, because she was my aunt’s sister, she was always there, and my aunt had a soft spot for her because that was her sister. So, I still spent summers and weekends, and holidays with her. I had the misfortune of watching drugs and the manifestation of drugs in her life. She still loved me, but I got to see how bad drugs can affect your life. So, she was the epitome of what not to do, even though she loved me. So, I don’t drink, and I don’t do drugs because I got to see how bad that can affect your life. She was also the poster child for resilience because she was in and out of rehab until I was at least about 25 years old.

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As a physician, I can look back and see that it was the drugs, but as a child, I always thought that if I was smart enough, if I was better, maybe she would love me more than she loved drugs. So, I turned towards education. I bottled all of that up and was like, “Okay, maybe I needed to be a better kid.” So, I focused on education, and I was like, okay, let me do what I can. Back then, they had all those commercials like, “Education is the key to the future,” and you know Jesse Jackson, “I am somebody.” You had the Reaganomics, and you had Nancy Reagan and all those commercials with the fried eggs. “This is drugs, and this is your brain on drugs, any questions! You had all these things, and you had all these images that I was being bombarded with. Then I had my mom, who I would actually see doing drugs and on drugs. Then when she was on drugs, she was verbally abusive.

My aunt, she would have different boyfriends. My aunt already had two kids, and I was her bonus kid. Some of her boyfriends were not very happy that she had kids, and therefore, to have an extra kid, they really weren’t happy. There were some different issues with abuse from them, and I would get the extra brunt of it. My childhood was okay, but it was not necessarily the best childhood growing up. I had some issues; I had some abandonment issues that I had to work through as an adult. Essentially, I bottled all that up and used that to fuel myself, to get up, get out, and to change.

“So, I was like, okay, education is the key to the future. I wanted those keys, so I needed to focus on my education, so every time you saw me, I had a book in my hand or I was at the library. I was studying because I was about business. When I graduated from elementary school, I graduated as Valedictorian.”

When I would hang out with my cousins, you could see that I was cut from a different cloth because they had both of their parents, and I always wanted what they had. But I didn’t have it, so I wanted something more. I wanted the T.V. people, the mom, and the dad. I wanted the professional life. So, I was like, okay, education is the key to the future. I wanted those keys, so I needed to focus on my education, so every time you saw me, I had a book in my hand or I was at the library. I was studying because I was about business. When I graduated from elementary school, I graduated as Valedictorian. When I went to middle school, I went with a leather briefcase because I was that kid. I was about business, and I was ready to handle it. I didn’t know any better, so they were like, okay, she’s the weirdo, but I didn’t care. I took my little burgundy briefcase, and it was leather because that’s what my auntie said that’s what she wanted, and they didn’t tell me “No,” when somebody should have told me “No” because I was that weirdo kid.

Eventually, I normalized and became a cheerleader. I calmed down a little bit, but I was special. I joined the Christian fellowship club, and GOD found me. It acclimated me, and I toned it down, and I began to go to church with different people. Now my aunt

was a workaholic. She didn't go to church per se; she was a good person. She just worked too much, and she was a single mother with three kids, you know. She had two of her own, and I was the third. She was a workaholic, and growing up in the Compton, Los Angeles area, there was a lot of violence, a lot of drive-by shootings, gang violence, everything. It was definitely a difficult time.

Dr. Hillyer: You actually were physically affected by the drive-by shootings. In fact, you were actually hit by a bullet.

Dr. Tate Moore: Yes, by bullets! I was at bible study. Who gets shot by at bible study? This kid! It was at a home bible study in an area of Compton called fruit town. We had bible study at a house, and there was a drive-by. It was around the 4th of July, and it was in the summertime. Usually, when you hear the popping, you know to get on the ground, but because it was around the 4th of July, we were thinking, "Oh, it's fireworks." Well, by the time we realized it wasn't fireworks, it was too little, too late. The bullet hit me in the back. A little bit to the right of my spine. It was actually a miracle because the bullet came through the wall, through the sofa, hitting me to the right of my spine. It didn't hit my spine, and it hit the right pair of spinal muscles. When the paramedics came, they were astonished, and they were amazed that I was up walking around. They were like, you should be paralyzed or worse. We need to take you to Martin Luther King hospital, and I was like, "No." At that time, it did not have a good reputation because by the time people went there, they were really in bad shape, and they tended to die. I knew better than to go there at that time. So, I refused medical care; of course, I was a teenager, so they let me. I did okay. They packaged me up; they put on a pressure dressing, and I was later seen at Kaiser that day.

"Well, by the time we realized it wasn't fireworks, it was too little, too late. The bullet hit me in the back. A little bit to the right of my spine. It was actually a miracle because the bullet came through the wall, through the sofa, hitting me to the right of my spine. It didn't hit my spine, and it hit the right pair of spinal muscles. When the paramedics came, they were astonished, and they were amazed that I was up walking around."

As a physician and as I've been doing some interviews as an adult. As I've been answering a lot of questions, and I think because it went through the wall and went through the sofa, it slowed down, and it partially went in. I think that that kind of slowed down how deep it went into me. I ended up walking with a cane for a few weeks, and I didn't have a lot of damage. At that point in L.A., there was a lot of violence. I was even in Roscoe's Chicken and Waffles when it was held up at gunpoint; I wasn't shot or anything, but it was two of my girlfriends and me. We were at the Roscoe's off of Manchester and Maine, and it was held up at gunpoint. We were just sitting there eating. There was just a lot of violence going

on at that time. We lived off of 120th between Central and Avalon, and my aunt's boyfriend was mugged at Willowbrook Park, and he was shot walking through the park.

"When I went to that school, they refused to test me, they refused to put me in the honors program, and they refused to even give me an elective. They told me the only elective that they had was for me to work in the cafeteria."

At that point, we moved from L.A. to Garden Grove. I did my Junior year at Garden Grove High School. That was the year I experienced the epitome of educational racism. I had been in the GATE program and the honors program. When I went to that school, they refused to test me, they refused to put me in the honors program, and they refused to even give me an elective. They told me the only elective that they had was for me to work in the cafeteria. I was like, "Wow," and then they said, "Okay, we're going to put you on the basketball team." I'm like, I'm a cheerleader. I didn't know how to play basketball. But I shattered stereotypes; I proved to them that all Black people cannot play basketball. I sucked terribly; I was worse; I was absolutely terrible. I think I made one basket the whole season. So, I shattered stereotypes left and right. My English teacher was like, "Oh, wow, you can write." My chemistry teacher was like, "Oh, you're not like the other Black kids; you actually know how to do chemistry."

I told my aunt; I don't care what I have to do; I'm going back to Lynnwood. I will sleep on my other auntie's floor, but I am not graduating from this school. I said you can keep this house, and you can keep the room. I went and stayed with my other auntie. I left my auntie Mae in Garden Grove. I went back to Lynnwood, so I could graduate from Lynnwood High School because I said I'm not graduating from this school. That was my evolution. Realizing, wow, I can't believe this is as bad as this is right now. When I went back, I was able to pick back up. I was captain of varsity cheer, and it was like nothing had happened. They were like, "Hey, welcome back, Tiffanie, let's go." I graduated and went on to U.C. Santa Barbara, and everything was great.

"So, I'm hearing what fueled you as a child, and a young adult, the resiliency that you had developed in that period of time. Then you went on to become an OB-GYN and a Surgeon."

Dr. Hillyer: So, I'm hearing what fueled you as a child, and a young adult, the resiliency that you had developed in that period of time. Then you went on to become an OB-GYN and a Surgeon. I think at that point in time is when most people take a deep breath and say we've achieved what we've wanted, but it hasn't been smooth sailing for you in that department either. Can you tell me

a little bit about that?

“Yes. I just knew I had made it. I was a partner physician. I was just, I had made it in my groove. I was like, I hit my stride. I had just turned 40. I was walking out of a trailer, and my ankle rode, and my foot slipped through a step, and I did a swan dive onto the concrete. I fell face forward onto the concrete, and the concrete won.”

Dr. Tate Moore: Yes. I just knew I had made it. I was a partner physician. I was just, I had made it in my groove. I was like, I hit my stride. I had just turned 40. I was walking out of a trailer, and my ankle rode, and my foot slipped through a step, and I did a swan dive onto the concrete. I fell face forward onto the concrete, and the concrete won. I injured both wrists, I injured both knees, I injured both ankles, and as I lay on the concrete struggling to get up, I was just like I think my life has just changed. I didn't want to believe it; as I struggled to get up off the concrete. My phone had flown across the parking lot because this was in the back of the hospital; I was like, this is terrible. I had to hobble up to go round on my patients, and the nurse made an ice pack to put on my wrist. I couldn't round on my patients. The oncoming physicians had to round on my patients, and I had to go to urgent care to be seen. I just knew my life; it was going to change.

I was in denial for two years. I had braces on both of my wrists, both of my knees, [and] both of my ankles. I had steroid shots and all of those joints for about two years. I went through physical therapy, and when the pain got so bad that I couldn't take it anymore, I finally had surgery. I talked to the chief of the department, and I said I needed surgery. I was trying to minimize my time away from my patients, and it was probably not the smartest thing that I did because I was prioritizing my patient's health over my health. Usually, when you have surgery, you take a good six months to recover when you have knee surgery. I was trying to do three months, and I was trying to batch my surgeries because I knew I needed so many surgeries. I needed both knee surgeries, and both wrist surgeries, and a left ankle surgery. I was trying to hurry up and get back to work, and so I figured if I did right knee surgery and three months later do a left knee surgery and three months later do the right wrist surgery and three months later do another a wrist surgery as opposed to doing six months, six months, six months. I was again just trying to hurry up and get back to work for the sake of my patients because patients they want to see their doctor; they don't want you in and out, in and out. It's hard to provide continuity of care when you're in and out and in and out. I didn't think that was fair for my patients, and I was so focused on what was fair for my patients. I wasn't thinking about what was fair for me in my own health.

So, after I had my first knee surgery, everything went so well; my surgeon was like, “Oh, okay yeah, we can do that next one in three months.” I was thinking, okay, well, that'll be good because

that'll still give me three months for the other knee to still be recovering. I'll also have three months for that other knee to recover while this knee is having surgery.

Well, ten days after my second knee surgery, I ended up in the emergency room, unable to breathe. Twenty-four hours later, they were like, okay, well, we think you're going to be able to go up [and] go home. They did a P.E. workup; it was negative. They took me off of oxygen, and when I tried to get up and walk, I became dizzy, I became lightheaded, and my oxygen saturations they continued to fall; they went from the '80s to '70s to '60s. Then they called the respiratory code, and the nurse came in, and she put me on a nasal cannula, and they continued to fall, and they had to put me on a face mask. They continued to fall, and they were like, okay was, they were debating on whether or not they were gonna have to intubate me. Basically, they ended up diagnosing me with acute post-operative pericarditis. I'm like, geez, can I catch a break. I ended up being hospitalized for four days, [and] three nights, being on chronic steroids and aspirin therapy.

Things like that, and I was just like, okay, but that still wasn't enough for me. I said, “Okay, well, instead of having my wrist surgery in three months, I'll have it in four months; I'll give myself an extra one month instead.” So, see, I was still a knucklehead. I was like, “Okay, well, instead of having my surgery in three months.” Still going to be a hard charger, so we'll have my wrist surgery in four months instead of three months, and my surgeon was like, “Okay, she's a doctor. She knows what she's doing.” I wasn't a bright doctor because I was still trying to get back to my patients. I was all about getting back to my patients, and I went ahead and had my wrist surgery. It turns out that because I was on that chronic aspirin therapy after they did my wrist surgery, my bone wouldn't heal from the pericarditis therapy. It caused delayed bone healing that required me to be in a cast for a prolonged period. So, I ended up with a frozen wrist joint for my right wrist. I ended up with [a] permanent frozen right wrist joint. I lost [the] function of my right wrist.

Dr. Hillyer: Wow, that is a crazy time period that I'm listening to, and I can still hear the sorrow in your voice about this time. Was this also around the time of COVID when things were shutting down?

Dr. Tate Moore: Well, this was from 2016 to 2017 to 2018, so this is all from that period 2018. They retired me on the 20th of January 2019, so this is right before COVID. Is when they retired me say that you retired me right before COVID.

“I can only imagine the sorrow, possibly depression, that you can go through during this time, and is this the time that you start picking up that pen and paper and start putting these poems on paper?”

Dr. Hillyer: So now you've had this extremely traumatic event happen that has changed the course of your life. You're now getting ready to come up into the period of time where COVID is starting to lock us down. I can only imagine the sorrow, possibly depression, that you can go through during this time, and is this the time that you start picking up that pen and paper and start putting these poems on paper?

“I would say in January of 2019 when they retired me. First, I went through my little stages of grief; first, I went through denial. I was ready to fight it; I didn’t want to accept it. I went through my denial phase, then when I realized that I couldn’t fight it. I went through my depression stage.”

Dr. Tate Moore: I would say in January of 2019 when they retired me. First, I went through my little stages of grief; first, I went through denial. I was ready to fight it; I didn’t want to accept it. I went through my denial phase, then when I realized that I couldn’t fight it. I went through my depression stage. When I went through my different depression stages, I began to eat my way through and have my pity party. I just couldn’t believe that God would bring me through everything God had brought me through to leave me. I’m like, “Okay, Lord, how could you let me make it through everything you brought me through and leave me at this point. How dare you, the audacity.” I was angry. I had to come to Jesus, I was like, no, you need to come here, and we need to have a Powwow because I was hot, I was livid, I was angry. I was like, “Nah, Jesus” you coming in; come on, we need a one-on-one because I was not happy. I needed to let him know, and he was like, okay, are you finished, Tiffanie, because I have some words for you, are you finished now; I hope you’re done. He gave me my couple of months, and he let me pack on my pounds. He said, “Okay, you finished, sweetie, all right, get up off your butt, exercise, and lose all the weight that you put on because I didn’t give it to you. You did that to you, now get to moving, sweetie, exercise you put it on, you get it off. I want you to think about all the stuff that I’ve done for you. Yes, think about everything that I’ve done for you and write about it. Write about how good I’ve been. That’s right, yeah, remember all the stuff I’ve done for you, write about it. Think about it and write about it.”

“When I would wake up in the middle of the night, I would write. It was hard. Whenever I couldn’t sleep, I would write. When I would wake up in the middle of the night, I would write. I would write myself to sleep. I would write myself awake, and it would help me go back to sleep.”

In my little memo section of my iPhone that’s where I wrote most of my poems. I went back because my hands didn’t work, so my memo section of my iPhone. Most of my poems are written in the memo section of my iPhone; I wrote. In the middle section of my iPhone, I wrote my poems because I couldn’t sleep; most of my

nights were sleepless nights. I wrote my phone in the memo section of my iPhone when I couldn’t sleep. When I would wake up in the middle of the night, I would write. It was hard. Whenever I couldn’t sleep, I would write. When I would wake up in the middle of the night, I would write. I would write myself to sleep. I would write myself awake, and it would help me go back to sleep. It would make me feel better.

When George Floyd happened, I would write. Whenever I felt emotional, I would write. I found that writing made me feel better, and I began to have this catharsis. It helped me to essentially come up and come up out of the depression. To realize that I am more than my job. It doesn’t matter that I’m not a doctor. Being a doctor didn’t define me. I was more than a doctor when I was a doctor; I was still a mother, and my kids still love me. I still have value even if I can’t practice medicine, even if I can’t be a surgeon. It was important for me to realize that, and I needed to show myself some compassion. A lot of times, we give compassion to everyone else, but we don’t show ourselves any compassion. I had not shown myself any compassion. All I could think about was the things that I did wrong. It didn’t help that I had a partner who put me down and made me feel bad.

Dr. Hillyer: So, you had to struggle back. Talk to GOD. Find a new direction. What does this book, or what do you hope this book will give directions for others?

“Being a doctor didn’t define me. I was more than a doctor when I was a doctor; I was still a mother, and my kids still love me. I still have value even if I can’t practice medicine, even if I can’t be a surgeon. It was important for me to realize that, and I needed to show myself some compassion. A lot of times, we give compassion to everyone else, but we don’t show ourselves any compassion.”

Dr. Tate Moore: I hope that it will encourage people and let them know that even in their darkest hour, they are not alone. Even when things look bleak that there’s still hope for tomorrow. No matter what, as long as there is breath in their body, that they can keep going on, that they can persevere. I’m no more special than they are. So, if I can keep going, they can keep going too. Because I thought I had made it, and I was knocked off my little pedestal. So, if I could keep going, they could keep going too.

Dr. Hillyer: Excellent!

Then you use that hope, by I feel, to build your three sections. Can you tell me about the three different sections of your book?

Dr. Tate Moore: Yes, I have a section on life. The Life section is just about everyday things in your community, your family, politics, and even taxes. Black Lives Matter movement, just policy,

just different things that you encounter just about day-to-day life. Then there's love: the ups, the downs, the good, the bad, the ugly because love truly is a roller coaster. It takes you on a ride. Sometimes it's bliss, sometimes it's rocky, and sometimes it is absolutely terrible, but sometimes it's fun. But it's always worth the ride. Then there's the Liturgical section. The liturgical section is the spiritual side. If you've ever longed for a relationship with God or you wonder where God is, this is the section that's going to make you think and reflect on your spiritual side.

“Then there’s the Liturgical section. The liturgical section is the spiritual side. If you’ve ever longed for a relationship with God or you wonder where God is, this is the section that’s going to make you think and reflect on your spiritual side.”

Dr. Hillyer: Your poems cover a wide range of topics from race to politics to police brutality. Was there any poem in particular in which you were concerned about publishing?

Dr. Tate Moore: Well, I was concerned about “*Dear Officer*” because there was so much going on with the Black Lives Matter movement at that time. I think, now, in light of the recent shootings. I think my poem “*The Skin You Are In*” is more relevant because of the mass shootings that are taking place because of people’s color, which, again, our country just really needs to re-evaluate what we’re doing. No one is pure anything. We’re all a hodgepodge mixture of everything; everybody is everything. No one has any control over what color they came out [or] what their chromosomes are, and that’s just the reality of it. I think that we really need to re-evaluate what price we want to put on a person’s skin color. What value and credibility do you want to place on a person’s color and creed. I think we just need to take a look at how we’re raising our children and what type of values we are teaching them because racism and hatred are something that is taught. It’s nothing that is inherent, and there’s nothing that people are born with.

Dr. Hillyer: Absolutely, and you have no problem, as I was reading through the different poems taking on some of these charged topics. One of the topics that I would say, most recently, is Roe vs. Wade. As an OB-GYN, as a mother, and as a survivor of multiple traumas, how do you think you would start a poem for those that are in having emotional turmoil while politics is doing this tug of war with Roe vs. Wade?

Dr. Tate Moore: I would entitle it “*A Choice*.”

Please don’t take away my choice.

Please don’t take away my voice.

Please don’t take away what I want to do to my body. It is not

your right to choose because it’s something that the world will lose.

If we have to resort to pushing women; or women throwing themselves downstairs. It is something for everyone to care.

Please, Please don’t take away my voice.

Please, Please don’t take away my choice.

Dr. Hillyer: I love it. Thank you for sharing that and coming up with that right on the spot; that’s amazing. I’m so thankful for these 108 poems in which you’re able to lend your voice. If you have a chance to write another book, will your life journey be reflected in that book?

“I’m so thankful for these 108 poems in which you’re able to lend your voice. If you have a chance to write another book, will your life journey be reflected in that book?”

Dr. Tate Moore: Actually, I have a children’s book coming out later this year, and it is called “*Bad Touching*.” It is a poetic illustrated children’s book encouraging children to talk about and report verbal and physical abuse. It is, unfortunately, based partially on my upbringing as a child.

“The amount of trauma that I hear, the resiliency that you have, and the things that fueled you. You had to re-evaluate, you had to pivot, you had to make new developments in a direction. I’m very appreciative that you’ve been able to bring together a collection of works to help bring directions for others.”

Dr. Hillyer: The amount of trauma that I hear, the resiliency that you have, and the things that fueled you. You had to re-evaluate, you had to pivot, you had to make new developments in a direction. I’m very appreciative that you’ve been able to bring together a collection of works to help bring directions for others. Is there anything you would like to say to our audience, one last big moment of inspiration?

Dr. Tate Moore: I would say, don't be surprised because God can always turn your ashes into beauty. If you give him the opportunity. So, always put your best foot forward. Always keep trying, always keep persevering. As long as there is breath in your body, life can get better.

“I would say, don't be surprised because God can always turn your ashes into beauty. If you give him the opportunity. So, always put your best foot forward. Always keep trying, always keep persevering. As long as there is breath in your body, life can get better.”

Dr. Hillyer: Thank you, Tiffanie. Thank you so much for joining us on today's segment of Neonatology Today Media.

Dr. Tate Moore: Thank you for having me.

Disclosure: *Dr. Tate Moore is the author of [FloweTry: A Collection of 108 Poetic Flows on Life, Love, and Liturgical Issues](#)*

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About the Author: Kimberly Hillyer, DNP, NNP-BC:



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Bio: Kimberly Hillyer, RN LNC, NNP-BC DNP, completed her Master's degree specializing as a Neonatal Nurse Practitioner in 2006 and completed her Doctorate of Nursing Practice (DNP) at Loma Linda University in 2017. She became an Assistant Clinical Professor and the Neonatal Nurse Practitioner Coordinator at Loma Linda University. Her interest in the law led her to attain certification as a Legal Nurse Consultant at Kaplan University.

As a Neonatal Nurse Practitioner, she has worked for Loma Linda University Health Children's Hospital (LLUH CH) for twenty years. During that time, she has mentored and precepted other Neonatal Nurse Practitioners while actively engaging in multiple hospital committees. She was also the Neonatal Nurse Practitioners Student Coordinator for LLU CH. A secret passion for informatics has led her to become an EPIC Department Deputy for the Neonatal Intensive Care at LLUH CH.

She is a reviewer for Neonatology Today and has recently joined the Editorial Board as the News Anchor.

About the Author: Dr. Tiffanie Tate Moore



Originally from Compton, California, Tiffanie Tate Moore, M.D. is a Christian, mother, servant, listener, and medical doctor who now resides in the Inland Empire.

Her interest in becoming a physician began in middle school while volunteering with her church to help the homeless in Los Angeles. She saw people who were both hungry and sick. She wanted to do more than serve food. She wanted to help them in a meaningful way.

With love for science and math, she applied herself fully in school. This was not easy as she had many distractions. Both of her biological parents were addicted to drugs. And while she had never met her father, she had heard that he was homeless and could not help but wonder whether her father was one of the homeless she and her church were helping. With the loving support of her maternal family and, specifically, her maternal Aunt Mary Montgomery, known as "Auntie Mae, Momtee," Tiffanie received the love, support, and stability she needed to thrive.

Dr. Tate Moore earned a Bachelor's degree from the University of California, Santa Barbara, and a Medical degree from Meharry Medical School in Nashville, Tennessee.

She has served as a medical officer in the United States Navy during the Global War on Terror and as an obstetrician/gynecologist in Tennessee and California.

Dr. Tate Moore has served the local community, in her local church, and with her sorority in the numerous places where she has lived.

She began writing the poems in FloweTry, as she sought to heal from numerous surgeries caused by an accident, which caused her to retire as an obstetrician/gynecologist.

She has two spectacular children in college—Nathaniel and Mia. She enjoys singing, traveling, and spending time with family and friends.