

Tiffany Sanders

My name is Tiffany Sanders, and I have lived in the Lake Area Region for 27 years. I graduated from KHHS in 1998. I and my high school sweetheart, C.W. Sanders, have been married for twenty years. We have three sons; Blake (19), Kade (14) and Charlie (12), and a daughter; Mikaeli (17). We also have a precious daughter-in-law, Laci, who recently gave birth to our first grandchild, Baylor Ann.

I serve as the Director of Nursing for Answers Health and Resource Facility, both in Keystone Heights and Starke. Answers is a non-profit agency that meets women and children in crisis and advocates for them by providing counsel, education, health services, healing and restoration.

In my off-time, I love experiencing all things outdoors with my family. My hobbies include hunting, fishing, raising and growing my own food, cooking healthy meals from scratch, and working out.

I enjoy exercising at Genesis because the atmosphere is warm and inviting, and the other members feel like family. I meet my adult son when the gym first opens at 5:30am, and our hour-long workout has become precious mother and son bonding time. Working out helps me to be strong and energized to keep up with my busy life.

My mission in life is to love my family and others into believing their value, to live an extraordinary life, and to leave my body in optimal health so I can help as many people as possible when I finally stop breathing. If I could have dinner with anyone, I would choose my husband and children, because time flies so quickly and I want to cherish every second.

My favorite quote is from Winston Churchill: "Courage is what it takes to stand up and speak; Courage is also what it takes to sit down and listen."