

ELMIRA WILKINS



Born and raised in Memphis, Elmira Nelson Wilkins built a career spanning federal government service and IT before retiring in 2019. Along the way, she faced more medical challenges than most—but with resilience, faith, and a sharp sense of humor, she turned them into a testimony of hope.



Her book *Living on a Rope* isn't just a memoir; it's an invitation to laugh, learn, and walk alongside her journey. Through every twist, turn, and lighthearted roasting of her own misadventures, Elmira reminds us that even in life's toughest moments, there's always room for grace, grit, and a good laugh.