

# Breanna Folwick



My career in older adult services began when I attended a nursing assistant and home health aide class that was taught at my local hospital. Once I finished the course, I began working at my town's nursing home. While working there, I began to realize how much it meant to the elderly to have someone to care for them. After only a few months, I knew that I wanted to learn as much as I could about the health care field and the care of older adults.

My long term goal is to become a nurse practitioner specializing in dementia and other related illnesses. I want to further my education in the health care field to be able to provide the best care for my patients. I am also very interested in the research to find a cure for Alzheimer's disease, and aspire to be a part of this great research.

I strive to improve the quality of life for my patients everyday by providing top-notch care of the mind and body. Although I believe the work I do constantly impacts my residents, there is one instance I will never forget. At one of the facilities I worked for, there was a female resident who was often violent towards staff and her fellow residents. Due to her behaviors, many of the aides didn't like working with her. Despite her initial dislike of me, we quickly became comfortable with each other and enjoyed spending time together. Since I knew most of my co-workers only did what was required of them when helping her, I made it a point to spend a little extra time with her on the evenings that I worked. Eventually, we had developed a ritual we called "spa night". After her Monday night shower, she would sit beneath the hairdryer and I would give her a manicure and pedicure. I will never forget how happy she was to know that someone really cared about her. It is moments like these that make my job worthwhile.

I also attempt to better the lives of those I care for by thinking of new ways to perform daily tasks and conveying these ideas to my co-workers and supervisors. One of the ideas I am trying to implement is having the residents in our memory care unit dine in small groups at different times. This would allow the residents that require more assistance to get the full attention of the staff working with them, and provide a calmer environment in which to eat. It would also give staff more time to visit with residents who don't need help eating and facilitate conversation at meal times.

The happiness and well-being of my residents is the most important part of my job. I care deeply about each one and get a sense of fulfillment when I leave each night knowing I did my best to make them feel loved and cared for. I believe that I would make an outstanding nurse, or nurse practitioner because of the compassion I have for those that depend on me for care. Receiving scholarships for college would help make my dream a reality and allow me to deliver the most superior care to those who need it.