

Hannah Dynes



I chose older adult services as a career the summer after my junior year in high school. I had volunteered at the local nursing home a couple of times prior to being employed there. I was drawn to a career in older adult services because the residents in the facilities that I volunteered in intrigued me. These residents were a joy to talk to and get to know. Their stories from the past and advice and for the present touch my heart. I love hearing about where people have come from and seeing how that has affected who they are now. I consider it an honor to be able to provide care for the older adult population.

I've grown up in the medical field. Nurses, doctors, midwives, Emergency Medical Technicians, and other health care providers may be found in many branches of my family tree. So, I've always been interested in the world of healthcare. I am seeking a four-year Bachelors of Science degree in Nursing at Bethel University in Saint Paul, Minnesota. I believe that my love for people, my experience as a nursing aide, and my passion for the healthcare field would make a career in nursing a great fit for me. Once I receive my nursing license, I hope to continue working with older adult services. I have seen first-hand the emotional, physical, mental, social, and spiritual needs of the older adult community. I believe a nurse has a unique and special opportunity to help meet many of those needs as he or she provides care to the older adults. I would also love to work with children. I believe there is so much to be learned from both the young and the old. The young have a sincere innocence and curiosity about the world. The older adults have a special wisdom and draw from many valuable life experiences.

A personal goal I set for myself each morning is to make someone else's day special. I love finding ways to make the residents in my workplace smile and feel appreciated. Recently we had a new resident move in to our facility. She has been going through an emotional whirlwind, as she's had to leave the house in which she raised her family, let go of many possessions, and has lost some of her independence. She came in to our facility very depressed, which negatively affected her sleep, her appetite, her motivation, and her hope. I went in to her room to bring her to dinner and found her crying on her bed. I sat down at her bedside, held her hand, and just listened to her. I was with her for about twenty minutes, reassuring her and loving her. I was able to make her smile a bit, and I convinced her to eat some of her dinner. As I left the room, she sincerely thanked me for taking the time to be with her and make her feel important. Working at a nursing care facility has been a very rewarding job for me. I've learned that taking a little of my time to make my residents feel valued and appreciated can make their whole week better!

Working at a nursing care facility requires patience, teamwork, and hard work. Flexibility is another key factor that helps an organization run smoothly. In order to help my facility be more effective in our care giving, I have been trained to work each of the three shifts. This way, I can pick-up shifts if our facility is short-staffed, or can help my coworkers out with working their shift if needed. I've learned that open communication between coworkers makes shifts run more smoothly and allows us to be more efficient and complete in our daily tasks. I have helped train in new employees, which requires me to step back from the "daily routine" to make sure they understand not just what we do, but also why we do it. We aren't working in older adult services just to provide physical help for them. We are providing care for the whole person: physically, mentally, socially, and emotionally. I embrace this responsibility with joy, as a privilege and honor.