

Rachel Mjones



I believe everyone has events in their life that prepare them for a specific service to others. My name is Rachel Mjones and my goal in nursing is to provide older adults from various backgrounds with empathy, care and respect. I would never have expected how my two summer jobs would later shape my occupational dreams.

In the spring of 2010 I was hired at Serenity Assisted Living as a personal care attendant. In working both at the pool and at Serenity last summer, I realized the commonalities among them. Whether a resident is recovering from a stroke and learning to talk again, I learned spending the extra time talking with residents can make their day. Each resident at Serenity has taught me how rewarding the field of geriatric nursing can be. My job has provided me with so many wonderful opportunities and I feel as though I am really making a difference in the daily lives of the residents. Serenity was my first nursing related job, and I found it to be both challenging and rewarding. I have learned that residents really appreciate it when I take some extra time to talk and this makes my work feel so much more satisfying. Having worked at Serenity I have a strong desire to continue my work with older adults as an RN. I hope to help start a healthcare program that aids older adults maintain their independence and quality of life. In the future, the baby boomer generation will add to a growing population in assisted living centers. By starting a healthcare program that encourages and educates on healthy living, more older adults may maintain their health longer.

I have been blessed at Concordia College to not only be a dedicated student but a two sport athlete. Learning time management skills have led to my biggest challenges and accomplishments in college. Time is precious between biology, chemistry labs, practices and meets, while holding a GPA of 3.2. Giving back to the community has become part of my life as this past spring I traveled to Denver, CO with a group from Concordia College to build homes for seven families with Habitat for Humanity. Another interest I have is running, and I am honored to serve our community as a board member for the Fargo Marathon which takes place in May every year. My interests have become meaningful to me and I am thankful for the paths they have created.

Moorhead has been home since I was born and I have the desire to find work here after college. The Fargo-Moorhead community has a lot to offer families and people of all ages. As the baby-boomer population approaches retirement, more nurses will be required to assist in their daily care. I believe this community is an excellent opportunity for myself to serve others as a nurse. Not only do we have The Veteran's Memorial Hospital in town but Sanford and Essentia hospitals as well, and an abundance of long-term care facilities. It would be an honor for me to serve a community that has been so great to me and I am proud to call the city of Moorhead home.