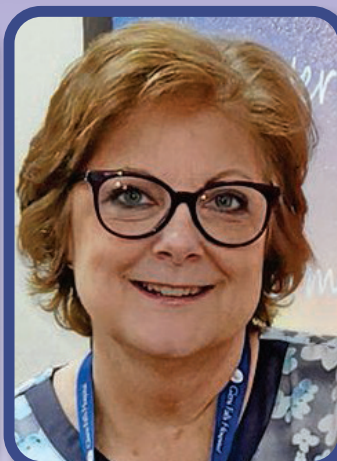
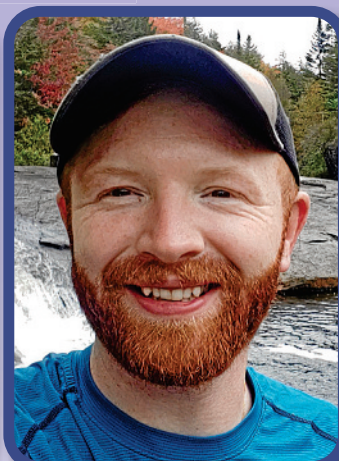


THE
POST★STAR



NURSES

the heart of health care



CELEBRATING NATIONAL NURSES WEEK MAY 6-12, 2023

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OUR JUDGES



Kim Hedley, PhD, RN, CPHQ

Associate Professor of Nursing & Chair of the Health Sciences Division, SUNY Adirondack

Kim Hedley is an Associate Professor of Nursing and Chair of the Health Sciences Division at SUNY ADK. Kim has been a faculty at SUNY ADK since September 2019. Prior to joining SUNY ADK, Kim was the Assistant Dean and faculty at Excelsior College from 2002-2019. Kim has an associate degree in nursing from Junior College of Albany, BS and MS in nursing from Sage Colleges, and a PhD in nursing leadership from Walden University. Kim enjoys the outdoors, travelling, reading, and spending time with family and friends.

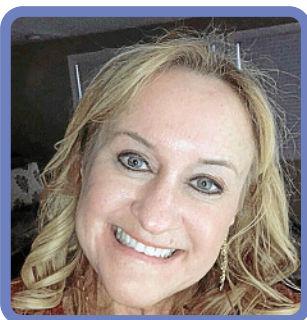


Julie Mosher, MS, RN, NPD-BC, NEA-BC

Director, Nursing Practice & Professional Development, Glens Falls Hospital

Julie Mosher has served as nurse and nurse leader at Glens Falls Hospital (GFH) since 2007 when she joined the team as a Graduate Practical Nurse while earning her associate degree in nursing from SUNY Adirondack. Over the years she continued her education and elevated her skills as a Registered Nurse, earning her

bachelors and masters degree through SUNY Empire State College. She joined the GFH leadership team in 2017, and in 2022 was promoted to serve as Director of Nursing Practice and Professional Development. Julie has also served as a school nurse for the Greenwich Central School District, and since 2008 has served as Health Director for the Town of Greenwich. Julie is proud of her time serving as an EMS first responder for the Greenwich Fire Department and a member of many local colleges' nursing advisory boards. Julie is committed to the practice of nursing and takes pride in fostering the growth of nurses. She is an avid fan of her sons, one a Registered Nurse (Kameron) and the other is pursuing a career in Criminal Justice (Carson). Julie resides in Greenwich with her husband (David) and their golden retriever (Sophie).



Maureen L. Poole, RN, DNP, NE-BC

Vice President of Nursing,
Hudson Headwaters Health Network

Maureen L. Poole, RN, DNP, NE-BC is the Vice President of Nursing at Hudson Headwaters Health Network. She has been a RN for over 30 years with experience in med-surg, critical care, travelling RN, care management, long-term care, clinical sales, education, and leadership. Maureen currently leads Network nursing practice via policy, procedure, workflows, education, and collaboration. She is passionate about the Network's mission of

providing the best health care and access to that care for everyone in our communities. She co-chairs the CHCANYS Nursing Clinical Sub-committee. She studied nursing at Russell Sage College for her B.S., Excelsior College for her MS in Nursing, and Capella University for her Doctorate in Nursing Practice. Maureen lives in Queensbury, NY, with her son, Durant, who is a freshman at Montana State University.



NURSES: THE HEART OF HEALTH CARE

Each day, thousands of nurses bring skill, attention, care and love to patients in our area. They deserve our thanks and recognition every day, but as we celebrate National Nurses Week.

Please join The Post-Star as we honor the work of this year's honorees at our fifth annual Nurses: the heart of health care program. This program is a reader-submission campaign that is presented by Glens Falls Hospital, supported by Hudson Headwaters Health Network and our title sponsors Bare Bones Furniture & Mattress and Parks Heritage Federal Credit Union. Thank you also to SUNY Adirondack, our event sponsor.

We have all had contact with a deserving nurse. Think about the nurse who has lovingly cared for your parent in a nursing home. Maybe it's the school nurse who is ensuring your child's wellness, or the ICU nurse who puts themselves directly in the line of fire. It could even be the virtual nurse who steps you through your symptoms and answers your health concerns.

Please join us in thanking the dedicated nurses who make our hospitals, health care centers, schools and our community a better place!

AND THEN THERE WERE 10:

The contest began with a call for nominations in February. We encouraged the public to nominate nursing professionals who made an impact on the lives of loved ones and the community at large. The community answered with over 100 nominations. These nominations were then narrowed down to 10.

JUDGING THE TOP 10:

Three judges: Julie Mosher, Director of Nursing Practice & Professional Development at Glens Falls Hospital, Maureen Poole, VP of Nursing at Hudson Headwaters Health Network, and Kim Hedley, Health Sciences Division Chair and Associate Professor of Nursing at SUNY Adirondack, reviewed all nominations and chose nine winners. The 10th winner was chosen by our readers. Read about each winner within this section and online at www.poststar.com/special-section.

THE AWARDS:

An awards breakfast honoring the select ten nurses was held on Wednesday, May 3, 2023 at SUNY Adirondack in Queensbury.



EMILY SHULLAW
ILLUSTRATION, LEE ENTERPRISES

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SOLE MATES

Nurse friends create water resistant, breathable shoes for 12-hour shifts

NANCY CLANTON
The Atlanta Journal-Constitution

When you're on your feet most of the day, you want your shoes to work as hard as you do. And when you're a nurse, you need them to do more than just support you.

Although some athletic shoes might fit the bill, two Los Angeles friends were disappointed at the lack of footwear options for them as nurses. So they decided to design their own.

"Footwear is the one aspect of our uniform that we have some freedom to choose our own individual style," Alex Pastorkovich and Loftin Dortch told Nurse.org. "We wanted a shoe that we, and all health care workers, could be excited to put on each day. We thought, 'Why can't we have a shoe that takes care of our feet for a 12-hour shift, while also looking super stylish?' So we said, 'Let's make one!' And that was the beginning of Üni."

Üni comes from "uniform" and "unique," two aspects of the shoes important to the friends.

"We designed our shoes to be worn with a uniform, but wanted them to be so much more than that," Dortch said. "We started thinking about how health care workers are so much more than the uniform they put on each day. Each individual is unique and we wanted Üni to be an outlet for them to showcase their individual style at work."

As part of their uniform, the shoes need to be more than just attractive though. The friends told Nurse.org their shoes are not only comfortable, slip resistant and stain repellent, but they also have an antimicrobial treatment that kills viruses, bacteria and microbes. In addition, the shoes have a layer that makes them water resistant without the use of chemicals or sprays.

"This unique feature allows our shoes to remain breathable, which prevents feet from getting overheated during those long 12+ hour shifts," Dortch said. "Our fabric also provides unmatched durability that can stand up to the harshest work conditions, significantly increasing the life of the shoes."

The shoes are available to order online at uni.shoes.

"We want to see Ünis in hospitals, offices, and clinics all across the country," the nurses said. "We had our co-workers in mind through the entire shoe design process and we can't wait for everyone to get a pair."



ÜNI PHOTOS

Nurses designed Üni footwear, which are designed to be worn with a uniform.

BILLIE ACEVEDO

Billie Acevedo is a compassionate nurse who currently resides in South Glens Falls. She attended SUNY Adirondack's nursing program and graduated in May 2022. Billie's nursing career began in Urgent Care for HHHN in Warrensburg, NY, where she gained valuable experience in the medical field. Later, she transferred to West Mountain Family Health to work in Primary Care. Billie finds her career as a nurse very rewarding, and one of the reasons is that it allows her to change her career path while remaining in the profession.

Billie believes that patients are not just patients, but people. She loves getting to know her patients and their families. Billie enjoys listening to their stories, where they come from, and their interests. She believes that taking the time to know her patients on a personal level helps her provide better care for them.

As a mother of two girls, Billie's passion for nursing stems from her experiences with her eldest daughter. Her daughter was born with a rare chromosome disorder and spent her first few months in Albany Med's NICU. Billie remembers how wonderful the nurses were to her daughter and herself. They taught her how to care for her daughter's different medical diagnoses, how to handle her g-tube, and feed her through a special bottle that accommodated her cleft palate. After seeing her daughter's special needs and the care she received, Billie decided to pursue nursing as a career.

Billie's biggest struggle as a nurse is witnessing unfortunate situations and people not complying with treatment. However, she believes that taking care of herself is vital to taking care of others. She makes sure to eat healthily, get enough sleep, and rest whenever she can. Being a nurse is not an easy career, but Billie believes it's worth every second of it.

Billie started her nursing career at HHHN Urgent Care with a hunger for learning. In just eight months, she has blossomed into a confident and competent RN, showcasing her emerging leadership qualities. Billie's colleagues describe her as always being ready to work with a positive attitude, and she approaches each shift with the same level of enthusiasm. Her work ethic and dedication are so impressive that her coworkers jokingly ask her to take it easy and



“ She is an exceptional nurse with leadership qualities that will undoubtedly serve her well as she continues to grow and develop in her career. ”

not work as hard as she does.

Billie's colleagues at HHHN Urgent Care have grown to love her for her hard work and dedication to her profession. She has demonstrated an impressive level of growth in a relatively short amount of time, leaving her colleagues eager to see where her nursing career will take her in the future. With her positive attitude and a willingness to learn and grow, Billie is sure to make a significant impact in the nursing profession.



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JOSH BECK



Josh Beck is a dedicated Operating Room nurse, currently serving as the Ortho Coordinator at Glens Falls Hospital. He attended Hudson Valley Community College where he developed his passion for operating room workflow and instrumentation.

After graduation, Josh worked in central sterile processing at St. Mary's Hospital in Troy, where he became an expert in operating room procedures. He later worked as a travel nurse before eventually finding a permanent home at Glens Falls Hospital.

According to his colleagues, the Glens Falls Hospital OR is a special place, and the work done by the team there is second to none. Josh is proud to be part of such an exceptional team.

In his current role, Josh ensures that orthopedic surgeries at the hospital run efficiently and smoothly. He acknowledges that it can be challenging, especially with the post-COVID supply chain issues. However, he is quick to mention that the team of nurses he works with is always ready to offer a helping hand.

Josh is a generous and caring person who always tries to help others. He has an extensive knowledge of his field and is never afraid

to get his hands dirty. He maintains an upbeat attitude, ensuring that the staff always feel safe and ready for the day.

Josh's colleagues admire his commitment to his work. He comes in early to set up rooms and ensures that the day's cases go smoothly. He communicates the day's needs with the staff and sets everyone up for success.

In addition to his role as Ortho Coordinator, Josh is known for his willingness to help anyone who needs it. He regularly shares his knowledge with his colleagues, acting as a mentor to many of them.

In his free time, Josh enjoys spending time with his family and exploring the great outdoors. He is an avid hiker and enjoys exploring the many trails and mountains in the area.

Josh's colleagues describe him as a hard-working, dedicated, and reliable nurse. He is always willing to go the extra mile to ensure that his patients receive the best possible care. His passion for his work is evident. He is an exceptional OR nurse who has made a significant impact at Glens Falls Hospital. His dedication to his work, expertise, and caring nature make him an invaluable member of the hospital's operating room team.

BRENDA BROWN-HAYES

As a very young child, Brenda had three things she wanted to be: a stewardess, a teacher or a nurse.

"My cousin told me I was too short to be a stewardess," says Brenda. "Mind you, I was 7 years old at the time."

That narrowed down her ambitions to teacher or nurse.

"As a child I was always looking after my siblings," she says. "Mom was strong in so many ways – until someone was sick. That's when I took over. I was doing wound care when I was 8 years old."

After her children were born, Brenda needed a job with benefits that paid more than minimum wage. She went back to school for nursing. She needed to go to school locally so she could still take care of her kids and continue working while going to school. SUNY Adirondack (then Adirondack Community College) was just what she needed. Brenda earned her as-

sociates degree in nursing in 1997. She was immediately hired at Glens Falls Hospital.

In 2015, Brenda earned her BSN from Chamberlin School of Nursing with the goal of elevating her position to Nurse Manager of the Rehab Unit at Glens Falls Hospital. She also earned her Certification in Rehabilitation Nursing, CRRN, at that same time.

In 2018, Brenda earned her Certification in Wound, Ostomy and Continence, CWOCN. She took a position at Glens Falls Hospital as the Wound Ostomy Nurse.

In 2021, Brenda transferred to the Lead Nurse position at Evergreen Health Center (still with Glens Falls Hospital). She is currently working on certification in Ambulatory Care.

"Since the age of 8 I have had a passion for wound care," Brenda says. "I continue to share my expertise in this area with my colleagues and patients."

Brenda has provided education throughout her career to enhance the independence of those around her. Whether it be in wound management, diabetes, weight management, or precepting new nurses – Brenda constantly continues to learn and then teach.

"Struggles occur almost daily, both personally and professionally," Brenda says. "The secret, I've learned, is to not focus on it as a struggle but rather an opportunity. With every opportunity there is something to learn. With everything we learn there is a chance for us to teach someone else."

"It always amazes me how life, if you think about it, comes full circle. I may not be 'tall' enough to be a stewardess, but as a nurse I can teach, and I can fly to any height as long as I continue to grow in my profession. My favorite part about being a nurse is that it is limitless."



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HHHN.org

CAROL BYRON



Carol Byron, BSN, RN, has dedicated 34 years of her life to nursing. Her hard work and passion have made her an invaluable asset to the healthcare industry.

Born and raised in Pennsylvania, Carol pursued nursing school after being discouraged by a guidance counselor from pursuing her dream of becoming a veterinarian. However, Carol has no regrets about her decision and has flourished in her career as a nurse.

After completing nursing school in Pennsylvania, Carol moved to upstate New York in her twenties and has been residing in Washington County for the last 26 years. With a background in Emergency Medicine, Carol made a

change to care coordination about 10 years ago to achieve a better work-life balance. She loves the connection she makes with people as a nurse, and the trust patients place in her as a helper, allowing them to share private information.

Carol has seen nursing evolve over the years, with fewer resources for vulnerable patients and challenges to keep patients connected to healthcare for better outcomes. However, Carol is inspired every day by the dedicated nurses she works with on the embedded care manager team at Glens Falls Hospital, who work tirelessly to provide the best care for their patients.

As a nurse, Carol has made a signifi-

cant impact on her patients' lives, with her extensive knowledge, attention to detail, and compassion. Her colleagues recognize her as an exceptional mentor who has trained RN CMs and student nurses. Patients of the Glens Falls Hospital system praise Carol for her assistance and compassion, remembering her as a remarkable caregiver who goes above and beyond to help patients and their families.

Carol's dedication to nursing has made her an outstanding RN Care Manager who not only helps patients in the office but also in their community. With her years of experience and expertise, Carol has become an invaluable asset to her coworkers and the patients she serves.

GENE MULLIGAN

Gene Mulligan is a highly skilled and compassionate Vascular Access RN who, according to his co-workers, has made a significant impact on patient outcomes in Glens Falls Hospital. He was born in the United States and served as an aeromedical specialist in the Air Force before pursuing a career in nursing. Gene is currently 58 years old, married. He is a proud grandfather of three and great-grandfather of one.

Gene started his nursing education at the age of 38, graduating after three years while working full-time as a certified nurse aid. He attended the SUNY Adirondack nursing program, where he learned the essential skills that set him apart as an outstanding nurse. After completing his education, Gene worked in a nursing/rehab facility for nine years, first as an aid for four years, then as a nurse for five years. He also spent seven years as a medical-surgical nurse and is currently in his fifth year as a vascular access nurse at Glens Falls Hospital.

Gene's passion for nursing is rooted in his love for taking care of people, inspired by his mother and other medical professionals he worked with in the Air Force. His favorite part of nursing is seeing his patients, who come in with serious issues, receive the care they need and get back to doing the things they love as soon as possible. Gene also enjoys training other nurses to provide

the same level of care that he delivers.

As a vascular access nurse, Gene plays a crucial role in ensuring that patients receive the lifesaving medications, antibiotics, and blood transfusions they need. He became a certified vascular access nurse in 2021, reflecting his commitment to advancing his skills and providing the best possible care for his patients. Although vascular access nurses may spend a shorter time with patients, their service is invaluable, and patient outcomes depend on their expertise.

Gene's colleagues describe him as an extraordinary person and clinician who effectively demonstrates the true meaning of patient, co-worker, and staff advocate. He is highly skilled, extremely knowledgeable, and a compassionate team player who mentors and coaches others in achieving their professional goals. Gene is always available to teach and answer questions without passing judgment, making him a positive role model for all nurses.

Gene Mulligan is a remarkable Vascular Access RN who has made a significant impact on patient outcomes in Glens Falls Hospital. His dedication to advancing his skills, providing compassionate care, and mentoring others is a testament to his passion for nursing. Gene's colleagues and patients are fortunate to have him as part of their healthcare team.



ELIZABETH MUOIO

Elizabeth is originally from New Jersey. She earned her first bachelor's degree in biology from Binghamton University. She was trying to figure out what she wanted to her degree, and became an EMT while considering health care. She did a 2 year accelerated BSN program at Fairleigh Dickinson University in New Jersey and became a nurse in 2019.

Elizabeth's mom was a nurse. "I literally remember going to staff meetings with my mom and being under the table in the staff room as a little girl," she said. "I was always surrounded by health care and health care professionals as a kid. I always knew I wanted to work in some kind of health care field where you feel like you're truly helping a patient. I never wanted to be too far removed for my patients."

Elizabeth got her first job in nursing in October 2019, in New Jersey. She was a nurse for 3 months when COVID-19 hit. She was 5 minutes from the George Wash-

ington Bridge at the time, and she says her entire hospital filled with COVID patients.

After things settled down, Elizabeth began planning a move. An avid outdoorswoman, the Adirondack region was particularly appealing. She visited the Adirondacks in 2019 and fell in love. She Googled hospitals in the area, found Glens Falls Hospital on Google maps, applied for a job, interviewed over Zoom and was hired to work in the ICU.

"I really love the people I work with," she says. "For not knowing anybody up here when I moved to the area, I immediately fell in love anyway. I can hike. I can kayak. I do all the outdoor things up here. I absolutely love it."

"Part of the reason I've always loved being a nurse is the fact that you can always grow," she says. "You can go to different departments and you can always learn more. I've definitely taken advantage of that in nursing."

Elizabeth has worked in ICU, medical-surgical floors, ortho-neuro floors and will be the Interim Assistant Nurse Manager when a current assistant nurse manager goes out on maternity leave. She also precepts as a nurse, has her CCRN certification and her SANE certification as a Sexual Abuse Nurse Examiner.

Outside of nursing, Elizabeth enjoys anything having to do with the outdoors. She kayaks, runs, cycles, hikes and camps. She has hiked 20 of the 46 peaks. She has hiked all of the Catskill Mountains. She enjoys spending time with her two cats, brothers Pepper and Bear.

"I love how the Glens Falls Hospital ICU is such a great team," she says. "I wouldn't be able to do any of the stuff I do if I were not comfortable and felt supported by my manager and team. It's so amazing, especially moving from New Jersey not knowing anyone, how comfortable they made me feel immediately."



VALERIE PARKER



Valerie Parker, known to most as Val, is a dedicated medical-surgical nurse who has devoted her career to helping others. Val is a proud mother to her 18-year-old son, Ty. She says she leads a simple yet fulfilling life, spending most of her free time at home with her dogs, her son, reading books or enjoying the great outdoors during the summer season.

After graduating with a Liberal Arts degree at the age of 21, Val planned to become an elementary teacher. However, five days before her 22nd birthday, her son Ty was born with a life-threatening genetic metabolic disease. This influenced Val to change her career path when she met many families, nurses and support staff who made a great impact on her life during Ty's treatment. He eventually underwent a liver transplant at 21 months old, inspiring Val to pursue a career in nursing.

Val earned her ASN at Adirondack Community College (now SUNY Adirondack) and completed her BSN through SUNY Delhi. She has worked in various departments throughout her nursing career, including Emergency, Primary, and Urgent Care. However, her passion lies in Medical, where she thrives. She hopes to

obtain her MSN certification this year.

Val's favorite part of nursing is caring for elderly individuals, especially those with dementia. She enjoys taking care of those who truly need it. She loves educating patients and their families on being active participants in their own health journey. Val is an active participant on the skin team, completing skin rounds on T3 and serving as a resource for wound identification, plan of care, and documentation.

Val strives to be focused and communicates effectively with her colleagues, patients, and their families. She is a calm, confident, and compassionate nurse who genuinely cares about the care she provides to her patients. She advocates for their needs, providing education and support during every encounter. Val takes the time to listen to her patients, easing their confusion and anxiety with her comforting approach. She is a great team player and is always willing to help her colleagues with any questions or unfamiliar skills. Her dedication and passion for nursing make her a valuable asset to Glens Falls Hospital, where she works. If one had a sick family member in the hospital, they would be lucky to have Val as their nurse.

DAWN POFF



Dawn Poff began her career as a Nurse's Aide at Glens Falls Hospital before obtaining her Medical Assistant degree from the Mildred Elley School in Latham, New York. She later graduated from the BOCES program as a Licensed Practical Nurse, before obtaining her Registered Nurse nursing degree from SUNY Adirondack in 2010.

Dawn started her nursing career on 3 West at Glens Falls Hospital, working as a Renal and Telemetry nurse. When the unit closed, she was offered a position as an Oncology nurse, which she gladly accepted. Working with a dedicated team of people who are committed to their patients is a true blessing for her, she says.

Dawn is a single mother to her son Brett, who has autism, anxiety, and epilepsy. She lovingly dedicates herself to his care, considering him the most important person in the world to her. Her experiences with Brett inspired her to pursue a career in nursing, as she wanted to help other families dealing

with health issues.

Her favorite part of nursing is being able to help people and their families, and seeing their appreciation for her assistance. The only struggle she encountered was deciding where her career would go after her old unit closed. Initially, she was hesitant to work with patients who were passing away, but it became a blessing as she could help ensure their comfort and provide support to their families during the most difficult times in life.

Dawn is an exceptional nurse who always goes above and beyond for her patients, with a big heart and an unwavering commitment to their care. She has extensive experience working with renal patients, cardiac patients and oncology patients. In addition to her nursing duties, she is a fierce advocate for her son, ensuring that he receives the care and support he needs. Her dedication and compassion make her a valued member of the nursing community.

“Dawn is an exceptional nurse who always goes above and beyond for her patients, with a big heart and an unwavering commitment to their care.”

ALYSSA SCHMIDT

Alyssa Schmidt is a dedicated Registered Nurse who has been serving her community for the past four years. She attended SUNY Adirondack. Her passion for nursing began at a young age, inspired by her mother who is also a nurse. Alyssa always knew that she wanted to make a difference in people's lives and help those in need.

After graduating, Alyssa started her career as an RN on a cardiac step-down unit. Her experience in this field was invaluable, as she learned how to care for patients with heart conditions and other related illnesses. Alyssa's compassionate approach and excellent nursing skills helped her patients feel at ease during a difficult time.

After working in the cardiac unit, Alyssa transitioned to urgent care with the Hudson Headwaters Health Network. Her passion for serving her community was evident, and she quickly became an integral part of the team. Her dedication and commitment to her patients did not go unnoticed, and she was promoted to Nurse Leader within

the company.

Alyssa's role as Nurse Leader is one that she absolutely loves. She is passionate about her work and is committed to serving her community in any way she can. She takes pride in being a leader and mentor to other nurses, and she is always willing to lend a helping hand. Alyssa's caring and compassionate approach to nursing is a true inspiration to those around her.

Alyssa's goal is to share the love of Jesus with as many people as she can through the work she does as a nurse. She believes that nursing is not just a job, but a calling. Her faith is an integral part of her life, and she strives to bring comfort and hope to those who need it most.

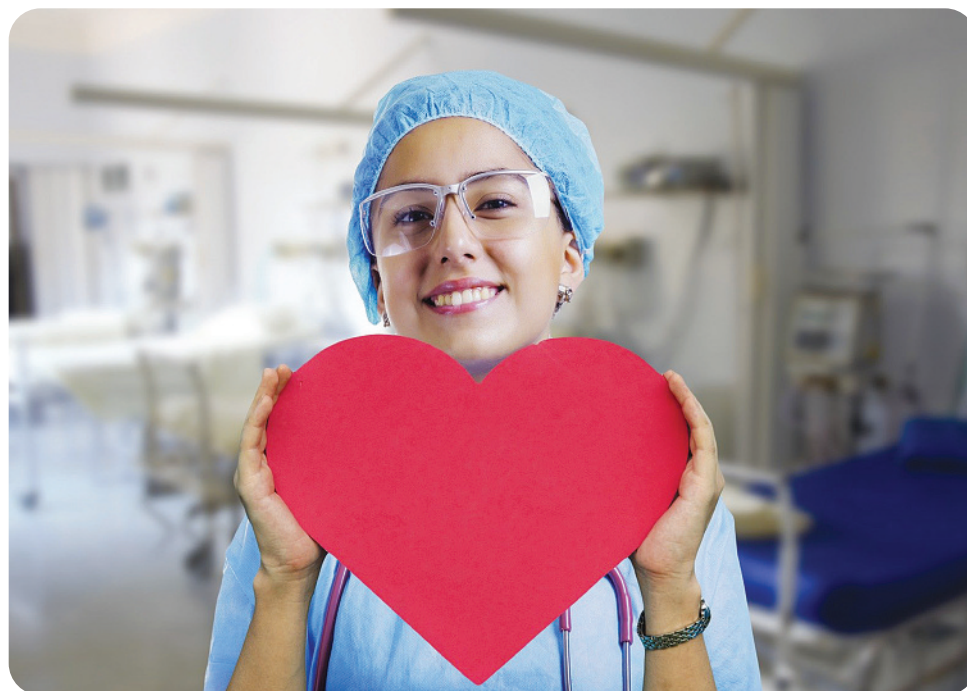
Alyssa is currently one semester away from obtaining her bachelor's degree in nursing. She plans to continue her education and pursue a master's degree in nursing, with the goal of becoming a family nurse practitioner. This will allow her to provide even more comprehensive care to her patients and further her impact in the community.

Alyssa is a devoted wife and mother of two wonderful children. She credits her family for being her support system and allowing her to pursue her dreams. Without their love and encouragement, she would not be able to accomplish her goals.

Alyssa's outstanding nursing care is fueled by her love of people. She has helped and changed the lives of countless patients throughout the years, and Hudson Headwaters, and the entire community, is lucky to have her. She is a knowledgeable and experienced nurse, as well as a caring and compassionate one. Alyssa takes extra time with her patients and always goes above and beyond for them. She is always smiling and has a great attitude no matter what the situation is.

Alyssa is a true leader in every sense of the word. Her dedication, commitment, and passion for nursing are evident in everything she does. She is a true inspiration to those around her, and her love of people and her community shines through in her outstanding nursing care.





READERS' CHOICE AWARD

Each year, the readers of The Post-Star choose one of our nominees to be celebrated as the readers' choice. Starting in 2021, the award was renamed the Kristen L. Stevenson Readers' Choice Award. Kristen was a nurse in the cardiac catheterization lab at Glens Falls Hospital when she lost her life in a tragic accident in January 2021. "She made an incredible impact on her patients, colleagues and everyone who knew her. She will be remembered as a role model for nursing excellence," said Chief Nursing Officer Donna Kirker. In her honor, we'd like to announce the Kristen L. Stevenson Readers' Choice Award winner this year is Krista Millington.

KRISTA MILLINGTON

As a nursing professional with years of experience in the field, Krista's journey into this rewarding career began with a mix of personal experiences and professional aspirations. Nursing was not something she had always dreamt of doing. Instead, it was a career path that she stumbled upon through her own life experiences and interactions with healthcare professionals.

Growing up in a small town in upstate New York, Krista was always surrounded by individuals who valued community service and helping others. However, it was not until she joined a local EMS service that she discovered her passion for emergency care. The adrenaline rush and satisfaction that came with helping people during their most vulnerable moments were unmatched. It was during this time that she began to contemplate the idea of becoming a nurse.

After graduating from North Warren in Chestertown, Krista enrolled in the Health Sciences program at SUNY Brockport to play field hockey and earn her BSN degree. While the program was informative, she knew she wanted to specialize in emergency nursing. Krista transferred to SUNY Adirondack's nursing program, where she gained hands-on experience working in the ER.

After completing her nursing degree, Krista started working at Glens Falls Hospital in the Emergency Department, where she has been for the past four years. Her years of experience as a nursing professional have allowed her to develop a wide range of skills, including the ability to work in high-pressure environments and make quick decisions during emergencies.

One of Krista's favorite parts of nursing is the in-

terdisciplinary approach to patient care. In emergency nursing, healthcare professionals see a wide range of patients from all walks of life. It takes a team of professionals to care for them. Krista has enjoyed working collaboratively with other healthcare professionals to provide the best possible care to her patients.

Like any other healthcare professional, nursing comes with its share of struggles. One of the biggest challenges Krista and many other nurses have faced is staffing shortages. The current nursing shortage has put immense pressure on healthcare providers to work longer hours and care for more patients than usual. Another challenge Krista has faced is dealing with end-of-life care. It is never easy to see patients and their families go through such a difficult time, but she knows it is an essential part of nursing care.

Despite the challenges, nursing has been one of the most fulfilling and rewarding career paths Krista says she has ever pursued. It has given her the opportunity to help people in their most vulnerable moments and make a positive impact on their lives. There is no greater feeling for Krista than seeing a patient recover from an illness or injury, and knowing that she played a role in their recovery.

Krista's journey into nursing has been a fulfilling one. She is openly grateful for every opportunity that has come her way. "Nursing has allowed me to grow both personally and professionally," she says. "It has taught me the importance of compassion, dedication, and hard work. I hope to continue making a positive impact on the lives of my patients for many years to come."





We stick together

To all the nurses of Glens Falls Hospital and Saratoga Hospital, we salute you.

As we celebrate Nurses Week, we honor the specialized skill and dedication that our nurses extend to our patients and the community each and every day. We salute them for their exemplary practice and commitment to providing world-class care to patients in need. Congratulations to all those nominated, as well as those chosen as 2023 recipients of the Nurses – The Heart of Healthcare recognition!

Albany Medical Center
Albany Medical College
Columbia Memorial Health
Glens Falls Hospital
Saratoga Hospital
Visiting Nurses

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I am privileged to witness the exceptional care that nurses provide to patients in the most challenging and critical times. Today and every day, we thank you for your contributions, your compassion, and your commitment to helping others. Thank you for all that you're giving in service to others in need.

Donna Kirker

Donna Kirker, MS, RN, NEA-BC
Vice President of Patient Services
and Chief Nursing Officer
Glens Falls Hospital

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These wonderful nurses represent the entire nursing team at Saratoga Hospital, a compassionate and dedicated group of professionals who care for our patients and their families every single day. Congratulations to all those who were nominated. It is a pleasure and a privilege to work alongside you.

Toni Bishop-McWain

Toni Bishop-McWain, RN, DNP, NEA-BC, CNRN, CCRN-K
Vice President of Patient Care Services and Chief Nursing Officer
Saratoga Hospital



ALBANY MED Health System
GLENS FALLS HOSPITAL



ALBANY MED Health System
SARATOGA HOSPITAL