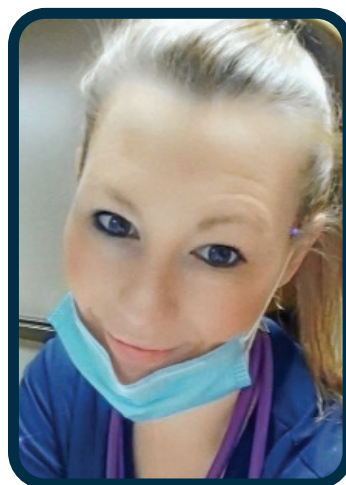
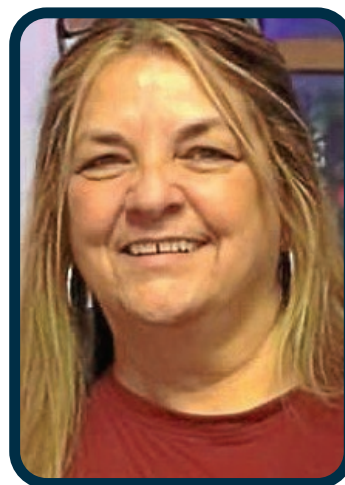
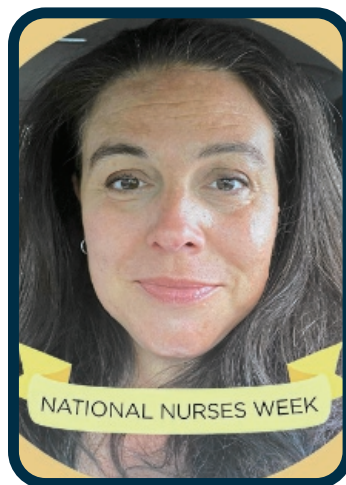
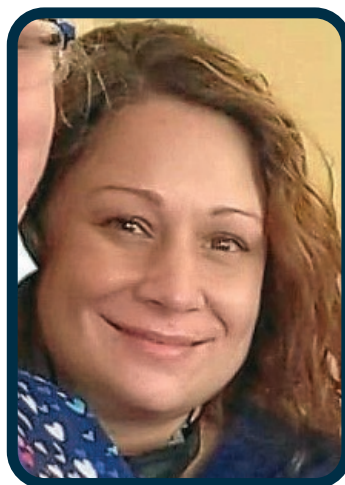
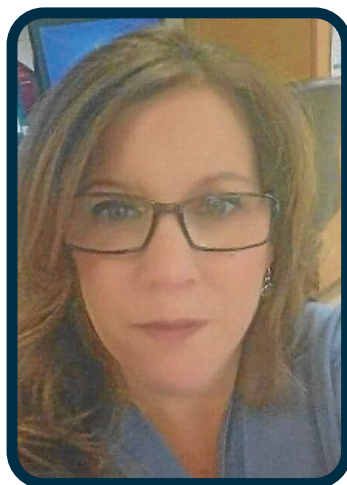
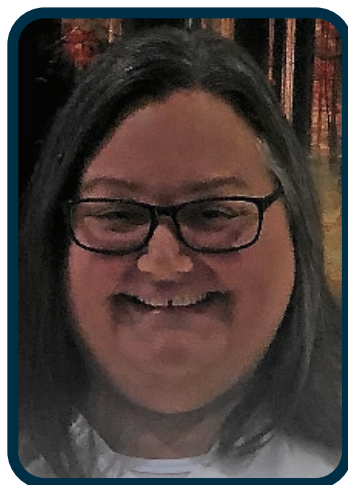




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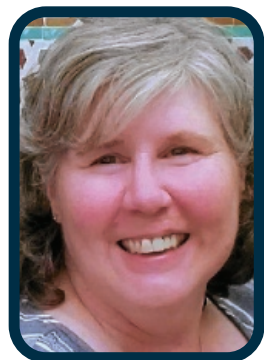
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 Glens Falls Hospital

 ALBANY MED Health System



CELEBRATING NATIONAL NURSES WEEK MAY 6-12, 2022

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

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 a student athlete at Castleton University (Carson). Julie resides in Greenwich with her husband (David) and their golden retriever (Sophie).



Maureen L. Poole, DNP, RN

Vice President of Nursing
Hudson Headwaters Health Network

Maureen L. Poole, RN, DNP is the Vice President of Nursing at Hudson Headwaters Health Network. She has a diverse clinical background spanning from critical care, care management, med-surg, and teaching to her current home in ambulatory care nursing. Maureen works closely with the multidisciplinary teams as the nursing expert for the organization. She is passionate about the patient's experience and focuses on developing policy, procedure and nursing clinical initiatives to support the mission and vision. She is a graduate of Russell Sage College with a B.S.

in Nursing and travelled as a RN to FL, AZ, and WA before returning to NYS. She achieved a Master's of Science in Nursing from Excelsior College and a Doctorate in Nursing Practice from Capella University. Maureen lives in Queensbury with her son, Durant (Glens Falls class of 2022) and her French Bulldog Peach.



NURSES: THE HEART OF HEALTH CARE

Superheroes indeed. Tirelessly dedicating their lives to helping others, nurses say, "it's just their job" — we know it's much more. Each day, thousands of nurses bring skill, attention, care and love to patients in our area. The dedication to their craft has never been more evident than during the last few years during a pandemic, and they deserve our thanks and recognition especially this week during National Nurses Week.

For the fourth consecutive year, The Post-Star is honoring that work with the Nurses: the heart of health care program. This program is a reader-submission campaign and section that is supported by presenting sponsor Glens Falls Hospital, title sponsors Hudson Headwaters Health Network, Saratoga Hospital, Parks Heritage Federal Credit Union, Bare Bones Furniture & Mattress, Vintage Village, supporting sponsors Glens Falls National Bank & Trust Company, SUNY Adirondack and food sponsor, Papa's Diner.

During this remarkable time, 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 300 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 4, 2022 at SUNY Adirondack in Queensbury.



Thank You...

For being our courageous
SUPER HEROES
on the front lines.

We Salute You!

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Thank You Nurses!

For the incredible work they do each and every day, and for their extraordinary dedication and sacrifice through the COVID-19 pandemic, we thank our community's nurses from the bottom of our hearts.



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TUITION HELP FOR NURSES

GREENSHOOT MEDIA

Nursing schools around the country are scrambling to bring new nurses into the workforce as the country faces a historic shortage of registered nurses.

Here's what it takes to become a nurse and some programs that could help you pay for school.

Nursing education

It takes between two and four years to finish a nursing degree, Nurse Journal says, and while an associate degree is the minimum requirement, many employers only hire those with at least a bachelor's degree. Registered nurses must also pass the NCLEX-RN exam and become licensed in their state. You may also want to become board certified, which may mean additional years of clinical experience.

Paying for nursing school

There are many programs to help those interested in becoming a registered nurse pay for their education. Johnson & Johnson provides a search tool to help you find scholarships and other financial assistance to help you pay for nursing school.

Pinched by the nursing shortage, health care employers



may also foot the bill for qualified candidates. Johns Hopkins University hospitals, for instance, offer an employee nursing grant that will pay \$10,000 for students who work

at one of their affiliate hospitals and are admitted to the MSN-HSM and MSN/MPH master's programs.

You may also qualify for federal aid, grants, work-study programs and other tuition reimbursement programs to help pay your way through school. Talk to your chosen program's financial aid advisors to learn more about the opportunities that may be open to you.

Loan forgiveness

If you took out loans to pay for nursing school already, there may also be loan forgiveness programs available to help you get out of debt. Nurses who work for a nonprofit or the government may qualify for Public Service Loan Forgiveness, a program through the federal government that forgives loans after so many eligible payments.

The Nurse Corps Loan Repayment Program will also pay up to 60% of your unpaid nursing student loans in return for two years of full-time employment. Nurses who work a third year may be able to get even more debt forgiven. Another program, the NHSC Loan Repayment Program, will forgive loans for nurses who work for two years in a health professional shortage area.

All of these programs have strict qualifications, however, so make sure you read the fine print before banking on any of them to take care of your tuition.

With May being National Nurses Month, we celebrate the remarkable spirit of our nurses at Saratoga Hospital. Stronger than ever while standing up to the extraordinary challenges of the past two years.

And they continue to do this as individuals, and as a team.

We're moved to recognize the resilience and compassion of every nurse across our region, bringing their whole-hearted commitment to the care of our patients and to each other.

With respect and appreciation,
The Board of Trustees and Leadership Team of Saratoga Hospital



SARATOGA HOSPITAL



ALBANY MED Health System



THERESA CANTZ

RN

Warren-Washington-Albany ARC

“I grew up in Long Island and moved to Whitehall, New York with my family when I was 18 years old. I was not sure what I wanted to do for work. I went to college and was referred to Warren Washington Albany ARC (WWAARC) by my cousin. I started working there as a Direct Support Professional per diem at the age of 19. I loved it.

I didn't finish college when I first enrolled at after high school. I got married and had kids. While working at the ARC as the Director of Training, I saw how developmental disabilities nurses were in very high demand. That's when I realized the time was right for me. I went back to school.

Now I'm the Director of Nursing at the WWAARC. We support people with intellectual and other developmental disabilities in both residential homes and day services.

It sounds cliché, but helping people is the best part about being a healthcare professional. Our team of nurses work so closely together to proactively look after the folks we support on our caseloads. We advocate across healthcare specialists for what is needed to promote the good health of our patients. In developmental disabilities

nursing, you have a unique ability to build relationships with your patients – an opportunity that you don't have in other clinical settings.

The pandemic has been a huge challenge, obviously. The mental health of the folks we support has been impacted tremendously.

Another challenge is how other health care professionals perceive the needs of the folks we support and the true social roles they maintain in our community. There is so much advocacy required in developmental disability nursing.

Working with such a great team of nurses gets me excited about my work. Getting to see the long-term impact of our efforts is very gratifying. Seeing the results of the relationships we build with our patients, their families and the direct support staff is as well.

I have two sons, ages 20 and 11 years old. My 20 year old son is in the SUNY Adirondack nursing program right now. His goal is to be a psychiatric nurse practitioner. This gets me excited about life outside of work. I'm a single mom and a nurse, so that limits my hobbies – but I do love yard work!”



STATS:

Current Employer is WWAARC, Director of Nursing.

Graduated in 2019 from SUNY Adirondack.

During our pinning ceremony she was awarded the Daisy Award for Nursing Students and the Riley Olson SUNY Adirondack Nursing Award.

SUNYACC.EDU



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TO OUR HEALTH CARE HEROES

GREAT FUTURES **START HERE**
EXPANDED HEALTH CARE OFFERINGS

“SUNY ADIRONDACK WAS THE BEST DECISION I MADE.”

Krystiana Norman, 2020 graduate, critical care nurse at St. Peter's Hospital

SUNYADIRONDACK
A State University of New York Community College

QUEENSBURY | SARATOGA | ONLINE



CONGRATULATIONS
Theresa Cantz

Director of Nursing

For being selected as one of the top ten nurses in our community! Theresa is a valued member of the WWAARC family with years of dedication to the people we support, and WWAARC's mission and vision! We are so pleased Theresa has been recognized for the wonderful Nurse and person she is!



TIMES UNION
timesunion.com



DORIAN CUNNIFFE

RN

Hudson Headwaters Health Network & Glens Falls Hospital

“I cannot remember a time when I did not want to be a nurse. I have been a Registered Nurse since 1993. Right now, I work full time as a Registered Nurse Care Manager for Hudson Headwaters Health Network, in the Homeward Bound (Pathways) Program. This is a program for patients with chronic illnesses that make it difficult for them to leave their homes. The program focuses on providing in-home care to these patients. I also work per diem at Glens Falls Hospital, in Perioperative Services.

Being a health care professional is very rewarding. There is always someone you can help!

The most challenging part of being a health care professional would definitely be dealing with the lack of resources in this region available to our elderly population. The Homeward bound Program at Hudson Headwaters affords me the opportunity to help fill some of the void for the elderly and homebound of our area. During the pandemic, we were able to go out into the community

“I am so grateful and humbled to be honored as a healthcare professional.”

Dorian Cuniffe, RN

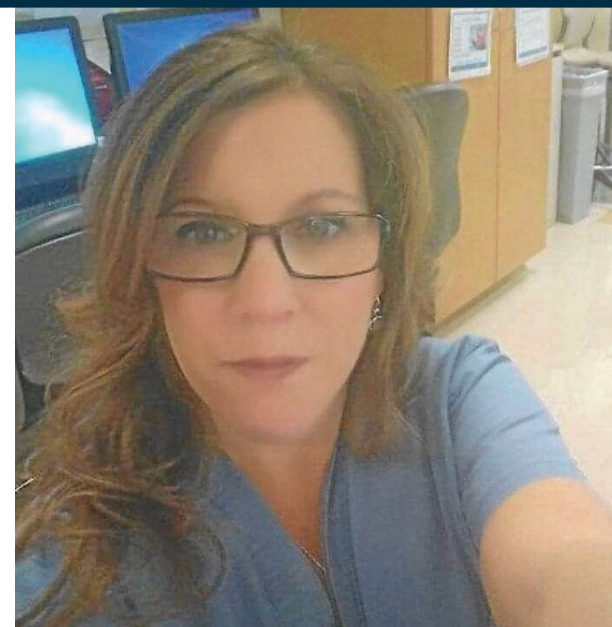
and vaccinate patients who would have otherwise had no means of getting the vaccine. This is just a small part of how we are able to support some of our most vulnerable.

Outside of work, my husband of 24 years and I are about to send our last child off to college. We will become empty nesters. There are lots of changes to come in my life, but I'm excited for the journey! I am the proud mother of 4 amazing children and 2 grandchildren.

When I am not working, I love to spend time gardening and cooking. Big family celebrations are my favorite.

I am so grateful and humbled to be honored as a health-care professional. I have worked with so many amazing nurses throughout my career who undoubtedly shaped me into the nurse I want to be today.”

Dorian's colleagues say the following about her: “Dorian makes a big impact on her patients every day, consistently going above and beyond for them. She is selfless, kind and truly the epitome of what it means to be a nurse.”



STATS:

Current Employer: Hudson Headwaters Health Network and Glens Falls Hospital.

Studied at St. Vincent's Hospital and Medical Center, New York, NY; and The College of Mount St. Vincent



**THANK YOU
TO THE NURSES
WHO SUPPORT
AND CARE
FOR OUR
COMMUNITY.**



We want you to know that our primary care is you.



CHRISTINE HEBERT

RN

Hudson Headwaters Health Network

“I was born and raised in Queensbury. I began working in the healthcare field at the age of 20 in the Glens Falls Hospital Pathology Lab. It was then and there that I realized my place was in healthcare. I had no idea at the time where in the healthcare field I would find my place, but knew when I started in the lab that I was at least headed in the right direction.

The more I learned in the laboratory, the more inspired I became to make a career for myself in healthcare, and the more my love for the clinical field blossomed. In the years that I was employed there, I gained a greater sense of our community and all the individual working parts that make up the larger machine that is our local healthcare system.

I have two kids and two crazy dogs. I'm quite the introvert, so much of my free time (what little there is) is spent at home, with family, at my son's baseball games, and when I can, to the Bronx to cheer on the Yankees. I enjoy reading and photography. The times I prize most are with my children.

Nursing runs in the family. My mother is an RN of 35 years. She was my primary inspiration when applying to nursing school. I grew up seeing her have such a positive influence on not only her patients, but the family members of the patients she cared for, and her coworkers as well. I also have a cousin in nursing, now a Nurse Practitioner, so there were very few family gatherings that did not include at least one nursing-

related conversation.

I am lucky to work with a very talented group of providers, nurses, and administrative staff to provide both preventative and diagnostic care to the patients in our community. I have been employed by Hudson Headwaters for over two years and can honestly say that it is one of the very best organizations I have had the opportunity to work for.

The best part of being a healthcare professional is knowing that I am able to have a positive influence on the lives of our patients, and can make a difference in the lives of many people every single day. Sometimes it's something as simple as providing a little reassurance that can change a patient or family member's perception of

a situation. It's an incredible reward to know that I've been able to provide that to someone and had a positive effect on their life in some way.

The most challenging part of working in healthcare is that the field is always changing and evolving. The Covid pandemic, for example, caused us to always be on our toes, as the guidance from federal, state, and local public health authorities is always being updated to reflect the most current evidence-based practice and research findings, sometimes changing on a daily or weekly basis.

My kids are my excitement outside of work. I love to watch my son's teams play (baseball and football), and we travel all over upstate NY to watch. My daughter



is a spitfire and is the most kind-hearted, caring and entertaining kid I've ever met. She is constantly making me laugh, and she and her brother are the source of an immense amount of joy in my life.”

STATS:

Currently employed as telephone triage nurse at West Mountain Family Health, a part of Hudson Headwaters Health Network.

Education: AAS Degree in Nursing at SUNY Adirondack

Nurses Change Lives

Thank you for your compassion and dedication to providing our patients with the highest quality care.



HHN.org



**HUDSON
HEADWATERS**
HEALTH NETWORK

SOLE MATES

4 shoe brands earning
5 stars from nurses

NANCY CLANTON
Atlanta Journal-Constitution

Nurse “uniforms” have changed dramatically over the decades — good riddance to white tights — and that includes the shoes.

Today’s nurse can express their individuality while protecting themselves from heel pain, plantar fasciitis and other ailments. Having so many choices, however, can make it difficult to pick a pair that keeps up with your pace while protecting your feet.

Each year, Nurse.org asks its online community of more than 133,000 members for shoe recommendations, then has actual health care providers wear and rate the more popular ones.

Four brands rated a five — the highest score — this year. Here’s what the testers had to say about them.



ASICS

Alice Benjamin, MSN, BSN, RN, is a critical care nurse and host of the Ask Nurse Alice podcast. She wore the Asics Novablast SPS for three shifts.

“I usually wear Nikes or some type of running shoe because they are comfy and don’t hurt when I am running all day,” said Benjamin, who usually works shifts of 12 or more hours.

Of the 10 categories in which the

shoes were rated — quality, cost, comfort, water resistant, nonslip, style/fashion, foot/ankle support, durability and ability to clean — Benjamin gave the Asics a 5 in eight of them.

For water resistance and foot/ankle support, she rated the shoes a 4.



AMAZON.COM
PRODUCT
PHOTOS

BALA

Benjamin also tested and rated BALA Twelves. This shoe is designed by nurses and is crafted around female foot morphology. The result is a perfectly fitting nurse shoe without compromises.

“I liked the snug fit and how comfortable they are. They are actually liquid-resistant,” said Benjamin, who gave the shoes a 5 in every category.



PHOTO COURTESY OF
BALA FOOTWEAR

BROOKS

Wali Khan, BSN, RN, is an ICU/ER nurse with 10 years of experience. He wore the Brooks Ghost 12 running shoes three times before rating them.

Although he usually wears Nike Free Runs, Khan said his feet “did not hurt after an intense movement. The fit of the shoe was true to size and did not require a ‘break-in’ period. I also ran several miles in the shoes to test comfort and durability and they proved to be great shoes.”

Khan rated the shoes a 5 for quality, comfort, foot/ankle support and durability. For cost (\$110), nonslip, style/fashion and ability to clean, he assigned them a 4. The other two categories were given an N/A.



NIKE

Atlanta’s Everett Moss II, BSN, RN, is a critical care/vascular access nurse with five years of experience. He wore the Nike Vapormax at work for a full shift.

Moss rated the Vapormax a 5 for quality, comfort and style/fashion, saying they are “very light and comfortable.” However, Moss also prefers “shoes that are more fluid-resistant,” and rated these only a 2 in that category.

You can check out the other seven shoes at Nurse.org.



HEIDI HALLIDAY

RN

Fort Hudson Health System

“I grew up in Hudson Falls. As an adult, I’ve made my home in Queensbury, where I live with my two daughters, Avary and Mya, my significant other Mike, his daughter Emma, and our dog Marley.

The first time I graduated college was with a generic Liberal Arts degree. I wasn’t sure what I wanted to do. My roommate at the time was interested in going to school to be a Physicians Assistant, and was gaining patient contact hours by volunteering with the EMS. I decided to tag along. I loved it.

I started EMT training, because certified, and took a job as an ER technician at Glens Falls Hospital. Shortly after, I applied to nursing school. Emergency Room nursing was my first passion. I was an adrenaline junkie.

My team at Fort Hudson Homecare is the most supportive management team and group of colleagues I’ve work with in my entire career. 10/10, would recommend!

I enjoy the versatility of my work. I worked with Glens Falls Hospital for 16 years before coming out into the community. Each specialty has served it’s purpose for a season in my life. I feel as though I’m a pretty well-rounded nurse. I enjoy the daily validation, and I find the environment intellectually and emotionally stimulating and fulfilling.

Work/life balance and overwhelming paperwork can be a challenge in the health-care field. Through the challenges, I’m very proud of my work. I think I’m pretty good at it. The people I’ve helped, the relationships I’ve formed – these have enriched my life beyond measure.

Outside of work, I’m excited about my kids. While having 2 teenaged girls in the house has its challenges, not gonna lie, I do love being their mom and all that comes with it. They are pretty cool humans. I’m a very proud momma here.

I’m mostly a homebody. I love our Adirondacks and what each season has to offer. I like to ski, camp, boating on Lake George is my happy place. I just need a boat. I love the performing arts, theater and live music. I like to read. Meeting friends or my sister for lunch or getting out for a date night is always a treat.

It’s true what they say: If you do a job you love, you’ll never work a day in your life. I have been a nurse for 21 yrs. ER, ICU, Med/Surg, IV Team, Oncology, Transition Care, Case Management, Discharge Planner, Home Infusion and currently Public Health. Some days I miss the adrenaline of acute care. But, just as in life, we have seasons in our careers. The relationships and bonds I’ve built with my patients and their families out in the community have been more fulfilling than I could ever have imagined. My work has allowed me the flexibility and autonomy to be the mother I wanted to be



for my girls. Being a nurse provides me with so much more than a paycheck. I’m blessed and grateful to receive affirmation and validation every single day. I am so humbled by this nomination. If you know a nurse whose made a difference in your life, take a minute and thank them. It’s appreciated.”

STATS:

Current employment: Registered Nurse Case Manager with Fort Hudson Homecare.

Graduated from SUNY Adk and Russell Sage College.



FORT HUDSON HEALTH SYSTEM
 extends special congratulations to two
 amazing team members:

HEIDI HALLIDAY and APRIL TOWERS
 for being selected as 2022 Nurse Honorees!
 Your dedication to your profession shines –
 and we are very proud of you!

Across all programs – Fort Hudson
 appreciates our **AMAZING NURSES** that make
 a difference every day! We salute you--



GREENSHOOT MEDIA

For nearly every indicator, the American Nursing Association says, America's nurses are less healthy than the average American.

They're more likely to be overweight, stressed out and tired. Workplace violence, injuries on the job and the 24/7 demands of the health care environment push many nurses to the breaking point.

The U.S. Bureau of Labor Statistics says that registered nurses have the fourth-highest rate of injuries and illnesses that result in days away from work when compared to all other occupations. Yes, even lumberjacks.

To improve the health of America's 4 million registered nurses, the ANA launched the Healthy Nurse, Healthy Nation movement five years ago. Its mission is to connect and engage nurses and orga-

nizations to help nurses get more exercise, rest, nutrition, a better quality of life and be more safe on the job. It's a free program, open to everyone in the industry. There are more than 230,000 participants and more than 580 partner organizations.

It was particularly vital during the COVID-19 pandemic, which tried nurses' health like never before.

"We encourage employers, professional associations and schools of nursing to share and amplify the vital HNHN resources that help nurses combat burn-out, manage stress and overcome trauma," ANA President Ernest J. Grant, RN, said.

FAAN, said. "Together, we can ensure our nursing workforce is at its peak health and wellness."

One of the things the program does is to match nurses with mental health resources, offering things like a free subscription to Headspace PLUS and other apps to improve the mental health and resilience of nurses across the country. It also organizes challenges for nurses to participate

in for healthy eating, exercise and more.

"Nurses' physical and mental well-being have never been more important — to the profession and to every one of us who counts on nurses for health care and leadership," said Kate Judge, executive director of the American Nurses Foundation.

Matthew S. Howard is a nurse who participates in the HNHN challenge. He said he walks the dog and connects with family and friends regularly, even virtually, to improve his well-being.

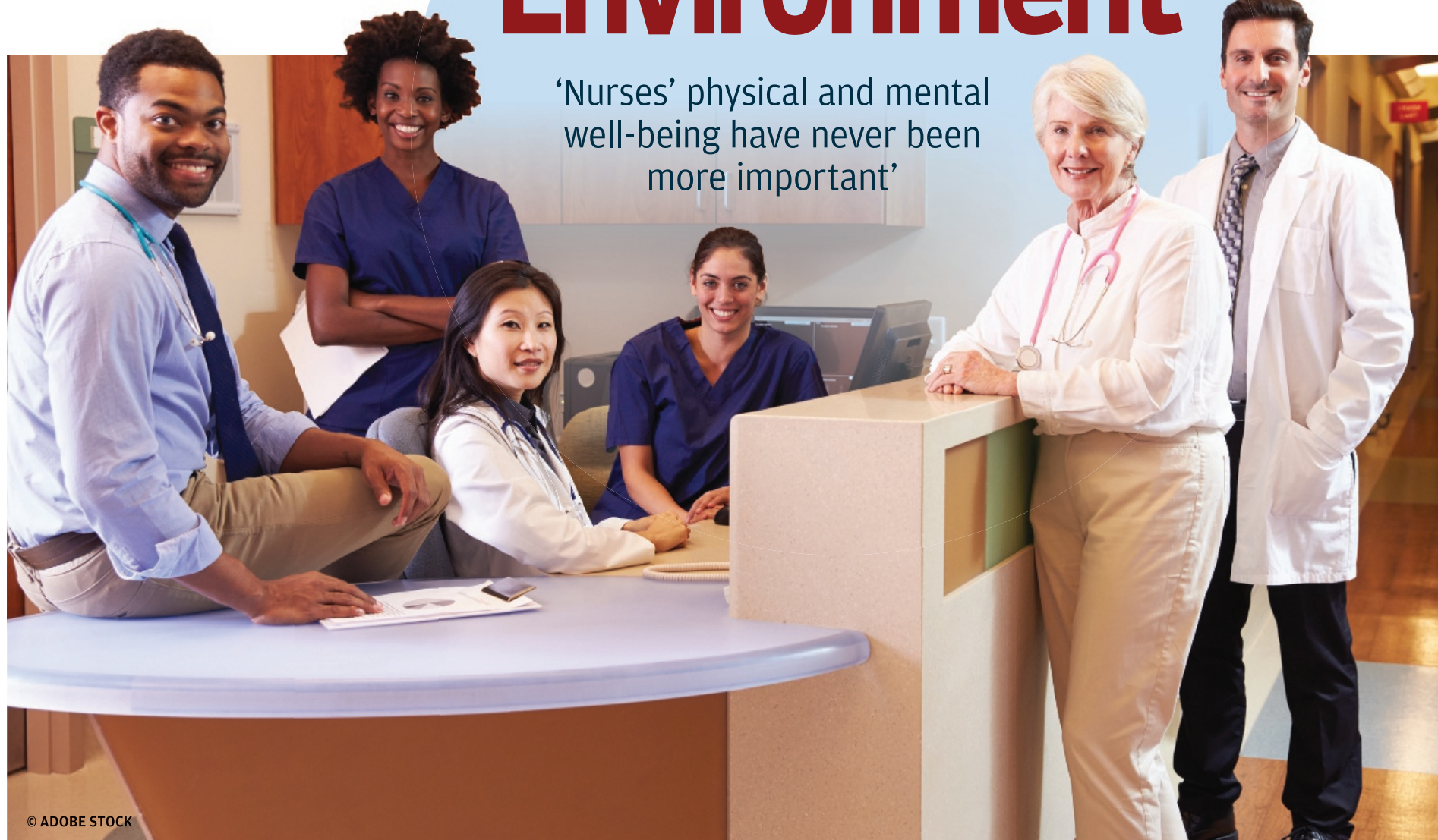
"A healthy mental lifestyle is so important to me right now," he said.

Sonya L. Clayton, another participant, said she carves out quiet time to help her mental health.

"At night, I try to have at least 30 minutes of quiet time reading or doing something calming," she said. "I also talk to my prayer partner every day, and that connection is so reassuring."

A Healthy Work Environment

'Nurses' physical and mental well-being have never been more important'



JUDY HENRY

RN
Glens Falls Hospital

“I live in the country on a small farm with my husband. We have multiple cows, a bossy cat, three children and one grandchild! My favorite place to be is with my family – whether we’re traveling, camping or just getting together.

I am pretty much always around nurses. My daughter, sister, niece, mother-in-law and my two sisters-in-law are all nurses. As for myself, I have been a nurse at Glens Falls Hospital for 20 years. I started out on 3 South, then moved over to 3WB. Both were medical floors. I worked and met some great friends, doctors and nurses throughout my 13 years on these floors.

After 13 years, I decided to join a new amazing family of nurses, doctors and techs in the emergency department. It was here in the ED that I realized how many deep emotions you can have and how quickly you have to change them from one room to the next. I also learned how passionate and dedicated my coworkers are to their profession!

The past few years through Covid has been a challenge physically and mentally. When helping very sick and scared patients and their families, it’s hard also trying to keep yourself, your coworkers and your own family and friends safe. It can be exhausting – but rewarding. I wouldn’t change a thing. I love my job. In healthcare, we get through one tragedy or triumph at a time, and then move on to the next. I’m looking forward to the challenges ahead with all the new doctors and nurses joining our team!”

Judy’s colleagues have said this about her: “Judy has been a wonderful nurse for 20 years, during the roughest and scariest times. In the darkness of Covid, she made each shift in the emergency care center enjoyable and optimistic. She pours everything she has into her work. She goes above and beyond for her patients, always giving those extras that most nurses forget. She has held hands, cried and laughed with her patients. We all love Judy and wish we had more of what she brings to work each day. We love calling her our work mother!”



STATS:

Graduate of SUNY Adirondack

Currently works at Glens Falls Hospital.

BROOKE HOVER

RN
Granville Central School District

“I was around 10 years old when I knew I wanted to go into the medical field. A friend of my younger brother fell and scraped up his knee at our house. My mom wasn’t home at the time, so it came down to me to help him. Of course, I reveled in the idea of being ‘in charge’. I was all too eager to get out the first aid kit. It was only a minor injury, and after applying a bandage and drying a few tears, he was on his way back to playing ‘army’ with my brother. I remember thinking how good it felt to help. I knew then that I wanted to do something to help people feel better when I grew up.

I grew up in Edinburg, NY on the Great Sacandaga Lake with my parents and two brothers. I graduated from Northville Central School in 2000 and still keep in touch with my high school friends as much as I can when life allows. I’ve been with my husband Ben for 22 years. We live in Granville and have three amazing daughters. When I’m not playing the role of ‘Mom Taxi’, I enjoy reading, watching medical dramas and true crime stories, and visiting with friends.

I started my career at Granville as the Jr./Sr. High School nurse in 2007. Once the pandemic hit, I was asked to shift gears and oversee all things Covid as they related to the students, faculty and staff. As the school’s Covid Liaison, it is my responsibility to know the latest mandates, protocols,

and procedures when it comes to managing the pandemic in a public school setting. I work closely with the Washington County Department of Health and Covid school specialist. It is my hope that I can return to my role as a building nurse in the fall. While I understand the importance of monitoring our Covid cases, I very much miss being able to work with students on an individual face-to-face basis.

I love knowing that I can help people. Whether offering guidance or attending to an illness or injury, my interactions will ultimately have a positive effect on the situation. Hearing the words ‘thank you’ or seeing the relief on the face of a student I have helped has affirmed my decision to go into healthcare on numerous occasions.

It’s a challenge as a healthcare professional to gain the trust of students. Their health and safety are in my hands. I can understand they may be scared when they don’t feel well or they are injured. It is my job to alleviate those fears and provide assurance that I am there to help them feel better – not just physically, but emotionally too.

The most exciting part of my job is creating positive relationships with students, parents and my peers. I love seeing former students in my community and hearing about where their life has taken them after graduation. I also really enjoy talking to students who are interested



in going into the healthcare field. Before the pandemic, I hosted nursing students from SUNY Adirondack as part of a clinical experience. It was great to be able to show them a day in the life of a school nurse and to hear that some of them went on to become school nurses themselves. To think that I may have helped guide someone else into becoming a school nurse is pretty exciting!”

STATS:

Received associates at SUNY Adirondack

Currently employed at Granville Central School as the Covid Liaison.

APRIL LOMENZO

BSN, RN
Glens Falls Hospital

“I grew up in North Granville, New York. After high school, I studied at Cedarville College. I graduated with my BSN in June of 1994. I started working at Glens Falls Hospital in August of 1994, after I spent the summer in Africa on a short term medical missions trip.

I have been married to my husband, Tony, for 27 years. We live in Stony Creek. We have 2 adult children Adam and Emma; a daughter-in-law, Sydney; a son-in-law, Matt; and a granddaughter, Macey.

I spend a lot of my time outside of work with my family. I am actively involved in my church. I enjoy being in the woods and on or in the water.

My desire to help people led me into healthcare. I really wanted to help people. I loved math and science. Nursing is more of a calling to me than it is a job. I would do it even if I didn't get a paycheck!

I am a staff (bedside) nurse in Intensive Care Unit at Glens Falls Hospital.

I really enjoy being part of a team that comes together to develop and carry out a plan to treat and support patients when they are at one of the most vulnerable times in their life.

I love being part of a profession that is constantly growing and developing new ways to help people. I like working at a community hospital that offers quality care for my family and friends. I find it very challenging to not be available to work when my unit is short staffed because of prior obligations.

My husband and I recently became 'empty nesters,' as well as grandparents. I'm excited for this new season in life.

April's colleagues say the following about her: "April has been a critical care nurse at Glens Falls Hospital for several years. She is one of the most amazing people I have ever met personally and professionally. Her kindness, compassion and dedication to nursing are all qualities that make her an excellent nurse and role model to others around her. Despite the difficulties Covid has added to our world, April remains a pleasure to work with. Her smile and gentle nature provide comfort to all around her. She is respected by her peers. She is appreciated by her patients because of the superb care she provides. I am reassured knowing there are nurses like April taking care of our community. She deserves to be recognized for her work."



STATS:

Currently employed at Glens Falls Hospital.

Graduated from Cedarville College with Bachelors of Science, Nursing (BSN).

MICHELLE MATTISON

RN
DCI Renal Center

“I'm a farmers wife first and foremost. My husband and I live in Fort Ann. We have two wonderful daughters, two grandsons and one granddaughter. I love spending my spare time with my grandkids. And I love gardening. I enjoy getting together for family dinners on Sundays, and pruning my flower gardens in the nice weather.

After raising my two daughters, I decided to start a career in the healthcare field. I have always been one that found joy in helping others. The healthcare field allowed me to do that. Currently, I am a renal dialysis charge nurse.

Caring for and educating my patients is my favorite part of being a nurse. It's gotta be the best part of my work day. I feel that the more education I give them, the more confident they are for a successful care plan.

The staffing crisis currently being experienced by the whole healthcare field definitely makes our job a bit harder. Before this crisis, I would have to say gaining the trust from the patient and their loved ones was a challenge! It continues to be. I believe gaining someone's trust

“Caring for and educating my patients is my favorite part of being a nurse. It's gotta be the best part of my work day. I feel that the more education I give them, the more confident they are for a successful care plan.”

Michelle Mattison, RN

takes time. Within this specialty of renal care nursing, sometimes medical care has to come first. Then we are left with little time to build that trust that is so important. It's a challenge.

Knowing that myself and my team are making a difference every single day in our patients' lives... that is very rewarding.”



STATS:

RN degree from SUNY Adirondack

Current employer: Dialysis Clinic, Inc. in Glens Falls

BARBARA WHITEHEAD

BSN, RN, CRNI
Glens Falls Hospital

“I just retired in March after 25 years at Glens Falls Hospital and 40 years in nursing altogether. My husband and I ended up settling in this area through my husband’s 20 year military career and being stationed here 3 times. Our sons and our grandchildren are also in the area.

I pursued nursing as an education and a career based on the results and recommendations of a high school aptitude test and a guidance counselor.

I spent my years at Glens Falls Hospital working on the IV team, and later working in hemodialysis. Down the road, I ended my career in the Infusion Center. In the Infusion Center, I worked with a wide range of patients, including those with implanted intrathecal medication pumps.

My peers stand out as the highlight of my career in nursing. That feeling we had,

as if we could face anything new and/or challenging, as long as we did it together. The patients we provided care for were also a highlight of my career. I really liked getting to know patients and their family members over the years. I loved knowing that I was able to help them in some way.

These days I’m newly retired. I’m excited to see some of the students coming through as observers or as Patient Care Assistants (PCAs). I’m excited about their eagerness to complete their education and get out there working. Right now, the biggest challenge healthcare professionals face is the national shortage of qualified and engaged people.

My husband and I like to travel. We are looking forward to seeing places like Australia, Great Britain, and parts of the United States that we haven’t made it to yet.

Please thank a nurse. There are so many good people out there in healthcare who never get credit for all the work they do.”

Barbara’s colleagues say the following about her: “Barb is a true example of nursing excellence. She has committed her entire career to nursing. Her clinical expertise in dialysis, infusion and vascular access is invaluable. She is certified in Infusion Nursing. She is continually learning and sharing her knowledge with colleagues and patients. She manages the intrathecal pump program and is a resource for other nurses. Barb is a great leader, always ready to assist in any way she can. When Glens Falls Hospital was looking for people to administer the COVID-19 vaccine, Barb was eager to offer her assistance. She stays late to accommodate patients and works extra shifts to help her co-workers. Barb has received several positive patient com-



ments, including a Kindness Recognition from a patient. Barb is such a caring, attentive, dedicated nurse and is so deserving of this recognition.”

STATS:

Graduate of Old Dominion University in Norfolk, VA.

Bachelors of Science, Nursing (BSN). Registered Nurse (RN). Certified RN Infusion Therapy (CRNI).

Recently retired from Glens Falls Hospital.

To Our Nurses....

Thank you for working tirelessly day and night to save lives, provide comfort and teach us how to care for ourselves and the ones we love.



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NURSING SHORTAGE OUTLOOK

GREENSHOOT MEDIA

The American Nursing Association projects that the U.S. will need 1.1 million new registered nurses this year alone.

Over the past 10 years, the average age of employed RNs has crept up, meaning that the nursing workforce will soon face a wave of retirements coupled with the health care needs of an aging population.

This is on top of stresses from the COVID-19 pandemic that have many nurses considering packing up their stethoscopes for good.

"We have been calling for help for years, and now, we're experiencing a full-blown crisis. We are in a crisis so dire that even the National Guard has had to step in to help care for residents in certain states," Mark Parkinson, president and CEO of the American Health Care Association/National Center for Assisted Living told Skilled Nursing News. "The COVID-19 pandemic has exposed and exacerbated long-standing challenges."

Some health care facilities are battling the shortage by making working conditions better for their nurses, and not just by increasing pay. Improving workplace culture and offering benefits nurses want are on the table, as are creative ways of thinking about work.

"Employers must respond to nurse burnout and retention challenges because they have a duty of care for their workforce, and because it is in their own interests," the International Centre on Nurse Migration said in a new study on nurse retention. "Employers and organizations must take responsibility and provide supportive conditions, and policy interventions should be focused on improved work environments; ensuring adequate staffing levels; and providing attractive working conditions, pay and career opportunities."

Communication between the nursing workforce and employers is key to fixing the problem, Becky Hultberg, president and CEO of the Oregon Association of Hospital and Health Systems, told KGW8.

"We have asked so much of our health care workers as a society over the last two years and some people have simply said, 'it's enough.' I think it's going to require efforts by hospitals, by state partners, by federal partners and by the community to fix the current staffing shortage."

In Hultberg's state, universities are ramping up nursing school admissions and, while they have students there, are teaching them to advocate for their own well-being.



**HELP
WANTED**



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 April Towers.

KRISTEN L. STEVENSON READERS' CHOICE AWARD

APRIL TOWERS

LPN

Fort Hudson Health System

"I remember career day in fourth grade. That's when I knew I wanted to become a nurse. I started following that dream with my first job, passing ice water and making beds at a nursing home. I continued my education and went on for my C.N.A. I followed this with my L.P.N. license, graduating from BOCES in 2020.

I live by this motto: Work hard, play harder. Living by this, I am able to continue to plan vacations and make memories for my kids. I am the mother of four children. They range in age from 3 to 15 years old. I always put family first.

I enjoy going on four-wheeler rides with my boyfriend Jeremy. And I love relaxing by a nice fire. Spending time with my children outdoors is something I look forward to every single day. When I'm not enjoying those things, you will catch me in the stands being the number one fan to my cheerleader, basketball, football, soccer and track stars.

"As a healthcare provider I find it challenging to balance work life and home life. I'm still trying to figure that out, but I would say I'm doing pretty good. I look forward to the days I get to see patients go back home."

April Towers, LPN

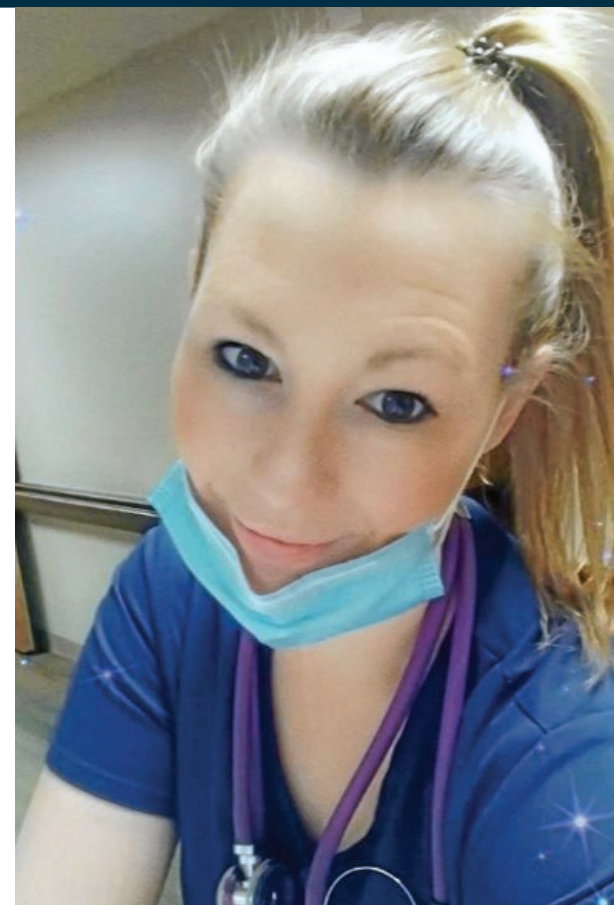
I currently work per diem at Fort Hudson and as well as Full Unit Manager of the Rehab Unit at Glens Falls Center. As a healthcare provider I find it challenging to balance work life and home life. I'm still trying to figure that out, but I would say I'm doing pretty good. I look forward to the days I get to see patients go back home. I know I've done my part in helping them gain the strength and ability to do so."

"I live by this motto: Work hard, play harder. Living by this, I am able to continue to plan vacations and make memories for my kids. I am the mother of four children. They range in age from 3 to 15 years old. I always put family first."

STATS:

Graduated with LPN license from BOCES.

Currently works as an LPN at Fort Hudson, and as a Full Unit Manager at the Rehab Unit of the Glens Falls Center.





Nurses

THE HEART OF HEALTH CARE

We salute our nurses for their exemplary practice and commitment to providing world-class care in every encounter and every setting.

As we celebrate Nurses Week, we want to thank all of our nurses for their dedication to our patients and our community!



Glens Falls Hospital



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