

How one local nurse dealt with life's obstacles while pursuing her dream

Licensed practical nurse Trista Welsh from Gansevoort, New York, has been helping residents at both Granville Center on Madison Street and Slate Valley Center on State Route 40 for nine years.

Welsh is well-loved and admired by nurses who are just beginning their nursing careers in post-acute care where she teaches them the lay of the land and how to handle tough tasks and challenging situations.

What Welsh has come from deep inside, cannot be taught and it's who she is: someone who always wanted to help people. What also makes Welsh special is that she comes from an agency called the Nurse Network and although not a full-time facility employee, Welsh can work full-time.

Welsh had a challenging time as a teen. Originally from Glens Falls, by the time she graduated from Queensbury High School in 1990 she was already a mother of two, having her first child at age 16 and her second at 17. This was the same year that Welsh married her children's father. Welsh went on to have two more children and was a mother of four by the time she was 19. She was a stay-at-

home mom for a few years, and by the time her oldest was in kindergarten she and her husband broke up and then worked at a number of jobs to try to make ends meet. During these hard times, Welsh knew that she needed to further her education so that she could have a career that would support her four children.

"From the bottom of my heart and during these stressful times, I knew that I loved helping people," said Welsh. "That's been always my calling."

Later she was hired as a front-end manager at the then-new Walmart in Queensbury, a job in which she could help people, but Welsh knew she wanted something more in terms of caring for people.

In July 1999, Welsh's father was diagnosed with an inoperable brain tumor. He lived only six more months and passed on Dec. 28. As her father's only child, Welsh and her grandmother became his caregivers. It was during



Trista Welsh is now pursuing her RN degree.

that time she discovered what her calling was. Welsh immediately applied to the nursing program at Washington-Saratoga-Warren-Hamilton-Essex BOCES and was accepted to start that September.

"My experience as a caregiver, along with my managerial experience, helped me lead my clinical groups, and I graduated high honors in the one-year program in 2000," said Welsh. "Maybe my father's deep wish for me was to have this career. Somehow it all makes

sense after he got sick."

After graduation, Welsh worked as a graduate practical nurse for two years at The Avenue Nursing and Rehabilitation Centre, which is now Schenectady Center on Altamont Avenue in Schenectady. Then she went to Pathways Nursing and Rehabilitation Center in Niskayuna, New York. Welsh attributes much of her clinical experience to her job at

Pathways, which has a traumatic brain injury unit, pediatric unit and a ventilator unit.

In 2014, Welsh started working at the Centers Health Care facilities in Granville as a medical nurse and then later as a unit manager.

Welsh's daughter Ryleigh has become a certified nursing aide, and a year later her other daughter Haili followed, becoming at CAN, then an LPN and is now a direct-care resource nurse.

"I feel that some of the challenges of being a unit manager is being the go-to person for everything, everything you need to deal with, from your staff working under you to handling family members' complaints and concerns," said Welsh. "Ultimately, everything is on you. But it still goes back to having a career of caring for those who cannot care for themselves, which is so rewarding."

Welsh is no longer a unit manager as she is currently in school pursuing her RN degree. While in school, Welsh is a nurse for Centers Health Care at both Granville Center and Slate Valley Center, and she is excited to see what the future has to offer as she goes further into her nursing career.



98-year-old Art Norton from Ballston Spa enjoyed the pigs' visit.



From Clifton Park, resident Michael Bruckner has a great time with Albert and Tamme.



Resident Joan Hall from Ticonderoga, New York, loves these pigs.

Therapy pigs return to Slate Valley Center

On Saturday, April 8, pigs Albert EinSwine and Tamme Swine-ette returned to visit the residents at Slate Valley Center in Granville for the first time since before the pandemic, and what a beautiful sight it was.

From the great folks at Traveling Therapy Pigs, director Terry Hutchinson brought her two famous pigs, Albert and Tamme, to the 88-bed nursing facility on State Route 40, and the residents were full of laughs and love for these smart and stinkless farm

friends.

"They say that pigs are in the top five of the smartest animals on earth, and seeing Albert and Tamme again, that all makes sense," said Slate Valley Center's recreation director Andrea Kelley. "They are also so lovable and social like they totally want to fit in here with everybody. I cannot wait for them to come back. Terry has done such a wonderful job."

Traveling Therapy Pigs will visit on a monthly basis.

HUDSON RIVER MUSIC HALL

STRAND THEATRE

••UPCOMING EVENTS••

<p>FRIDAY: APRIL 21, 8 PM</p> <p>ULTIMATE JOURNEY EXPERIENCE BY LEGEND</p> <p>•20-30</p>	<p>SATURDAY: APRIL 22, 8 PM</p> <p>THE WAILERS</p> <p>REGGAE PIONEERS</p> <p>SOLD OUT</p>
<p>SUNDAY: APRIL 23, 3 PM</p> <p>THE OLDIES SHOW</p> <p>HITS OF THE 50'S, 60'S, AND 70'S</p> <p>•20</p>	<p>MONDAY: APRIL 24, 7 PM</p> <p>LOBBY CONCERT:</p> <p>ERIN POWERS</p> <p>FREE</p>

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