

A hero is an everyday person that can change the world. It is a person who must have the heart and determination to help others no matter what might arise. Others would regard someone who made a profound impact in their lives as heroic. In other words a hero cannot attempt or pretend to be someone they are not.

The above phrases could have been written about our Wellness Director, Valerie White. I have worked with Valerie for 7 years and in that time I have seen someone who can change the world one person at a time.

Valerie has the patience to listen to a resident repeat the same story several times a day and she listens patiently as if it's the first time she has heard it. Valerie always puts the needs of the resident first whether its explaining Dr. orders, illnesses, medications or diets. She is never in to much of a hurry to be there for our residents and their families. Her job is not always easy, it is never easy to explain to a family that, "It might be time we looked at Hospice" or "end of life is near and its time to call the other family members in". Valerie accomplishes these tasks with a sense of dignity for the resident, compassion for the families, and unlimited knowledge for the care partners who work with her.

Valerie, is not only a mentor to the people who she works with, she is also an intrical part of our management team. Valerie has one of the most difficult jobs in our community but she does it with grace and dignity and enough faith in herself, that the residents, families, and others in the medical profession that she interacts with daily feel that their loved ones or patients could not be in better hands.

A hero in our community is an everyday person who can change the world one resident at a time. Valerie White, RN, Wellness Director at Santa Fe Trials Assisted Living & Memory Care is our hero and that is why I am nominating her for the ALFA Hero Award, 2009

Kathy Stanley  
Executive Director  
Santa Fe Trials Assisted Living & Memory Care