

## An Outstanding Nurse

What makes a good – nay, an *outstanding* – nurse? Helen Matvichuk, director of nursing at Life Care Center of Aurora, Colorado, provides the example.



Compassion – a demonstrated, active concern for others – is a powerful reason Helen was chosen as the winner of the Mary Denton Award this year, the highest honor given by Life Care to a nurse. It was presented to her at the recent annual meeting of our company's directors of nursing.

Helen's servant leadership was demonstrated when one of her patients was discharged to home with hospice services. The husband was overwhelmed with the personal care his wife needed and the household responsibilities he had to shoulder.

Helen went for a visit, tended to the wife, and even washed the laundry, which meant the husband was able to hold his wife's hand a few more hours that day. Helen tucked in the wife that night, and she passed away the next day – peacefully, and with her grateful husband at her bedside.

In Helen's nomination for the award, Danielle Andrade, executive director, wrote: "It is moments like these that make a nurse. It is moments like these that are Helen each and every day. It's not the early mornings, late nights, dining-room duties, never passing a call light, or the way she meticulously rounds and critiques her soiled utility rooms that make Helen deserving of the Mary Denton Award, but it's the way she truly falls in love with every patient. Helen has dedicated her life to caring, touching, and enriching the lives of others, particularly those who are vulnerable or less able to help themselves."

Helen began her career with Life Care Centers of America in 2002 after working at St. Joseph Hospital in Toronto, Canada. She started as a case manager at Life Care Center of Westminster, Colorado, was promoted to director of nursing in 2007, and transferred to Life Care Center of Aurora as DON in 2012. Along the way, she established many career milestones, including being honored as the Division Director of Nursing of the Year in 2012.

(more)

National Nurses Week begins this Sunday, May 6, and ends on Saturday, May 12, Florence Nightingale's birthday. While the first National Nurses Week was celebrated in 1954 – the 100<sup>th</sup> anniversary of Nightingale's famous mission to the Crimea – it wasn't until President Ronald Reagan signed a proclamation in 1982 that May 6 would henceforth be National Nurses Day that the annual celebration of nurses' efforts would be nationally recognized.



The public has rated nursing as the most honest and ethical profession for the past 16 years.

The theme of the week is *Nurses: Inspire, Innovate, Influence*. That is an apt description of the nurses who enhance the reputation of Life Care and Century Park for their commitment and compassion.

Let's find meaningful ways to celebrate them and their work all during the year, but especially over the coming week.

Nurses set the standard that should be followed by all of us, as cited by Scripture: *Let each of you look not only to his own interests, but also to the interests of others* (Philippians 2:4 ESV).

– Beecher Hunter