

# Employee Highlights, Celebrating International Women's Day

At Forestview Retirement Residence, the heart of our community is the people who care for our residents each day. This **International Women's Day**, we are proud to celebrate one of our compassionate Registered Practical Nurses, **Nerisse**, whose journey into senior care began long before her career.

Growing up, Nerisse spent many of her formative years living with her **grandparents** while her mother worked overseas. Through everyday moments with them, she learned the value of patience, compassion, and the importance of making seniors feel truly cared for. Those experiences inspired her to pursue a career where she could give that same care and dignity back to others.

Now, after a year at Forestview, Nerisse continues to bring that inspiration into her work every day. Her role includes administering medications, supporting residents and team members, responding to call bells, and following up on concerns. Even during busy moments, she always finds small ways to **brighten someone's day** with a greeting, a compliment, or a warm smile.

For Nerisse, the most rewarding part of her work is simple, seeing **residents smile**.

One moment that has stayed with her was when a resident she had sent to the **hospital** returned safely to the residence. When his son approached her and said, "**Thank you for saving my dad's life**," it reminded her just how meaningful this work can be.

Her biggest inspiration is her mother. Watching her make the difficult decision to work overseas to support the family showed Nerisse just how strong, resilient, and hardworking women can be.

To Nerisse, International Women's Day is about celebrating the strength, resilience, and achievements of women everywhere. What keeps her motivated each day is the residents' big smiles and, occasionally, a **Voortman** no added sugar shortbread cookie.



*Nerisse*

Outside of work, residents might be surprised to learn that Nerisse once played the **clarinet** in her high school band. If she could describe her role in three words, they would be compassionate, fulfilling, and impactful.

Her advice for **young women** interested in healthcare is simple:

"**Stay kind**. Healthcare isn't always easy, but even the smallest acts of kindness help build trust and meaningful relationships."

Her message to women everywhere:

"You are **powerful**, capable, and **unstoppable**. And you deserve a little sweet treat for every achievement, big or small."

**Happy International Women's Day** from all of us at Forestview Retirement Residence