

# Share Why We Care

## Acadia Hospital: *Project Inspiration*

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I have been in the Human Resources field for about 30 years. It wasn't a career that I consciously set out to do and yet I know it is where I am meant to be. I have been at Acadia Hospital for 11 years, and I will let you in on a little secret. After the first couple of weeks I thought I had made a big mistake. Having an honest discussion with a very wise boss, I gave myself a chance to overcome the fear and anxiety that sometimes a new job brings. Coupled with a marriage breaking up and a new mortgage, I was standing on shaky ground. But like all the other times in my life when I didn't have the confidence to stand on my own, the arms of my faith held me long enough to overcome and bring balance to my life.

I would probably have to attribute my life's trials and tribulations as my greatest contribution. Wounds heal, lessons are learned, and grace makes me a more understanding and compassionate person. I learned to embrace the challenge of being a single teenage mother which paved the way for many challenges ahead, from being a main care giver to a parent with Parkinson's disease, to losing a sibling to breast cancer, seeing the people I care about most in the world suffer from alcoholism, drug abuse, and clinical depression. We all have crosses to bear, but many of us find meaning and purpose in life through them. I guess that is why I have found myself in the world outside of Acadia volunteering over the years. I have been a Big Sister in the Big Brother/Big Sister Program, Y-teen leader, a volunteer at First Steps Pregnancy Center, a volunteer at a senior citizens home, and most recently a Hospice volunteer.

When I come to work at Acadia Hospital I know I am walking into a place that offers hope to hurting people. I am not directly involved in that process, but I can still have an impact on those of you who are by assisting you in your daily work-related needs. I work with four other women – phenomenal women by the way. I know first hand their work ethic, their character, how they prioritize. I have learned from each of them. To Sally Baughman, Cathy Cookson, Darla Higgins, and Jo McLellan thank you. You have my utmost respect and a very special place in my heart.

The joys in my life are what give me balance. Number one, the relationship I have with my creator. It has been the most fascinating, awe inspiring, magical relationship. I have witnessed miracles, answers to prayer, given insights to love, life, beauty, and truth. I have experienced coincidences that go beyond explanation and because of these things and much more, I am not ashamed to be called a "Christian".

A year ago on Thanksgiving Day another joy came into my life. I was blessed with my grandson, Abram. Watching my son be a father to him is, well, I honestly can't find the words, but the feelings are the most beautiful I have ever felt.

A third joy is all that comes when I am able to "connect", whether it be a good conversation, helping someone in need, or just enjoying nature and all its glory.

A fourth joy is my family. I can still recall and be inspired by that which has touched me from times past. The smell of my mother's home cooked meals, the hug from my father, the first time I held my son, the laughs shared with my sisters and brothers, and precious family traditions we still honor today.

As an employee of Acadia you and I are part of a big family; there may be days when we don't feel so connected to our "family", but please remember you all have special, unique gifts to offer.....and we are blessed when we open the packages.

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