



# NEWS RELEASE

## FOR IMMEDIATE RELEASE

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## ADVANCING DREAMS THROUGH THE NURSING PROFESSION

Chicago, Ill. (April 8, 2010) – Fourteen years ago, Pam Wilson decided that in order to give her two-year-old twin girls everything she had as a child and more, she needed to change careers. The single mother decided to follow the advice of a family friend and entered nursing school. In 1996, Pam accepted her first nursing job – as a certified nursing assistant (CNA) at Alden Princeton



Rehabilitation and Health Care Center in Chicago She has been at Alden Princeton ever since.

“I loved being a CNA,” says Wilson. “I love working with people, taking care of them, giving advice and listening to the unbelievable life stories of the residents. I will always proudly list CNA on my resume. My days as a CNA opened my eyes to the medical profession and made me the caregiver and leader I am today.”

Wilson worked as a CNA for one year before a rehabilitation nurse at Alden Princeton saw her potential and encouraged her to continue to grow professionally by becoming an occupational therapy and physical therapy aide. With the support of her co-workers at Alden Princeton, Wilson went back to school to obtain her rehabilitation aide certification. Over the next

few years, Wilson worked as an occupational therapy and physical therapy aide at Alden Princeton while taking her nursing prerequisite courses at night.

As a single mother with her twin girls in elementary school, Wilson had to put her dreams of becoming a nurse on hold in order to “deal with life.” During her days as a rehabilitation aide at Alden Princeton, Wilson was able to successfully get her girls through elementary school and strengthen her skills in rehabilitative patient care.

“Being a rehabilitative aide was rewarding and certainly something I learned a lot from,” says Wilson. “However, as I looked toward the future and began thinking about my girls graduating and going on to high school and college, I knew I had to make my dreams of becoming a nurse come true so that I could give them the best future possible.”

Wilson went on to nursing school at Olive Harvey in Chicago to realize her dream of becoming a registered nurse. On December 27, 2005, Wilson officially became a registered nurse at Alden Princeton.

“My progression through the nursing profession was slow, tiring and emotionally draining, but the struggle was worth the effort,” added Wilson. “Without the encouragement and support of the nurses and executives at Alden Princeton, I wouldn’t have been able to follow my dreams and give my daughters all that they deserve.”

Five years later, on March 15 2010, Wilson was appointed the assistant director of nursing (ADON) at Alden Princeton. Although she is now in a management nursing role, Wilson continues to mentor CNAs and encourages them to pursue a degree in nursing. In her role as ADON, Wilson is in charge of day-to-day operational issues such as staffing as well as ensuring doctors and point-of-service orders are completed. She knows every employee and resident by name, and they all know her.

“Pam Wilson is responsive, responsible, compassionate and caring,” says Trina Rehder, administrator, Alden Princeton. “She has endearing personality that isn’t taught in nursing school. Our residents know that Pam truly cares about them. The most reserved, private and quite

residents turn to Pam to hold their hand, listen to their stories and care for them. She is an avid learner, who never shies away from a new challenge. Pam Wilson is everything a great nurse should be. We are lucky to have her at Alden Princeton.”

While Wilson considers Alden Princeton and the staff to be part of her family, her twin girls continue to be her motivating force in life. Spending many days waiting for their mother in the lobby of the rehabilitation center, Daphanie and Deidra decided a career in medicine would suit them well too. At the age of 15, the girls are honor roll students with dreams of becoming doctors.

Alden Princeton Rehabilitation and Health Care Center is located at 255 W. 69<sup>th</sup> St. in Chicago. To learn more about Alden Princeton Rehabilitation and Health Care Center, call 773-224-5900 or visit [www.aldenprinceton.com](http://www.aldenprinceton.com).

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