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### My Most Memorable Client

My most memorable client was an elderly female resident at the Monroe Lutheran Home whom I cared for during my rotation there. She was diagnosed with osteoarthritis that had been progressing. Mostly, she used her mobilized wheel chair to get around because of her weakness and unsteadiness. Even with her limitations, she was full of energy, as sharp as a pin, and embraced a positive attitude. She welcomed me with a smile and a piece of chocolate from her candy jar. She had a 1,000 piece jigsaw puzzle that she had been working on and was starting to get to the very end. As she was putting the pieces into their spots, I noticed how hard it was for her to place them correctly. She had contractures in both hands. I was amazed with her determination and perseverance to continue on with this time consuming puzzle even with the limitations of her hands. We finished that puzzle together and celebrated with another piece of chocolate!

Earlier that day, our clinical instructor encouraged us to ask our residents if they would like to go outside for a walk. It would probably be one of the last nice days before winter weather approached. After breakfast, I asked my resident if she would like to go outside. She looked at me as if I had told her she won a million dollars. Her eyes lit up and a big smile came upon her face. She told me that she rarely has the opportunity to go outside because the nurses are usually too busy. I told her that I was more than happy to take her outside. She was so excited to get her coat on and sunglasses on. We walked on the sidewalk that encircled the entire building. We stopped to look at flowers, a tomato plant that had been growing, and a new pavilion that was being built. She kept mentioning how good it was to feel the sun on her skin again. After our

walk, I was truly humbled to have been able to provide such excitement to her day by simply taking the time to go for a walk outside. I offered to take her outside again that day, and she gladly accepted.

This experience made me realize some of the small things that I take for granted every day of my life. I am able to use my hands to their fullest capabilities and to go outside whenever I please. I am very thankful to have met this resident and to have been able to care for her during my rotation there. I will never forget her.