

## Internship spotlights from Summer 2023:



### **Isabella Kreske at Springs Living**

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Public Health: Management & Policy student Isabella Kreske interned at Springs Living in Lake Oswego over Summer Term 2023. Highlights of her experience are below.

### **How would you describe your internship experience?**

*"I would describe my internship experience as positive, and in a way, life changing. It was positive because I gained experience in health administration activities, as well as relationship building and professional skills. Life changing, because I went into this experience unsure of what my future career path would be. I knew a general idea, but couldn't picture myself there. After having the opportunity to see what I am capable of, and see where those I shadowed followed their paths, I can see options that are available to me. I have the experience and the belief in myself, to be able to see that my goal of healthcare administration is possible."*

### **What was a typical day at your internship like?**

*"Typically, I spent a lot of my time working on audits for the community. We would start every day with a meeting, where we would go over all important alerts from the community, and discuss anything that would be important to know throughout our day. Then, I would get to work on different audits, depending on the day of the week. I worked on audits of the medication administration process, the care tasks conducted by the caregivers, the alert charting for residents who needed to be monitored for changes in condition, as well as audits of communications with the residents' primary care physicians. If there was a fall in the*

community, I would help with incident reports, but no one day looks the same in senior living, but that's what made the experience great."

**What were the highlights of your internship? What did you enjoy the most? What was most challenging about the internship experience?**

"I enjoyed the relationships I made the most, whether that was with the staff on the Health Services team, the dining staff, the maintenance staff, or the residents. I got the opportunity to learn from all of these people, who all had different backgrounds and experiences that led us to the same place.. The challenges were also surrounding relationships. It is hard to develop connections with the residents, only to lose them, whether it is unexpected or not. My other biggest challenge was learning how to push myself beyond the feelings of not being qualified, or ready for the position. It's one thing to sit in class, and take notes and be able to say you understand the concepts, but getting into my site, and being given responsibilities that were important to a person's health and wellbeing were scary. However, I know that the University prepares us students well, and we are all capable of success in the paths we desire."

**What advice do you have for other students who are getting ready to do an internship?**

"Go after what you want. I was so scared of being rejected, of not being accepted to the site I had my hopes on, that I almost didn't apply. I had a rocky start to my college experience, and thought that would hold me back. However, the thing I was most surprised by was how excited the site was for me to learn from them. The Springs Living has values they love to share, and having the opportunity to not only share them, but teach others to value these things as well, is a huge part of why so many employees love the communities they work at. I can't say for certain, but I believe that each and every potential site wants to have the opportunity to teach us, and is just as excited as we are to provide that experience."