

One of the most pressing challenges facing our world today is access to compassionate, high-quality health care, particularly for individuals living with neurodegenerative diseases such as Alzheimer's. I chose this challenge because it is not an abstract issue to me; it is deeply personal. In January of 2024, my dad was diagnosed with Alzheimer's disease, and since then my family has experienced firsthand how profoundly this illness affects not only the patient, but also caregivers, loved ones, and entire communities.

Alzheimer's has reshaped our daily lives and forced us to adapt to a new reality filled with uncertainty, grief, and resilience. Through this experience, I have gained a deeper understanding of the gaps that exist in health care, especially in memory care, long-term support, and caregiver resources. Witnessing these challenges has strengthened my passion for health care and solidified my desire to be part of the solution.

Throughout my life, I plan to address this challenge in my own corner of the world by dedicating my career to patient-centered care. I intend to earn a bachelor's degree in exercise science, pursue nursing school, and ultimately become a nurse practitioner. In this role, I hope to work closely with individuals affected by cognitive decline, particularly those in memory care settings. By providing compassionate, empathetic care, I aim to preserve dignity, comfort, and quality of life for patients who often feel misunderstood or overlooked.

Beyond clinical care, I plan to support families and caregivers by offering education, emotional support, and advocacy. Having walked alongside a loved one with Alzheimer's, I understand how isolating and overwhelming the journey can be. Even small acts; listening, educating, and treating patients and families with patience and respect, can make a meaningful difference.

While I may not be able to cure Alzheimer's on my own, I believe change happens through individuals committed to serving others where they are. By choosing a career in health care and leading with empathy, I hope to contribute to a more compassionate and responsive system: one patient, one family, and one moment at a time.