

A family legacy continues at Sunrise Heights of Wauneta

Written by Wauneta Breeze

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Secily Troutman, center, recently received her Certified Nurses Assistant certification, making the fifth generation of women in her family to work in the nursing department at the Wauneta nursing home. She is pictured here with her mother, Stacy Troutman, left, and grandmother, Deb Andrew, right, who both work as nurses at Sunrise Heights of Wauneta. (Christi Christner | The Wauneta Breeze)

By Christi Christner

The Wauneta Breeze

The nursing home in Wauneta has seen a lot of changes within the last year.

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In addition to the change of name and ownership there has also been some new faces in the work force.

However, there is one face that remains familiar, Secily Troutman.

Troutman has been working at the nursing home since she was 16. She has worked with laundry and housekeeping and in the kitchen.

Recently though, Troutman has received her Certified Nurses Assistant license. This will allow her to work more closely with the residents at Sunrise Heights. For instance, Troutman will be able to assist them if they need help eating, bathing or dressing.

With Troutman obtaining her CNA, she has become the fifth generation of her family to work in the nursing department at the Wauneta nursing home.

The legacy started with Troutman's Great-Great-Grandma Mable Stephenson.

Stephenson started her career by helping some elderly people out in their homes. She was later asked to start working at the Barnes nursing home.

Daughter Lorean Anderson was asked to come help a couple weeks after her mother started working at the Barnes nursing home.

Anderson worked at the nursing home in Wauneta for 18 years before back problems forced her to retire.

Anderson's daughter, Deb Andrew, and granddaughter, Stacy Troutman, currently work at Sunrise Heights of Wauneta.

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In October, Deb Andrew will celebrate her 40-year anniversary working at the nursing home.

Andrew started a week after she was 16 and is now the Director of Nurses.

Through the years she has done pretty much every job there is to do in a nursing home.

Stacy Troutman also started at the age of 16 in 1991. She grew up around the nursing home and came to enjoy and love the residents there.

The thing she enjoys the most about her job is seeing the residents and taking care of them.

“They are like my family,” Troutman said.

“I did not see it coming,” admits Andrew when asked how she felt about both her daughter and granddaughter following in the family footsteps. “My mom and grandma both inspired me to become a nurse. I am proud and excited for Stacy and Secily.”

Stacy is also a proud momma, “I am very proud of Secily. She could do a lot of things with her life and she chose nursing,” Stacy said.

For Secily, she started her nursing journey at that magic age of 16. “The residents made me want to start working at the nursing home.” Secily said. “You just feel like you are at home.”

Secily said her mom has been her inspiration through the long process of receiving her CNA license.

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“The classes were hard, but in the end it was all worth it. I get to care for the residents and they always have a way to make my day.”

Secily plans on staying at the nursing home even after graduating from Dundy County Schools this year.