Five questions for Cathy Lavelle

 Cathy Lavelle, RNC

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In honor of National Nurses Week, The Saratogian will focus its Five Questions feature on a local nurse each day this week.

Cathy Lavelle: This registered nurse, certified, works in obstetrics and teaches a neonatal resuscitation program with a state-of-the-art baby mannikin at Saratoga Hospital.

1 What did you want to be when you grew up?

I wanted to be a traveler.

2 How did you get into nursing?

My aunt encouraged me, but I also had some guy friends who wanted me to go into the armed forces with them. My high school counselor talked me out of that. So I took two years of liberal arts at college in Port Heron, Michigan, then I moved to Florida and got married. You've got to let your wings fly. I worked as a waitress and a bartender. I had two kids, and during one of my deliveries, the nurse was like a drill sergeant. I wanted more compassion, and that prompted me to go to nursing school in Michigan.

3 How has your nursing career evolved?

I've worked in obstetrics for 21 years now. I love it. Patients having babies are healthy, for the most part. Ninety-nine percent of the time, outcomes are good. The challenge is that births aren't usually planned events, so it's always different. Currently, I'm teaching a neonatal resuscitation program held at Saratoga Hospital's simulation laboratory in the new education building. There, delivery nurses practice on state-of-the-art adult and baby mannikins.

4 What do you and your family do for fun?

I have a son and a daughter. I still love to travel. I visit my son, a Marine who has guarded embassies worldwide. Also, I'm an outdoor person: I hike, bike, snowshoe and garden.

5 Which three adjectives best describe you?

I'm energetic, humble and grateful to do what I'm doing.

— Jennie Grey

If you know an interesting person for the Five Questions feature, email news@saratogian.com or call 583-8729, ext. 217. Past profiles can be viewed at saratogian.com by searching for "5Q."