

Five questions for Martha Millington



Martha Millington, RNC

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Martha Millington, RNC, honoring National Nurses Week: This registered nurse, certified, earned her degree alongside her nursing-candidate husband. Now she works in Saratoga Hospital's mental-health inpatient ward.

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

I wanted to be either a nurse or a teacher.

2 How did you get into nursing?

While running a home day care, I was taking classes for a teaching degree. Then my husband, Steve, wanted to go for nursing, so we both ended up taking the courses at Adirondack Community College. Afterward, I began working in medical-surgical at Saratoga Hospital. I didn't enjoy it — it was so task-oriented. I wanted to talk to people more.

3 What did you do next, then?

I worked at Four Winds Hospitals, then I began in the mental-health inpatient ward at Saratoga Hospital. In my own family, my schizophrenic aunt had to be involuntarily admitted many times. I watched my parents deal with that, so I have real empathy for my patients. Some of them are truly psychotic, and that can be challenging. It's frustrating to see them come back. It's rewarding, though, to talk them through the most difficult part of their lives and see them learn coping skills.

4 What do you and your family do for fun?

I'm married, and we have a son, a daughter and a 2-year-old granddaughter. I love spending time with my granddaughter. And I love thrift shops. I have way too many clothes.

5 What three adjectives best describe you?

I am compassionate, hard-working and innovative.

— Jennie Grey

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