



Happy Mother's Day

MOTHER'S DAY IS A SPECIAL OCCASION TO HONOUR THE INCREDIBLE WOMEN WHO HAVE MADE A PROFOUND IMPACT ON OUR LIVES.

This year, we wanted to shine a spotlight on a group of mothers who not only play a vital role in their children's lives but also in their workplace.

We spoke with three families who work alongside their loved ones at Goulburn Valley Health, asking them what it means to be a mother and a colleague at the same time.



Lyndal and Archer Ford

MUM'S THE WORD WHEN CONSIDERING HEALTH PATHWAYS

Archer Ford always knew he wanted to work in the medical field, but he wasn't quite sure which direction to take.

He decided to take a gap year and is currently enrolled in GV Health's Gap Year Allied Health Assistant Program, which he loves.

Archer had originally planned to study paramedicine, but after his experience with GV Health, and the unwavering support from his mum, he has decided to pursue a career in allied health.

"I really enjoy working in allied health and it has made me want to pursue a career in physiotherapy," he said.

Working at GV Health is extra special for Archer because his mum, Lyndal Ford, is employed as a GV Health media and communications officer.

Lyndal was thrilled that her son was able to work alongside her and see what it's like to work in healthcare.

"It's great, he got into a different course but being exposed to all the different roles here, he decided to get into physio next year, so it's been good and I'm really proud of him," she said.

When asked what his favourite thing about his mum was, Archer said it was her organisational skills that he loved most.

He said he was grateful that she had instilled the importance of being organised in him as it had been valuable as an allied health assistant.

And while he has many fond memories of his mum from when he was a child, he said it was her cooking that stood out most.

"She used to hide stuff in her cooking, like beetroot in chocolate cake and stuff like that, but we could always tell something weird was in it," he said.

Archer was tight-lipped when asked what he had got Lyndal for Mother's Day, but said he had consulted with the family, and he knew it would be something she would love.



Rosie and Vince Luzuriaga

MUM'S SUPPORT JUST WHAT THE DOCTOR ORDERED

For Vince Luzuriaga and his mum, Rosegen (Rosie) Luzuriaga, their connection is not only personal, but it's also professional.

Vince is a doctor at GV Health, and his mum is a patient services assistant.

Rosie, Vince and their family migrated from the Philippines to Australia in 2000, in search of better opportunities and a brighter future.

Rosie's hard work and dedication have been a driving force in their success, and Vince couldn't be more grateful for her support.

"Mum is super hardworking."

"This helped me with my own goals and work ethic, which helped me become a doctor," he said.

One of Vince's favourite things about his mum is her delicious cooking.

But it's not just her cooking that makes Rosie such an amazing mother.

Vince said she was always there to lend a helping hand and support him in every way possible.

"She's always there for the family and always keeps an eye on us and even at work she is keeping an eye on me," he said.

Vince feels incredibly lucky to have his mum looking after him at work, and he knows that her presence is one of the things that makes GV Health feel like a second home.

"It's actually quite nice to work at the same place, it's nice to see a familiar face around work and saying 'hi' down the hallway ... we see each other often."



Sheena Marshall with daughters Rebecca and Laura Spence

EVERY DAY'S A FAMILY GET-TOGETHER

Sheena Marshall exudes warmth with her loving personality.

Her daughters, Laura and Rebecca Spence, have inherited their mum's infectious spirit and charm.

And so it was no surprise that they all ended up working together at GV Health.

Laura, a registered nurse, says they create a dynamic team that is loved and respected by their colleagues and patients alike.

"I love it and everyone says how good Mum is because she's always smiling everywhere she goes; everyone always says she's smiling, and I say she's just a bright light."

For Rebecca, a customer services officer, her favourite memories of her mum while growing up are of Christmas Day, where the family has a tradition of dressing up in hats and taking a photo together.

They said it was these little moments of joy and togetherness that made their bond

even stronger.

Sheena keeps herself busy, working in food services, while also raising calves on a dairy farm.

Laura says she admires her mum's hard work and credits her for helping her accomplish her dream of becoming a registered nurse and paramedic.

"She's so supportive, she got me through my nursing and my paramedic degree and every single time I rang her bawling my eyes out, she would come and help me, and she'd sit down and help me with essays."

"She would feed me; she would just do everything, and I don't think I could have passed my degrees without her," she said.

When asked what it's like to work with two of her four daughters, Sheena says she couldn't imagine anything different.

"I love it."

"You get to see your kids every day."

"There's nothing better than that."