



“Believe it, and you will achieve it.” My name is Amy Grant, and I am currently a SRNA at Rosalind Franklin University of Medicine and Science (RFUMS) in North Chicago. I commute to IL from WI, where I reside with my supportive husband of 24 years and our beautiful twins: They, in conjunction with my family and friends, have been my “cheerleading crew” throughout my endeavors thus far.

Throughout my fifteen years as a critical care nurse, it became evident

to me that humility, respect for others, diligence, teamwork, and an open ear goes a long way on the

road to self-discovery and professional growth: In essence, these qualities have been the undertones woven into my experiences thus far whether working for the private sector, in federal facilities, or in the military. After joining the US Navy Reserve in 2013, I became part of a field expeditionary unit as a critical care nurse. During the same year, I concurrently became employed as a civilian critical care nurse for a VA Medical Center in Milwaukee. One thing that I am deeply passionate about is my love for this country. In this regard, caring for the Men and Women who have served our country fighting to protect the rights that my family and I currently have, has been an extraordinary experience and certainly the highlight of my professional career thus far. Furthermore, with the support of my husband and family, I would ultimately be ever so gracious as to be deployed as a CRNA for our country with the US Navy.

I applied for the ALPS for the invaluable experience to learn and grow as a SRNA. More importantly, I feel that the MYA is a tremendous opportunity to voice both the collective needs of the CRNA profession as well as our nation’s veterans.

Currently, as a full-time student, I deeply miss working with veterans. Therefore, my plans for the future are undoubtedly to work at a VA facility as a CRNA.

Veterans are a unique population; exemplified physiological and/or psychological wounds vary. In this sense, as CRNAs, veterans will entrust their lives in our hands and allow us to care for them during one of the most vulnerable times in their life.

Finding an emotional connection and building a level of trust with veterans and their families is imperative- This is an honor I will hold dear to my heart and strive to achieve as a CRNA. I look forward to this invaluable opportunity provided by AVANA through the ALPS to be present in Washington D.C. for MYA!



Girah Caraballo is a senior SRNA at Augusta University in Augusta, Georgia. Girah earned her BSN from the University of West Florida's Nursing Program on a 4-year Reserve Officers Training Corps scholarship and was commissioned as a second lieutenant Army Nurse Corps Officer in May 2007. She spent eight years on active duty service as an open-heart recovery critical care nurse in several army medical centers within the continental United States and as a flight nurse overseas. In July 2015, Girah separated from active duty service to pursue a career in nurse anesthesia full time. Girah is her class' Georgia Association of Nurse Anesthetists (GANA) student representative and works with the GANA board of directors to educate the public and legislature about the nurse anesthesia profession and related issues-- especially those affecting veterans. To Girah, ALPS represents the opportunity to unite her passion for nurse anesthesia and veterans' healthcare on a national platform working towards improved access to safe and cost effective world-class care. Girah will graduate this December with plans to pursue postgraduate education with a focus on leadership and public health policy. She will continue her military career as a CRNA in the U.S. Army Reserves.