



**SEIUHealthcare**  
United for Quality Care

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Arden House  
SEIU District 1199 New England  
Before the Public Health Committee

*In Support of SB 1030 AN ACT CONCERNING LONG-TERM CARE FACILITIES  
with changes.*

Good afternoon Senator Abrams, Representative Steinberg, and members of the Public Health Committee. My name is Tanjah Williams and I am a CNA at Arden House in Hamden. I have worked in the healthcare field and at Arden House for 5 years. I am here today to testify in support of Senate Bill 1030 with changes.

I love my job because I believe people are like books, with their own unique stories that haven't been heard. I love when I have special moments with my residents, and they tell me about monumental milestones they've been through in their life. I had this one resident who owned 6 passports, all 6 passports were tattooed up, every page front to back, corner to corner, she literally traveled the world for a living. She first started traveling in her early 20's and her last trip was to Paris in 2012. I remember thinking to myself wow this lady lived such a beautiful life. All of my residents have different stories.

As a CNA I provide numerous sources of services for my residents, like bathing, showering and dressing them, transferring them, toileting them, and feeding them. You know basic daily task for daily living. These activities are important because they deserve it. Just because they are in a nursing home doesn't mean their life isn't valued. If anything it is valued by me and my co-workers.

Unfortunately, we don't have good staffing so we can only do so much. With better staffing would come a higher level of quality care, plain and simple.

We as CNA's and nurses are burnt out, from working short, 40 hours a week due to short staffing. This bill creates twelve hour shifts which is a really bad idea because we are all tired. We all have lives outside of this job, most of us are single mothers with kids, that we have to tend to right after we clock out, and being a mom is another full time job that we can't clock out of. I work on a dementia unit/phys unit. I feel very underappreciated.

For example, one day there was a call out on my floor and I asked the administration if she can pull someone to our floor because we only have two aids on the floor with thirty-three residents. And it was my first day back after being out due to medical reasons. I still wasn't feeling 100% back to my healthy self. She totally dismissed me and told me to get back on the floor right away because now there's only one aid on the floor. I felt belittled

and extremely disrespected. Five mins later she called the floor and told me if I wasn't feeling good then to pack my stuff and leave now. At that point I realized this job doesn't care about my health as an employee nor do they care for the residents. She didn't care that thirty-three residents were left with only one aid during a 7-3 shift. That resulted in me deciding to go per diem and pick up hours whenever I please too, because my mental health is worth way more than being over worked and under-appreciated for \$15 an hour. So with that being said better staffing will result in less confrontations, less call outs, and less stressful environment all around.

This bill is a good first start to fixing some major issues that impact workers like me in the Nursing Home industry. Please pass this bill and help staff and residents. Thank you for your time.