



# Amber Meadows

— COOK/SOUS CHEF —

*Cardinal Nursing  
& Rehabilitation Center*



Amber Meadows has worked at Cardinal Nursing & Rehabilitation for nine years in a wide variety of different roles. Starting off as a Dietary Aide, she then worked her way to Cook. She has also completed her Dietary Preceptor course and now helps to train and onboard new staff in both the Dietary Aide and Cook positions.

Amber has also been trained in several manager functions and regularly assists in that capacity, filling in when the managers have time off. Amber would love to further advance her career and is striving to be a Dietary Manager for ASC at some point soon.

Kindness was a resounding theme in the nominations that were written for Amber, many of which say, “Amber is one of the kindest, most caring people I know!” Amber is also described as being helpful, organized, dependable, proud of her work, a team player, a leader, great cook, polite, having a great attitude, and going above and beyond for her team and her residents. Co-workers have noted that when residents in a wheelchair ask for help, Amber carries the items for them and spends time chatting with them along the way.

When asked why she likes working at Cardinal, Amber said she loves making the residents happy. She says she takes the time to be kind and tries to encourage that out in others as well. She recognizes that being in a nursing facility can be new and scary for some residents and says, “It makes me feel good to know that I might make a little bit of a difference for them.” Congratulations on this award, Amber!

