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My first experience at Saint Vincent's Hospital was both memorable and special: I was fortunate to volunteer under the direction of Director Pizzutello in preparation for the "Spring Sprint 5K." The "Spring Sprint 5K" is a day designated to move for mental health and support the St. Vincent's community. I greatly enjoyed assisting with preparing event signage and organizing participant attire. Later that year, on a bright fall morning, I delivered two dozen cupcakes through a nonprofit organization I created, called Cupcakes4Heroes. They were delivered to the mental health heroes who work within the beautiful halls of the essential and impactful Saint Vincent's Hospital. I have always looked up to those who work in the mental health field as brave individuals involved in momentous and life-saving careers - they are the true definition of heroes.

Cupcakes4Heroes was formed as a result of a tragic incident that occurred on January 22nd, 2022, when NYPD Officers Jason Rivera and Wilbert Mora were killed in the line of duty. I wanted to help the first responder community in any way I could, and decided to bake and deliver a batch of cupcakes to the NYPD 32nd Precinct. I hoped this gesture would show the officers that their community cared about them. This first delivery of cupcakes was the start of "Cupcakes4Heroes," a not-for-profit organization that I continue to run today. Within this program, I have the role of identifying worthy organizations, purchasing supplies, baking, and delivering fresh cupcakes to the heroes in my community. I started this initiative to honor and uplift everyday heroes by making and delivering these treats. Since the start of my nonprofit, I have spent over 200 hours delivering cupcakes to a wide range of heroes, from law enforcement agencies and fire departments to our veterans and surgeons. It is crucial for me to choose heroes who respect and uphold the dignity of human life. As part of my work with Cupcakes4Heroes, I was featured on News 12 Westchester. I chronicle my deliveries on social media in hopes of inspiring others to support their community in their own ways.

Because of my amazing experience at Saint Vincent's Hospital, I felt a calling to better understand the role of nurses and potentially pursue a career in nursing. I greatly enjoyed aiding Chief Nursing Officer Ann Marie Moynihan with the daily needs of the Nursing and Patient Care Services Departments as a volunteer at St. Joseph's Medical Center. The 50 hours of service that I spent there were extremely impactful. Because this experience was so uplifting and rewarding, I decided to also deliver cupcakes to the Emergency Department staff at St. Joseph's Medical Center. I am delighted to have been able to share some of my sweet treats with the heroic nurses and facility members within each hospital. Later that year, I greatly enjoyed assisting Ms. Callarame at the 2025 St. Joseph's Annual Ball. I aided the volunteers in directing attendees and selling raffle tickets during the event to raise funds for and celebrate St. Joseph's Supportive Housing Program.

Volunteering with St. Vincent's Hospital has been rewarding for me in many ways. I was blessed to see the nurturing relationship between clinicians and patients within all of the facilities of the network. These experiences inspired me to become even more involved with Cupcakes4Heroes and confirmed my interest in pursuing an education and career in healthcare.