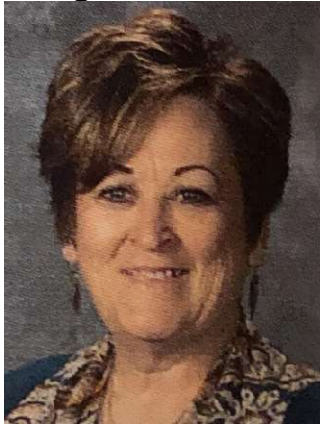


## 2022 CRHS Retirements

### **Congratulations to Sue Armstrong on her Retirement!**



#### **How many years have you worked in Anoka Hennepin Schools?**

I began working for AH in 1999, as a volunteer service coordinator at Sorterberg school, I was hired in the fall of 2000 at CRHS (actually applied for and am certified as a health para) as a Sped para and have been here ever since.

#### **What age level, grade levels, etc have you worked?**

I have worked in almost every area of the building including woods, metals, ebd, math, english, social studies, ASL, MMI and MSI ( I think they call them DCD now) as well as drawing, Ceramics, theater, health, and PE!

#### **Does anything stand out to you over the years?**

What stands out most to me is that although there have been times it has been hard, I have always and to this day loved my job! No day is ever the same and everyday is an opportunity to do something positive!

#### **Would I have done something different if I could do it all over again?**

I think if I could have done something different, I would have thought more seriously about going back and getting my teaching degree.

#### **What are your plans for retirement?**

Although I am retiring from CRHS, I am not done working yet. At the end of June I will be moving to Missouri, to be closer to my daughter and will be welcoming my third grandchild in August.

#### **Anything else you would like to include?**

I have applied for para jobs at several high schools and also at a few healthcare facilities. (I was a medical Transcriber at one time and have been a PCA for over 15 yrs).

## **Congratulations to Becky Berkeland on her Retirement!**



### **How many years have you worked in Anoka Hennepin Schools?**

I have worked in Anoka Hennepin for 23 years.

### **What age level, grade levels, etc have you worked?**

I have only worked at CRHS so only worked with high school students

### **Does anything stand out to you over the years?**

- Many students - I love seeing them in the community.
- The work friendships that I have made.
- The many changes of testing!
- The support I had from staff when I had tumor surgery and the support my family & I had when our grandson died. I have worked with the best!

### **Would I have done something different if I could do it all over again?**

I try not to think of what if's - I really don't think I would change a thing as it has all shaped me for the person I am today.

### **What are your plans for retirement?**

I am looking forward to spending more time with my family -especially the grandkids. Travel, read more books, do more biking, do volunteer work, relax and enjoy life without such a set schedule!

### **Anything else you would like to include?**

Thank you to everyone I have worked with. Thank you for putting up with all the testing rules! I believe people that come into your life leave their footprint on it and that becomes a part of who you are. You are all a part of my footprint and I thank you for that.

## **Congratulations to Anne Coughlin on her Retirement!**



### **How many years have you worked in Anoka Hennepin Schools?**

I have worked in Anoka Hennepin for 14 years! My first job as a School Nurse was at Madison, University, and Jefferson Elementary Schools in 2008-09. I came to CRHS the next year for a total of 13 years as a Cardinal.

### **Have you worked for other school districts?**

I started my nursing career at Hennepin County Medical Center and worked there for 6 years. I then worked in Home Care for Abbott Northwestern Hospital. After I was married and started our family I worked part time in Home Care and also part time again at HCMC. I was also a stay at home mom for 6 years. Right before I came to Anoka Hennepin I worked at MAPS Pain Clinic for 6 years.

### **What age level, grade levels, etc have you worked?**

I have worked in Medical/Surgical, Neurosurgical Nursing and also in the Med/Surg ICU Float Pool. I did home care and clinic work and ended my career as a School Nurse. When I started here my oldest son Daniel was in 12th grade (2010) and I also had 3 other sons graduate after him- Michael (2013), Stephen (2013) and Joseph (2017). My daughters Elaine (2005) and Teresa (2008) graduated before I started at CRHS.

### **Does anything stand out to you over the years?**

I really like working with high school students. 9th graders are very young and it is fun to watch them mature and grow.

### **Would I have done something different if I could do it all over again?**

No, Nursing has been a wonderful career for me. I have learned so much, have loved working with all kinds of people, and had a schedule that fit all stages of my life. And, I have the best family ever!

### **What are your plans for retirement?**

I am going to spend time with my wonderful husband, Dan, and enjoy my 2 grandsons Tiago and Owen. I hope to travel during the fall, winter, and spring, not just summers! I plan on being a volunteer in the community and at my church.

### **Anything else you would like to include?**

I will miss coming to CRHS but am excited to retire! CRHS has a wonderful, caring, kind, and intelligent staff and I will miss all of you!

## **Congratulations to Al Samuelson on his Retirement!**



**How many years have you worked in Anoka Hennepin Schools?** I have worked in Anoka Hennepin Schools for 20 years.

**Have you worked for other school districts?**

I subbed in the Elk River Schools for 6 months.

**What age level, grade levels, etc have you worked?**

I have worked with all grades, K through 12. I taught Elementary Summer School to recharge my batteries. I especially enjoyed recess.

**Does anything stand out to you over the years?**

What stands out to me most is kids are kids. Times change, needs change, kids are still kids.

**Would I have done something different if I could do it all over again?**

If I could do it all over again I would be a third grade teacher for a while then a high school special education teacher.

**What are your plans for retirement?**

Retirement plans: build a tiny house, write a book about all the people in Minnesota who raise Bison, get a puppy, grow a ponytail, fix my VW bus.

**Anything else you would like to include?**

It has always been my pleasure and honor to work with you all on our CRHS team.