

Oral History with Holly "Sonny" Shelton



2022 SONNY HISTORY Interview Holly Shelton
CH-2021

Holly "Sonny" Shelton Interview

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D on September 27, 2022
Interviewer: Wade Jones

Wade Jones: I am sitting with Holly "Sonny" Shelton on September 26, 2022. Would you mind saying something and saying your name?

Holly Shelton: Sure. My name is Holly Shelton. I go by Sonny. I do not have a middle name.

Jones: We're here to talk about how the pandemic affected you and your professional and if you mind also what was your pandemic during 2020 and 2021?

Shelton: For the past 30 years, I have been a surgical nurse, anesthesia. I am also an American. I was a Certified Registered Nurse Anesthetist and worked for a hospital in this area. My role was for people who have been unable to go only here at the Grand Valley and Grand Junction.

Shelton: I worked for many years at St. Mary's Hospital. I was the anesthesia nurse in the pediatric unit, and also a floor nurse. I've worked for Rocky Mountain Health Plan. I worked for Colorado West Medical Health. And I also, in these last few years, have primarily worked as the home health care unit, which consists of people who visit patients in their homes and provide care for those people, so that they don't have to be in the hospital. And it's a really amazing type of work with a lot of autonomy, a lot of independent decision making. And you really do get a way to be involved in the community — of people's needs and desires. And you get really involved in finding ways to help them. That's what's kind of a real joy. We are a city, but we're very proud to be 100 miles to Denver, 300 to Salt Lake City. A lot of the services that big communities have we don't and so you get real involved with what you're doing. It's a lot of fun.

Jones: Did you have to experience that during the pandemic?

Shelton: The pandemic was pretty amazing for those of us that are older and had been through the AIDS pandemic, which I don't think was designed as a pandemic, but certainly was. And so for us, it was a little bit not as unusual as some were. We have a little bit of what to expect. On the other hand, the COVID-19 pandemic, the Coronavirus pandemic, that was a lot of new things that we had. One of the big things being that the disease really goes so quickly, so rapidly, so many times more and the efficiency of how it spreads, so quickly. We don't have the pandemic as, I think it would have been around 2015, maybe November, maybe a little earlier. Because, we would get formal scientific papers and things like that, but we were so quick, and it wasn't being called at the time COVID-19. It didn't have a name yet. So, we weren't shielded by it by anyone. But under once we were prepared as we had to be. There was no way we could have been, we simply didn't have what we were dealing with.

Jones: Where were you working?

Shelton: I worked for a company called Sonnet West Care, Sonnet Healthcare, it's a home health care company. It used to be home care of the Grand Valley as it was called from St. Mary's home

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