

Sarah Collins, Featured By Influential Women, Champions Compassionate Memory Care And Alzheimer's Support In Indiana

MICHIGAN CITY, IN, UNITED STATES,
September 30, 2026 /
EINPresswire.com/ -- Dedicated To
Brain Health, Dementia Care, And
Supporting Families Navigating
Cognitive Decline

Michigan City, Indiana – Sarah Collins is a dedicated healthcare professional and Alzheimer's advocate whose career has been driven by a passion for brain health, dementia care, and supporting families navigating cognitive decline. Her commitment to serving individuals affected by Alzheimer's disease and related dementias began early and has continued to shape her professional journey, from earning her Certified Nursing Assistant license in high school to leading memory care initiatives and specialized programs.



Sarah's interest in healthcare and brain health developed while she was still in high school. Through a vocational training program, she earned her Certified Nursing Assistant license, gaining an early foundation in patient care. Around the same time, her volunteer work with the Alzheimer's Association introduced her to the needs of individuals and families affected by Alzheimer's disease. That experience sparked a deep interest in brain health and helped establish the direction of her career.

While pursuing her degree in Biological Sciences, Sarah worked overnight shifts as a CNA while managing the demands of full-time college coursework. Her experience in direct patient care provided valuable insight into the needs of those she served while allowing her to develop practical skills alongside her academic education. She also demonstrated leadership through her

involvement in student organizations, including the Medical Careers Club and Biology Club, where she actively participated and took on leadership responsibilities.

These experiences strengthened Sarah's commitment to healthcare and prepared her for roles with increasing responsibility. Her academic background includes a Bachelor of Science from Purdue University Northwest, completed in 2024, followed by a Master of Science from Grand Canyon University in 2026. She has also earned certifications as a Certified Nursing Assistant and Certified Dementia Practitioner, along with recognition as a certified dementia champion and friend.

Sarah's professional path later led her to Chicago, where she served as a Brain Health and Memory Loss Program Manager. In that role, she developed and facilitated memory cafés, caregiver support programs, and community-based initiatives designed to improve quality of life for individuals living with memory loss. Her work focused on creating supportive environments and resources that addressed the needs of both individuals experiencing cognitive decline and the families and caregivers supporting them.

Today, Sarah serves as Memory Care Director at The Elms at Michigan City, where she oversees a specialized 24-bed memory care unit. Her responsibilities place her at the center of daily efforts to provide compassionate, person-centered care while working closely with residents, families, and staff. Her approach reflects the same commitment to empathy, education, and meaningful connections that has guided her throughout her career.

Sarah remains particularly passionate about emerging advancements in Alzheimer's treatment and the development of dementia-friendly communities. She continues to focus on improving support, education, and resources for individuals and families affected by cognitive decline. As Community Outreach Chair for La Porte County with the Alzheimer's Association, she also remains engaged in efforts that connect communities with greater awareness and support surrounding Alzheimer's disease and related dementias.

For Sarah, her success is rooted in a genuine passion for helping people and making a positive difference in their lives. Building meaningful relationships, connecting with others, and maintaining a strong network have been instrumental throughout her journey. She believes that being approachable, confident, and willing to put oneself out there can create opportunities for personal and professional growth.

Maintaining a positive outlook and prioritizing health and well-being are also important parts of Sarah's approach. She strives to bring that energy into her work each day, allowing her to develop strong connections, earn trust, and continue growing as a leader and advocate in healthcare. Her commitment to both the people she serves and her own continued development remains central to her professional philosophy.

Sarah's approach to career opportunities is grounded in flexibility and an openness to new

experiences. She believes in taking opportunities when they present themselves, even when they require stepping outside of a familiar comfort zone. Not every opportunity comes with a guarantee of success, but she recognizes that many meaningful experiences and career advancements can begin with taking a chance.

When an opportunity aligns with her goals and values, Sarah believes it is important to pursue it without fear of where the journey may lead. For her, growth often comes from embracing new challenges, remaining open-minded, and trusting the process of professional development.

Sarah also encourages young women entering healthcare and related fields to begin gaining experience as early as possible. She sees volunteering and hands-on opportunities as valuable ways to build practical skills, gain insight into an industry, and establish meaningful professional connections. She further encourages certifications and continuing education, recognizing the role ongoing learning can play in opening doors to new opportunities.

She recommends seeking employers and organizations that invest in their employees through professional development, mentorship, and tuition reimbursement programs. Building a strong support system is equally important. Mentors, colleagues, and peers who encourage growth can provide valuable guidance throughout a career.

Among the challenges Sarah has encountered is the perception that can sometimes accompany being younger in a professional environment. Younger professionals may have their experience or expertise questioned based on age alone. Being the youngest person at the table can feel intimidating, particularly when working alongside seasoned professionals. However, Sarah views these situations as opportunities to demonstrate knowledge, dedication, and value.

At the same time, she sees significant opportunities within her field. Healthcare and dementia care offer potential for professional growth, lifelong learning, and meaningful work centered on helping others. Sarah believes younger professionals can contribute fresh perspectives, new ideas, and innovative approaches that strengthen organizations and improve outcomes.

Empathy, kindness, integrity, and overall well-being are the values that guide Sarah in both her professional and personal life. She believes treating people with compassion and respect creates stronger relationships, fosters trust, and helps establish supportive environments where people can thrive. Integrity guides her decisions and keeps her focused on honesty, accountability, and doing what is right.

At the heart of Sarah's work is a desire to promote happiness and health. Whether she is supporting residents, working with staff members, or focusing on her own well-being, she strives to create an environment where people feel valued, supported, and empowered. Her career reflects a continuing commitment to serving others while expanding her knowledge and leadership within dementia care.

For Sarah, success extends beyond professional accomplishments. It is measured by the opportunity to help others live healthier, happier, and more fulfilling lives. Through her work in memory care, community outreach, education, and Alzheimer's advocacy, she continues to dedicate her career to people and families navigating cognitive decline while encouraging a culture of compassion, learning, and support.

Learn More about Sarah R. Collins:

Through her Influential Women profile: <https://influentialwomen.com/connect/sarahr-collins>

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