



Lucy Goodridge

Spectrum Life Care Services



My journey into the health care field has always been guided by family and faith in the power of service. My aunt was a nurse/nurse practitioner for more than 55 years. I grew up watching her give her life to caring for others. I learned that showing up for others in times of need is one of the greatest rewards in life. That lesson became the foundation of my own path and my current role at Spectrum Life Care Services.

I have always been drawn to helping those who are too often overlooked or excluded. For me, inclusion is not just an idea but a commitment. People with special needs deserve to be seen, respected, and invited into their communities. I take joy in supporting opportunities for them to participate in events, connect with others, and feel a sense of belonging. Watching someone thrive simply because they are accepted is one of the most meaningful experiences I know.

I am equally passionate about supporting the elderly. Seniors carry wisdom, strength, and stories that deserve respect. Helping them remain safe, comfortable, and engaged in their own homes is a way of honoring their lives and preserving dignity.

I work with Spectrum because its mission aligns perfectly with my own values. Spectrum allows me to care for both the special needs community and the elderly, with a focus on compassion, respect, and inclusion. Being part of this work reminds me every day that making someone feel cared for is life's greatest gift.