

Kris Brust, RN, BSN, AE-C

Kris Brust is leading a life of service to others professionally, personally, and as a volunteer.

Kris earned her BSN at Cal State Long Beach and has been a registered nurse at Providence Little Company of Mary Medical Center San Pedro for over 30 years. As a pulmonary specialist, she leads a progressive exercise and health program that provides a support group and urgent care screening for chronic lung disease patients. Kris had gone beyond the call of duty to mentor many volunteers at the hospital, including the widow of one of her patients who found a new sense of well-being by volunteering in the health program. Kris took first aid and CPR courses as a Girl Scout in San Pedro and credits these courses for sparking her desire to become a health professional.

Kris and her husband, Jim, have raised three children. Their twin sons each have three children now and their daughter, a Gold Awardee, is currently expecting her first child. Kris describes the miracle of seeing three generations of women from her family form a friendship circle together in the mountain air at Camp Osito Rancho two years ago!

Kris has been an active Girl Scout Troop Leader and volunteer for the past 20 years. She trains girls in first aid and CPR and talks with them about careers in the health industry. She has inspired many girls through her own examples of times when she overcame her fears and learned that she could achieve anything she set her heart on. One of her favorite stories is from Junior High, when her troop went camping in the Mojave Desert and she rappelled down a cliff for the first time. She literally thinks back to this high point in her life when she needs reminding that girls can do anything!