

THANK YOU !

Encouragement Newsletter to Healthcare providers



To our nursing colleagues currently working in the midst of the COVID-19 epidemic

Although many of us are retired and not able to join you as you care for patients or use your skills in other ways to help in this time, know that we are with you in spirit. You are brave, in fact heroic. You demonstrate for all of us the value of helping others in so many ways - the ethic of caring and compassion that underlie our profession. You are in my prayers every day as I ask for you to remain healthy and strong. Please reach out to us when you need to, for anything – we are here for you.

Christine S, RN

My letter to nurses :

Dear nurses,

we are thinking of you all during this time, the risk you are putting yourself at everyday to keep the lives of others alive is the greatest act of selflessness one can perform. We are so grateful for you
Amy, SN



This recipe has been tweaked over time, so adjust as necessary.

Sometimes it yields more servings than anticipated. Sometimes it needs a bit more of this ingredient or that. It comes from generations who have gone before me, and I've added my own flavor along the way.

A Recipe for Resilience

- One part courage
- Two parts tears of failure and doubt
- One part deep listening
- One part each of both silence and laughter
- A dash of trust
- A pinch of wonder
- A heaping scoop of naps and snacks

In a separate bowl, mix together family, friends, and those who challenge you to be your best self, those with whom you disagree. Add slowly to the larger pot, add a bay leaf for ... well, whatever it is bay leaves do, and let simmer for as long as you need (which is often longer than you realize or anticipate).

Keep the heat at an even temperature – hot enough to cook throughout, but not so hot it burns the bottom. Can be served at room temperature, warm, or even cold if necessary. Serve alongside your favorite soft blanket, dog, cat, or other soft item.

Make often, Share with others, Hold onto the leftovers – you'll need them after a long day that challenges your soul.

Cheryl D.



Dear Nurses,

Thank you so much for all the sacrifices you have made to care for sick patients in this unprecedented situation. I'm sure it can't be easy to care for fearful patients in a time when you are also feeling scared and uncertain. I'm sure it can't be easy to wake up and go to work when the rest of the world is sheltered in their homes, or to face a worldwide crisis head-on without proper equipment or support.

Yet I am reminded again why I want to join this profession- I am consistently in awe of the strength and compassion shown by nurses who care for patients who are in the midst of the darkest time of their lives. The COVID-19 pandemic has highlighted these amazing qualities, and I have never felt more proud to be a nursing student. I have included a poem by Paul Laurence Dunbar, a famous American poet from the late 1800's, that he wrote after being treated at the Miami Valley Hospital School of Nursing, which was represented by a lily-of-the valley emblem at the time. To me, it speaks to so many nurses' kind and sensitive demeanor in the face of grave illness, death, and despair. I hope it conveys my profound appreciation and respect.
With sincere thanks - Maggie B., SN

Lily of the Valley

Sweetest of the flowers a-blooming
In the fragrant vernal days,
Is the Lily-of-the-Valley
With its soft retiring ways.
Well, you chose this humble blossom,
As the Nurse's emblem flower
Who grows more like her idea
Every day and every hour

Like the Lily-of-the-Valley
In her honesty and worth -
Oh! She blooms in truth and virtue
In the humble works of earth.
Though she stands erect in honor
When the heart of mankind bleeds,
Still she hides her own deserving
In the beauty of her deeds.
In the silence and the darkness,
When no eye may see or know,
There her footsteps shod with mercy
and fleet kindness, come and go.

Not amid the sound of plaudits,
Not before the garish day;
Does she shed her soul's sweet perfume,
Does she take her gentle way.
But alike her ideal flower,
With its honey-laden breath;
Still her heart blooms forth its beauty
In the valley shades of death.