

THANK YOU !

Encouragement Newsletter to Healthcare providers

I think of you....

I think of you working your 12 hour shifts which are often more like 15 hours.

I think of you trying to find a small part of your shift to provide quality time with your patients and their families.

I think of you trying to protect yourself and your families by working under difficult circumstances.

I think of you often....

Thank you! Cheryl. S. SN.

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.

Be STRONG
when you are weak
Be BRAVE
when you are
scared
Be HUMBLE
when you are
VICTORIOUS
Be BADASS
everyday

Dear Heroes,

Thank you for risking your own lives to save complete strangers. That's the definition of a hero and when I graduate, I hope to have at least an ounce of your courage and selflessness. Keep fighting the fight and we (UMass Amherst Accelerated BSN 2020) will be by your sides shortly. Emily. C., SN.

I was listening to a podcast "On Being" on NPR this weekend and they read a poem called "Leaving Early" by Leanne O'Sullivan. She wrote the poem in gratitude for health care workers, specifically a nurse name Fionnuala who cared for her husband. I, like your patients would like to thank you for your kindness, compassion, resilience, and dedication. You are the light, the sweet voice, and the reason that your patients endure. With Gratitude, KM, SN.

"Leaving Early"

My Love,

Tonight Fionnuala is your nurse. You'll hear her voice sing-song around the ward lifting a wing at the shore of your darkness. I heard that, in another life, she too journeyed through a storm, a kind of curse, with the ocean rising darkly around her, fierce with cold, and no resting place, only the frozen rocks that tore her feet, the light on her shoulders.

And no cure there but to wait it out. If, while I'm gone, your fever comes down — if the small, salt-laden shapes of her song appear to you as a first glimmer of earth-light, follow the sweet, hopeful voice of that landing. She will keep you safe beneath her wing. By Leanne O'Sullivan.

Imagine
Imagine there's no heaven
It's easy if you try
No hell below us
Above us only sky
Imagine all the people
Living for today
Imagine there's no countries
It isn't hard to do
Nothing to kill or die for
And no religion too
Imagine all the people
Living life in peace
Imagine no possessions
I wonder if you can
No need for money
A brotherhood of man
Imagine all the people
Sharing all the world — 8

John Lennon