



# THANK YOU healthcare heroes

National  
Nursing Week  
May 10-16, 2021

## Simple ways to thank local nurses

Nurses have long been unsung heroes of the medical community. But that tide began to turn in 2020 as the world confronted the COVID-19 pandemic and realized just how invaluable nurses are to public health.

According to the American Nurses Association, nearly 400 nurses in the United States died as a result of COVID-19 within eight months of a pandemic being declared in America. Globally, data from the International Council of Nurses indicated that roughly 1,500 nurses lost their lives to COVID-19 by the end of October 2020.

That data is sobering and serves as a reminder that nurses put their lives on the line each day they go to work. Such sac-

rifices are worthy of widespread support, and there are many ways ordinary citizens can thank nurses working in their communities.

Support efforts to protect nurses. The public can do its part by urging local lawmakers to support legislation that increases domestic production of PPE so the brave men and women in the nursing profession can feel safe when doing their jobs.

Give nurses and their families a night off from cooking. Long shifts in stressful situations have taken a toll on nurses and their families. Neighbours can pitch in by offering to cook and deliver meals or pay for takeout for nurses and their families. This simple gesture can provide a much-needed break for nurses and their spouses who have been stretched thin during the pan-



dem, and it's a great way to remind nurses their heroic efforts are not going unnoticed.

Help out with chores. Before going to the grocery store, text or call a friend or neighbour in the nursing field to see if he or she needs anything from the store. If nurses shop online for their groceries,

arrange to pick them up so nurses can spend more time relaxing at home with their families. During warm weather seasons, offer to mow the lawn or help with leaf pickup.

Offer discounts to nurses in your community. Local business owners can do their part by offering discounts to nurses and other health care professionals in their communities. A 10 per cent discount on a restaurant bill or a nursing discount on a fresh bouquet of flowers can lift nurses' spirits and reassure them that their communities are behind them.

Nurses have made immeasurable sacrifices throughout the pandemic. Communities can come together in various and often simple ways to show nurses just how much those sacrifices are appreciated. (MCC)

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CFUW Perth and District thanks all of the women who are helping us in this pandemic with their skills, talents, energy, time and commitment.



# HAPPY NATIONAL NURSES WEEK

"When you're a nurse, you know that every day you will touch a life or a life will touch yours." — Author Unknown

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THANK YOU  healthcare heroes  
National Nursing Week  
May 10-16, 2021

**Celebrating the contribution of nurses**

Nurses play a critical role in health care across Canada and the importance of their role has been amplified during the COVID-19 pandemic.

National Nursing Week celebrates the contribution of nurses during the second week of May, the same week as Florence Nightingale's birthday, May 12. That contribution touches aspects of care including long term care, intensive care, public health care, and during the pandemic roles such as contact tracing, policy development and planning for care.

The theme this year is #WeAnswerTheCall and was developed by Canadian Nurses Association (CNA) to showcase the many roles that nurses play in a patient's health-care journey.

"The pandemic brought to light the courage and commitment that nurses work under every day and showed the important role that nurses play in the community. This year, Johnson & Johnson, the world's largest and most broadly-based health-care company, has sponsored National Nursing Week to showcase its commitment to the well-being of Canada's health-care professionals," states the announcement of the week by the CNA.

"This global COVID-19 pandemic has shown the world the important role that nurses play in keeping people healthy across the lifespan," stated Annette Kennedy, International

Council of Nurses (ICN) president.

In 1971, ICN designated May 12, the birth-day of nursing pioneer Florence Nightingale as International Nurses Day. In 1985, CNA members started to negotiate with the federal government to have the week containing May 12 proclaimed as National Nurses Week annually. Soon after, the federal minister of health proclaimed the second week of May as National Nurses Week. In 1993, the name was changed to National Nursing Week to emphasize the professor's accomplishments as a discipline, according to the Canadian Nurses Association website.

Last year, the World Health Organization declared 2020 the International Year of the Nurse and Midwife, yet another recognition of the vital role of those in the profession. The announcement was made prior to the WHO declaration of the pandemic that has continued to challenge nurses and other frontline health workers for more than a year.



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