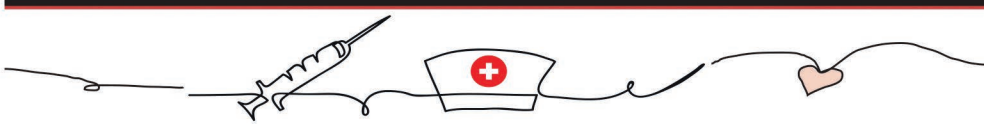


National Nursing Week 2021

May 10-16, 2021

National Nursing Week provides an opportunity to recognize the incredible contribution of these health care professionals. The significance of their role in the health care system has been amplified by the pandemic. The week of May 10 to 16, is a special time to express gratitude for all that they do. This special section is a platform to acknowledge their dedication and important work. Join in this community-wide thank you and salute our healthcare heroes.



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THANK YOU healthcare heroes

National
Nursing Week
May 10-16, 2021

Gifts that show nurses they are appreciated

It's likely that no gesture of appreciation could ever be enough to express just how much the world has valued and come to rely on the efforts of nurses over the last year-plus. Since the outbreak of the COVID-19 virus in late 2019, nurses have been at the front lines in the fight against this global threat, working long hours in stressful situations.

The pandemic did much to shed light on the vital role nurses play in health care settings, compelling many people to realize just how valuable these talented professionals are. In the wake of such realizations, it's understandable if the loved ones, neighbors or even patients of nurses want to do something to express their appreciation for the efforts of these brave men and women. The following are five great gift ideas that may be tailor-made for the nurse in your life.

1. Portable sanitizer bag: A portable sanitizer bag makes for the perfect accessory

for nurses. Bags vary, but most provide a simple and effective way to kill viruses and bacteria without chemicals. Effective sanitizer bags utilize UV light to clean phones, jewelry, eyeglasses, masks, keys, and more.

2. Insulated tumbler:

Nursing shifts tend to be long, and the drive to the doctor's office or hospital is a perfect time for nurses to enjoy a cup of coffee prior to a long shift. An insulated tumbler can ensure that coffee stays hot during the commute and even for several hours after nurses arrive at work.



3. Aromatherapy diffuser:

Aromatherapy diffusers atomize essential oils to promote wellness, helping nurses relax after long shifts or during their days off. Many diffusers include a variety of ambient lighting options, allowing nurses to pick different colours depending on the room they're in or the ambience they hope to create.

4. Books:

Everyone appreciates a periodic escape from the hustle and bustle of daily life, but nurses working throughout the pandemic are especially deserving of such a respite. Books can make for the perfect escape vehicle,

allowing nurses to immerse themselves in a work of fiction or a nonfiction book focusing on a particular interest or historical era.

5. Meal kit: After a long shift, nurses may not have enough energy to cook meals in their kitchens. But many restaurants are still operating under limited capacity restrictions. Meal kit subscriptions have become incredibly popular in recent years, and even more so during the pandemic. Meal kits usually come with recipes ready to go, requiring just a few minutes of easy preparation before they can be cooked. Such kits can make for the perfect gift for nurses who loved home-cooked meals but routinely find themselves too tired or busy to cook.

The heroic work of nurses is worthy of everlasting appreciation. Thankfully, there are many ways for individuals to show just how much they appreciate the hard work and sacrifices the nurses in their lives have made. (MCC)



HAPPY NATIONAL NURSES WEEK

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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 sacrifices are worthy of widespread support, and there are many ways 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 pandemic, 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.
- There are various and often simple ways to show nurses just how much their sacrifices are appreciated. (MCC)

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THANK YOU healthcare heroes

National
Nursing Week
May 10-16, 2021

Video interprets

#WeAnswerTheCall theme

As part of the Canadian Nursing Association's (CNA) annual commemoration of National Nursing Week, the organization has launched a new corporate mantra video.

Using the mantra #WeAnswerTheCall, the video sheds light on the many roles that nurses play in Canada. In the video, the message in the hashtag manifests itself in three distinct images: being on call, a call for action, and having a calling.

According to the CNA, the video was built

on feedback from nurses through extensive dialogue and engagement sessions held between 2019 and 2020. It highlights how nurses are the heart of health and how they are always standing shoulder to shoulder with those in crisis.

During National Nursing Week, May 10 to 16, CNA will feature this video on its YouTube channel and across its social media platforms to bring greater attention to the role of nurses and how #WeAnswerTheCall.



Celebrating National Nursing Week

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Happy Nurses Week

A very big Thank You to all the Nurses, RN's, RPN's, PSW's, for all your hard work, care, dedication and sacrifice that all of you have made over the past year.

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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 birthday 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 professionals' 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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