

HyMark Solutions

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May 6th-10th

NATIONAL NURSES WEEK

Take the time this week (& even beyond that) to show nurses your appreciation and gratitude for what they do for their patients. During such a dark and uncertain time they are the ones showing up day after day to keep our communities safe and healthy. They are true heroes.

THANK YOU NURSES for all that you do. You are so appreciated.

I know that showing up to work every day doing the same stuff for long hours can feel like just a job - but its the nurse who sat and held my grandpas hand when he passed away from CoronaVirus. It's the nurse that communicated to my family and was there when we couldn't be. Its the the nurse that got to witness my grandpa pass from this world into eternity. What you do is more than just a job if you let it be. Let it be.. Be Strong. Be Brave. Be Kind. Be Proud. Be Humble. Keep Going."
~Anonymous



FINDING THE GOOD IN OUR NEW REALITY.

We are all in this together, even though this isolation at times makes it feel as though that we are not. However, as we continue to navigate our new reality, I want to encourage you all to try to focus on the good things that can come out of this uncertain and scary time. Before the stay at home order was issued, a lot of us had never ending to-do lists that always got pushed aside and never completed. We didn't (always) take the time to get to know our neighbors, reach out to our local seniors to just check-in or see if they needed anything, or even just understand the true power behind a community. We all have been caught up in the daily chaos of work, kids, family, along with our household to-do list or workout routines that the idea of extending our love to those in close proximity of us hasn't always been a priority of ours. We know that many of you don't have the time or energy NOW, but that you will in the future. And your children will carry that kindness forward. And their children. This is a wonderful outcome from an awful situation!

We experience so many unknowns and heartbreaks every day, existing in our quarantined, socially distant lives and being treated as a third class citizen if you dare to wear scrubs in public...our supplies are low to non-existent, most small businesses are shut down with no idea when they will be able or if they'll be able to reopen. We miss HUGS. Now though...Now we now are able to see how the stay at home order has changed so many things for our families and our friends. In how we spend our time and our resources. How we spend our money. How we support each other. Stay strong, stay positive, continue to extend your love to others around you, soak up these precious and rare moments with your families and continue to move forward focusing on the good.

To all of you helping donate, sew and deliver supplies (gowns/masks/care baskets) to facilities all over, THANK YOU!!!!
We are all in this together.

Fritzi Bryant

These are the words of advice from 106 year old Fritzi Bryant. She's one of Washington state's oldest residents and one of the few still alive who remembers the Spanish flu of 1918. To watch the full interview, click here

"We should soldier on and not take unnecessary chances. There's no sense in playing it down. You have to look it square in the face and do everything you can in your power to make it better."



RECOGNITION WEEK.

May 10th-16th

➔ National Skilled Nursing Care Week.



"Sharing Our Wisdom" this years NSNCW theme. AHCA - "Lets celebrate skilled nursing centers, and their residents and staff, by showcasing the insight, purpose, and wisdom to be learned from our residents. Residents offer a unique perspective based on

their life experiences, reminding us to be present, celebrate the small moments, and value connections. NSNCW 2020 will focus on the collective wisdom that residents can offer and share. "The residents that live within our buildings have so much to offer, and National Skilled Nursing Care Week is the perfect time to pause for a moment from our hectic day-to-day schedules, ask questions and listen." AHCA/NCAL President and CEO Mark Parkinson. To read more from AHCA, click here.

➔ National Hospital Week.



Where Health Comes First. What a perfect time to spotlight our hospitals, health systems, and the amazing staff that are involved and keeping our communities

healthy and safe. Take this week (and even beyond that) to thank your care providers and share some of the programs or services they provide that put health first.



FEELING MORE ANXIOUS & STRESSED YOU ARE NOT ALONE.

National Mental Health Month. How to protect yourself.

Outbreaks can be overwhelming and as we still remain in the middle of COVID-19, it is important to bring awareness to the effects this outbreak is having on the mental health of many individuals. As things remain uncertain there is a lot of overwhelming thoughts taking over creating high levels of fear and anxiety in both children and adults. We have all experienced change during this outbreak whether it is children not being in school, losing jobs or being laid off, family and close ones getting sick, and most of all isolation.

The National Alliance on Mental Illness (NAMI) named their 2020 Mental Health campaign "You Are Not Alone" because now more than ever before, it is important for the mental health community to come together and show the world that no one should ever feel alone. The campaign builds connection and increases awareness with the digital tools that make connection possible during a climate of physical distancing. Even in times of uncertainty, the NAMI community is always here, reminding everyone that you are not alone.

Throughout the month, NAMI will be featuring personal stories from real people experiencing mental health conditions. They encourage individuals to submit their story at nami.org/yourstory.

Mental Health America also has a lot to provide to the community. This year their [Tools 2 Thrive](#) will provide practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with.

[Download The 2020 Mental Health Month Toolkit](#)

