

**May is ...**

- Mother's Day, May 10
- National Nurses Week, May 6 - 12

*In His Service,*



**H-3 Ministry**

*'Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.'*

*III John 1:2 NAS*



## MOTHER'S DAY 2020 | 10 WAYS TO CELEBRATE MOM

10 creative and virtual ways to celebrate mom, even if apart

Mother's Day is celebrated on May 10, 2020. This year, many of us are rethinking how to give extra recognition to moms, especially we're apart. Check out 10 fun ideas for spending time with Mom—from a virtual dinner date to a long-distance movie night to a Zoom talent show!

In the United States, Mother's Day is celebrated annually on the **second Sunday in May**. Although Mother's Day is a national holiday widely observed in the U.S., it is not a federal or public holiday (when businesses are closed).



<u>Year</u>	<u>Mother's Day</u>
<u>2020</u>	<u>Sunday, May 10</u>
<u>2021</u>	<u>Sunday, May 9</u>
<u>2022</u>	<u>Sunday, May 8</u>

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## 6 Ways You Can Support Nurses

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Applause, thank-you messages, cards, and small gifts to show gratitude to nurses during Nurses Week are all very well. Although appreciated, they sometimes give a very short-lived pleasure for the nurses who are experiencing unparalleled levels of anxiety and overwork in the face of the COVID-19 pandemic.

"And the whole rhetoric around heroism and being an angel because you are a nurse I find unhelpful," said Nicki Credland, an expert nurse. "We're not angels, we're not heroes, we are human beings that have chosen a career, that are highly educated, that work in a patient safety-critical profession, who simply want to go and do the job that we trained to do and be protected to do it."

"If you really thought I was a hero, you would look for ways to help me," exclaimed Jillian Primiano, a frontline nurse from Brooklyn.

## Help towards ensuring adequate PPE

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The biggest issue facing nurses and other health care staff around the world is the lack of adequate personal protective equipment to protect themselves and their patients

against infection. Even now, a large number of policymakers and health care administrators have been slow to respond. This, although the world had been aware of COVID-19 since January and that various organizations and health care staff raised the alarm and asked for government action many weeks ago. Everyone can add their voice to this cause by signing petitions and contacting their political leaders. You can sign petitions that pop up on your social media feeds or use one of the following links:



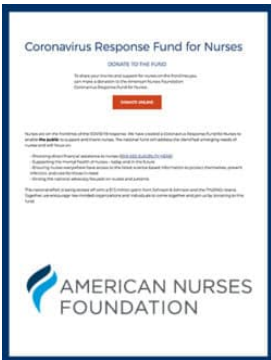
*Getting Personal Protective Equipment (PPE) to Our Healthcare Heroes. On #GetUsPPE you can sign a petition or follow a link to approach your senator to support the Medical Supply Chain Emergency Act, a bill proposing that the federal government takes over the medical supply chain under the Defense Production Act. There are also links that you can follow if you're able to donate either cash or PPE that are not being used or to obtain guidelines for small manufacturers.*



*US Physicians/Healthcare Workers for PPE in the COVID-19 Pandemic. A petition to the House of Representatives, the Senate, and Donald Trump to urge the government to increase the production of PPE supplies. It also calls for the hospital system to maintain the highest level of PPE standards and not the CDC recommendations that were introduced because of a shortage of supplies. This petition has received over 2 million signatures.*

## Give financial assistance to struggling nurses

Another way to help nurses is to provide financial assistance to those gravely affected by the pandemic and donating to response funds for nurses. You could also consider giving financial support to an individual nurse whom you know and might want to help. For example, as a gift, you could offer to pay a month or two of their student debt repayments. About 70% of all graduated nurses have student debt of between \$40,000 and \$54,000 when they complete their education, which takes them years to pay off.



### **Coronavirus Response Fund for Nurses**

The American Nurses Association under the American Nurses Foundation has created a Coronavirus Response Fund for Nurses to which individuals and organizations can donate online. This special fund is being administered by Nurses House, a national fund for nurses in need. The Coronavirus Response Fund provides grants for nurses who are infected with or are under quarantine due to COVID-19; or are caring for an infected family member. Grants will be available up until the end of July, providing that the funds don't run out before this.

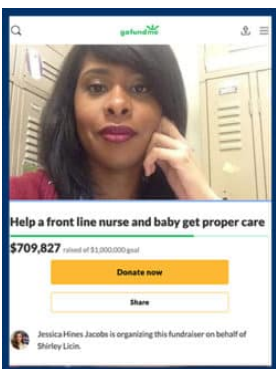
## Supporting GoFundMe campaigns

There are thousands of requests for donations towards various causes for nurses on GoFundMe. Check out the ones below or simply search for "nurses" on the site.



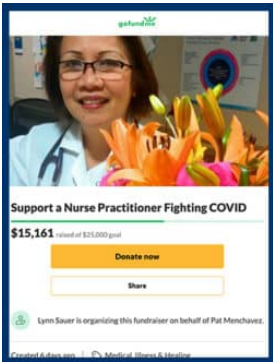
### **Feeding Frontline Workers of the COVID-19 Pandemic**

A group in Greensboro, North Carolina, is asking for donations to feed frontline workers. They have raised \$17,605 and have fed thousands of frontliners. If you donate, you'll feed a nurse, get a tshirt, and have your name painted on their truck!



### **Helping Nurse Sylvia Leroy**

There's an appeal on behalf of nurse Sylvia Leroy of New York who was critically ill from COVID-19, delivered a premature daughter, then suffered a cardiac arrest which left her with a brain injury that will require costly long-term therapy. Sylvia's family has been fighting early on to get her the best care possible, from transferring her to Mt. Sinai hospital and getting her into an acute rehabilitation center. Please help Sylvia get the care she needs to be there for her family.



### **Support a Nurse Practitioner Fighting COVID**

*Edith Menchavez is a Cardiology Nurse Practitioner at Hackensack University Medical Center in New Jersey. A few weeks ago while working alongside all of us fighting this horrible disease Edith became ill. She has been fighting the battle against Covid 19 for the last 3 weeks on a ventilator. She has also been started on dialysis. Her fight has been a long hard battle. Her road to recovery will be a long and difficult one.*

## Support a nurse's mental health

There is increasing concern about the mental health of nurses serving on the front lines. The increased pressure at work, reports of violence and abuse from the public, and stigma attached to the healthcare staff are all taking a toll on their mental health—also, the fear of infecting their loved ones or being separated from them. As a friend or family member of a nurse, you can do the following to support their mental health:

- Check in to see how they're doing and to show you care.
- Don't discuss their work unless you sense that they want to unburden – and then you can serve as a listening ear.
- Limit or don't bring up your coronavirus questions and concerns – their life is already dominated by the virus.
- Try to create a normal social dialogue – chat about everyday things, share a funny story or a joke to lighten their mood.
- Arrange a video call on one of the many available channels. It's closer to a face-to-face social encounter than phone calls and text messages.
- If you sense that they're unusually anxious or depressed, encourage them to seek professional help. Talkspace, a digital therapy site with licensed therapists, is currently offering one month of the free therapy for nurses and other front line workers. See more deals below.

## Lighten a nurse's everyday burdens

Longer hours, separation from loved ones, and an inability to fulfill everyday tasks due to lockdown and infection prevention regulations have turned many nurses' daily lives upside down. Think about small tasks you can offer to do if you're able to, for example:

- Take the “what's for dinner” out of their day by ordering a take-out delivery for them or cooking and dropping off a meal.
- Offer to assist with childcare – especially if the children usually are cared for by grandparents who are at greater risk if they should become infected by the virus.



- Ask if you can do their shopping for them or run an errand for them.
- They might be in a situation of looking after their parents, over and above their own families – for example, checking in on them, transporting them to the doctor or doing their shopping. Ask if you can take over this role for a while.
- Offer to do the family laundry.

## Don't let your appreciation end with Nurses Week

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The COVID-19 pandemic has served to highlight the pivotal role of nurses within the healthcare system. It has, however, also undeniably brought the long-standing issues within the profession to the surface – the shortage of nurses, the lack of proper staffing, violence against nurses, and the for-profit motive in the health care system, to name a few. Don't let your appreciation of nurses die down together with the virus. Please continue supporting nurses by adding your voice to the profession's calls for changes in health service delivery and legislation in the months and years to come. Thank you for making Nurses Week meaningful!

### resources this issue

<https://www.almanac.com/content/when-is-mothers-day?amp>  
<https://www.unicityhealthcare.com/recognizing-nurses-national-nurses-week-may-6-12/>  
<https://nurseslabs.com/nurses-week-2020/>