

Nurses Notes



By Jean Kapolnek, RN

After our many long, long month's of winter, the earth is starting to slowly awaken. The geese are back on the pond, and my bird feeder has been occupied by some very happy birds. Blizzard snow storm Elsa reminded us that storms disrupt and create upheaval, uncertainty, and stress. Just like storms in our lives they are temporary. With our wellness tools we are reminded how to weather these storms. Some examples of these tools are:

1. Breathe and Be Still
2. Move Gently, Move often
3. Stay Connected

Wellness is not meant to be lived alone. We are reminded to check on a neighbor or 2 or 10. We come together after the storm to restore and we are called to care for one another offering strength, encouragement, and hope.

April and the Easter season also remind us that even after life's storms, renewal is possible. Easter speaks to restoration, hope, and quiet strength that carries us through difficult seasons.

Happy Easter!!
Jean Kapolnek RN

