

Nurses Notes

By Jean Kapolnek, RN



As I write this article on 5/31/26 I am thinking I am closer to saying "Happy Spring." The orioles are back, the goose is sitting on her eggs, the daffodils, and hyacinths have finally emerged, and we are about to start all the Door County festivals. Besides watching nature come alive it also the time of year I am reminded to do spring cleaning. Besides the usual thoughts of spring cleaning in our homes, I am going to remind everyone of the "spring cleaning" or the gentle reset of our bodies.

A seasonal reset doesn't have to be overwhelming. It can start with a simple check list. Examples of that are scheduling your medical, dental, and vision exams or any routine visits we sometime like to put off. Even the ones we put off can bring us reassurance to catch smaller issues before they get bigger. I walked out of the dentist this morning, and going in I thought I had been very proactive, but I was told I needed an additional appointment to address a problem before it gets bigger. I was definitely exasperated in one sense, and now relieved that there is a plan of action and it is better than being surprised later.

Spring is also a great time to take a look at medications. Are any expired? Keeping an updated list of medications-and knowing why you take each one-is one of the simplest ways to stay safe and informed.

As the weather improves, it's easier to get back outside, and moving our bodies a little more. These small habits often make a bigger difference than we realize. And just as important, this season can be a time for an emotional reset. Reaching out to a friend, spending time in nature, or simply pausing to reflect can bring a sense of calm. Spring reminds us that renewal doesn't have to be dramatic. Sometimes, it's just a series of small steps that help us feel a little more like ourselves again. We also are reminded in 1 Corinthians 6:19-20...."Do you not know that your bodies are temples of the Holy Spirit....

Therefore honor God with your bodies."
Happy June!!!
Jean Kapolnek RN.

