



Bethesda



NEWSLETTER

August 2016

LETTER FROM A STAFF MEMBER.....

I have something on my heart (for a while now) and decided today is the day that I put it down in writing and share it with you all. I am not really sure if I will get the right words out and deliver the message the way I want to, so bear with me.....

Wow life.....the last few months leading up to now have been up and down. After 12 years with Bethesda I think to myself that nothing can bring me to tears easily anymore, nothing can amaze me or surprise me anymore.....a feeling of "you have seen it all" but this is not the case.

I wish to mention one story that stands out: I needed photos for the thank you for the Mall who donated money towards the Activities of Daily Living (ADL) Room. I then arranged with Linda to help me and identify a patient we can use for the photo. She got an older lady who was here at Bethesda and in the meantime moved to Rosemoor Old aged Home. For the photo the lady with 2 amputated legs had to move herself from her wheelchair to the toilet and back again. She also demonstrated moving herself from the wheelchair to the bed and back again. WOW!! It was such an amazing thing to witness. She herself could almost not believe she could do it. It was just so overwhelming that even without 2 legs and a bit of a struggle she was still able to perform these basic tasks. Tasks we take for granted, something we just accept as being part of life. It just made me realize with tears in my eyes how blessed I really am. Half the little problems I encounter in my life is NOTHING compared to this old ladies struggles.

Furthermore Mandela Day.....again WOW, just when you think "you have seen it all" these wonderful people/groups come and just open your eyes again. Each group that visited us had so much compassion and truly blessed our patients and children. I wish you all could have been there to witness the look, joy, gratefulness and happiness on their faces. By THEM I refer to the patients and children as well as the supporters. It was just such an amazing feeling. I was so tired, overwhelmed and even complained a few times about how hectic the day was and how I was running around but at the end of the day I got so much more out of it. I realized again why I am still here at Bethesda after 12 years, this is my passion, and this is where I need to be. I know why I am doing the work I do, for who I am doing the work, "my children and my patients". It is an AWESOME FEELING, beyond what words can describe.

We all come to work every day, we all have things that bother us and upset us, some days I'm sure we feel like we are carrying the world on our shoulders but my message today is FEEL BLESSED, FEEL HUMBLE, I think we sometimes lose focus and forget to say THANK YOU.

With all this I experienced and this feeling in my heart I KNOW THERE IS A GOD and we are His children and He cares for each and every one of us. We are BLESSED in so many ways. He knows each one of us and whatever you are going through, your fears, worries, troubles, health and insecurities, HE IS IN CONTROL, I witnessed this OVER AND OVER THE LAST FEW MONTHS. Believe, keep believing!!

I think I can say so much more and hope you all understand the light in which I am sending this message. I just had to share it.



FROM THE BOTTOM OF MY HEART

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