

Salute to Nurses



In conjunction with National Nurses Week, and to show our thanks for their dedication and courage throughout the pandemic, please join the Cortland Standard as we salute the area nurses who always come to our aid.

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May 5, 2021



STRONGER THAN EVER

Nurses bonds unbreakable amidst pandemic

By JAMIE L. COSTA
Staff Reporter

jcosta@cortlandstandard.net

At a time when hospitals are shutting student nurses out of their programs during a major pandemic, and some nursing schools are turning away applicants because of that, a partnership between Guthrie Cortland Medical Center and Tompkins Cortland Community College is helping expand enrollment.

The nursing program at Tompkins County Community College saw more applications this year than in previous years, said Kim Sharpe, department chairwoman of the nursing program at the Dryden college. The college accepts 85 students a year, but received close to 400 applications.

"Bonding together and relying on each other, we've really learned to trust each other and to know that we have each other's back more than ever," said Amy Simmonds, a nurse leader at the hospital in Cortland. "We'd had to work together and build teamwork not just in nursing but globally."

Guthrie Cortland Medical Center works with TC3 to get student nurses into the hospital for clinicals — supervised interactions with patients in health-care facilities — Sharpe said. During the pandemic, the hospital stopped allowing students into their facilities in anticipation of an influx of patients.

In August, students were invited back, Sharpe said.

"They've been dealing with so many of their own issues and they've really gone out of their way to help us keep the education for students on track and I think they recognize our students are their future nurses," Sharpe said. "It's in their best interest to do that but it's really admirable to do that when dealing with crises on a daily basis."

The American Association of Colleges of Nursing reported in April that enrollment in bachelor's, master's, and doctoral nursing programs increased in 2020 despite concerns the pandemic might diminish interest. Enrollment in bachelor's degree programs was up 5.6% to more than 250,000 students.

However, the association reported, citing an annual survey of 956 of the nation's 1,035 nursing schools with bachelor's or more advanced programs, thousands of qualified applicants are turned away from four-year programs — more than 80,500 nursing candidates in 2020 — because of a shortage of clinical sites like Guthrie Cortland Medical Center.

Simmonds, a graduate of TC3, said she has a strong working relationship with the nurses and professors at the college. She advocated for the students' education early on, stating students need to be taking care of patients.

"The simulations and virtual classes have some benefits, but nothing can replace that relationship that the students need to physically take care of the patients," Simmonds said. "They have open use of our skills lab and can use the equipment and the supplies in there."

The pandemic changed nursing, and education, daily, said Simmonds. But Guthrie, and TC3, have not lost students, or nurses.

"These nurses will look back and think that it was a really hard time emotionally, but they would not change a thing," Simmonds said. "I wouldn't either."

However, patients relying on nurses for comfort and assistance has been the biggest change, Sharpe said. Nurses must work harder to provide connection to patients and it will make her students better nurses because of it.

"Adapting to change and being flexible is a skill they're going to come out of this with," said Sharpe, who also works in hospice care. "Sometimes being the absolute only person that's there for that patient is something that I haven't seen happen much in my career except during the pandemic."



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MAY IS National Nurses Month

Nurses Make a Difference



Awards and recognitions for nurses

Nurses' efforts are not always recognized, but there are instances when their patients or the families of their patients offer their gratitude to these widely unsung heroes of the medical profession. In recognition of the integral role nurses play within the health care industry, organizations such as the American Nursing Association and various national and regional groups award official honors to reward nurses for their undying efforts on behalf of their patients.

◆ **Distinguished Direct Patient Care Award:** This award recognizes a registered nurse who provides exemplary direct patient care. He or she must also contribute to the advancement of the nursing practice by demonstrating a commitment to personal leadership.

◆ **The DAISY Award:** The DAISY Award for Extraordinary Nurses recognizes the work nurses do every day. The award was established by the DAISY Foundation, which focuses on eliminating diseases that attack the immune system (DAISY). A DAISY Award is presented monthly to nurses in hospitals across America.

◆ **The Grace Award:** This award recognizes outstanding achievements and dedication in caring for expectant mothers and children.

◆ **Public Health Service Award:** This award honors nurses who are outstanding professionals and contribute to public health nursing.

◆ **Jeanne Mance Award:** This award is the highest recognition for nursing achievement that the Canadian Nurses

Association offers. It is named after one of the country's most inspirational nurses, and has been issued at the CNA biennial convention since 1971.

◆ **Diversity Award:** This award recognizes registered nurses who have a long-standing commitment and have made significant contributions to the advancement of diversity in the nursing profession.

◆ **The Beacon Award for Excellence:** This award honors nursing units that distinguish themselves by improving multiple facets of patient care. Recipients set the standard for excellence in patient care and use evidence-based information to provide positive patient outcomes.

◆ **Excellence in Leadership Award:** Established to honor a person whose primary responsibility is to manage people or projects, this award is given to those who excel in leadership, teamwork, communication, accountability, and more.

◆ **The Award of Excellence in Nursing:** Presented each year during National Nursing Week, this award is given to nurses who were nominated by their peers. This award celebrates the dedication, initiative and excellence of nurses employed by Canadian First Nations communities and Indigenous Services Canada and Inuit communities.

These are a few of the awards and recognitions bestowed on the hard-working nurses who make a difference in the lives of their patients across Canada and the United States.

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Roberta Bain, (owner) and her entire staff at Plaza Discount Liquors once again, would like to thank everyone for their hard work and dedication.

Thank You! For nursing the world back to health.

The important role of nursing assistants

Health professionals are often unsung heroes. However, since the arrival of COVID-19, millions of people have had their eyes opened to the crucial role medical providers play in regard to helping patients and their families.

Nursing assistants are tireless health care workers who perform their tasks with professionalism and patience. Certified nursing assistants, or CNAs, help patients with their basic daily care, and may assist with:

- Making beds and changing bedding.
- Helping patients use toilets and tending to catheters.
- Helping patients to get dressed.
- Monitoring vital signs and reporting on patients' health.
- Handling feeding and helping the patient drink.
- Turning bedridden patients



Nursing assistants must possess certain qualities, as the job requires caregiving above all. The nursing resource All Nursing Schools says CNAs must be able to listen to patients' concerns and develop personal relationships. The care CNAs provide requires a certain level of intimacy, and CNAs must have demeanors that help patients feel comfortable. Some tasks may involve lifting or helping to move a patient, so some measure of physical strength also is needed. Most importantly, CNAs often provide companionship and friendship, especially in home care settings. Providing comfort for patients who are scared, lonely or upset also is part of a CNA's job.

according to schedule.

CNAs work in various settings, notably long-term care facilities, doctors' offices, hospitals, and rehabilitation clinics. Nurs-

ing assistants often are the first responders when a patient calls for help. They traditionally work under the guidance of registered nurses, and the work of CNAs

frees up nurses to provide care that requires a greater level of training, such as administering IV medication or alerting doctors to significant changes in health.

Nursing assistants are important health care professionals and often part of a team of caregivers that help patients enjoy improved quality of life.



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Simple ways to thank local nurses

Nurses have long been unsung heroes of the medical community. But that tide began to turn in 2020 as the world confronted the COVID-19 pandemic and realized just how invaluable nurses are to public health.

According to the American Nurses Association, nearly 400 nurses in the United States died as a result of COVID-19 within eight months of a pandemic being declared in America. Globally, data from the International Council of Nurses indicated that roughly 1,500 nurses lost their lives to COVID-19 by the end of Octo-

ber 2020.

That data is sobering and serves as a reminder that nurses put their lives on the line each day they go to work. Such sacrifices are worthy of widespread support, and there are many ways ordinary citizens can thank nurses working in their communities.

Nurses have made immeasurable sacrifices throughout the pandemic. Communities can come together in various and often simple ways to show nurses just how much those sacrifices are appreciated.

OFFER DISCOUNTS

Local business owners can do their part by offering discounts to nurses and other health care professionals in their communities. A 10 percent discount on a restaurant bill or a nursing discount on a fresh bouquet of flowers can lift nurses' spirits and reassure them that their communities are behind them.

HELP OUT WITH CHORES

Before going to the grocery store, text or call a friend or neighbor in the nursing field to see if he or she needs anything from the store. If nurses shop online for their groceries, arrange to pick them up so nurses can spend more time relaxing at home with their families. During warm weather seasons, offer to mow the lawn or help with leaf pickup.

GIVE NURSES THE NIGHT OFF

Long shifts in stressful situations have taken a toll on nurses and their families. Neighbors can pitch in by offering to cook and deliver meals or pay for takeout for nurses and their families. This simple gesture can provide a much-needed break for nurses and their spouses who have been stretched thin during the pandemic, and it's a great way to remind nurses their heroic efforts are not going unnoticed.

SUPPORT PPE FOR NURSES

Despite widespread recognition of how vital they are to public health, nurses still may not have unbridled access to personal protective equipment (PPE). An ANA survey of nurses working in various health care settings conducted in fall 2020 found that 42 percent of nurses indicated they were still experiencing widespread or intermittent PPE shortages. In fact, more than half of the 21,000-plus nurses surveyed reported that they were forced to re-use single-use PPE, a practice they said makes them feel unsafe. The public can do its part by urging local lawmakers to support legislation that increases domestic production of PPE so the men and women in the nursing profession can feel safer when doing their jobs.

Right now, our nurses and health care workers are on the front lines battling COVID-19 and the health needs of our community and beyond. Thank you for the sacrifices you have made and will continue to make. Your service is saving countless lives and making a difference.

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Taking care of their feet is a must for nurses

◆ Choose supportive shoes. Comfort begins with supportive shoes. Stores sell a range of ergonomic shoes that cater to the unique needs of nurses.

◆ Get the right fit. The

right fit also is important when choosing footwear. Wearing shoes that are too small or too big can cause problems. Large shoes lead to blisters, while small shoes can result in bunions,

corns and even deformities that may require surgery.

◆ Wear compression socks. Compression socks can alleviate tired muscles and swollen feet. Prevention magazine says compression socks work to reduce fluid buildup and fatigue in the legs by promoting better blood flow in the veins of the calves and feet. Nurses should begin with lighter compression ratings, although a custom fit and prescription by a doctor is the best way to go about getting compression socks.

◆ Alternate footwear.

Wearing the same shoes each day may lead to the formation of pressure points and can result in repetitive strain. Nurses should invest in more than one pair of supportive shoes and rotate through their collection.

◆ Get a massage. Foot massages and warm soaks are a treat and often are part of a pedicure. Both can make the feet feel better. Frequently stretching and rolling feet, and running the soles of the feet over a tennis ball can soothe the feet.



The **Village of Groton** would like to thank and honor all of the amazing nurses out there on the front lines, with special recognition to our Groton, Cayuga Medical and Cortland nurses.





Americans rate nurses high on honesty

Nurses champion and promote the health of Americans coast to coast. As health-care specialists, they are ideally positioned to be the best role models, educators and advocates of healthy living, safety and wellness in America. Trust, therefore, plays an important role in the relationship between nurses and the communities they serve; and according to statistics, these caring professionals are doing a stellar job!

According to a Gallup poll released in December 2016, nursing is the number-one most trusted profession in America for the fifteenth year in a row, with 84 percent of Americans rating nurses' honesty and ethical standards as either "very high" or "high." What better way to thank them for their trusted service than by paying them homage this National Nurses Week? Celebrated annually from May 6 to 12, this weeklong observance honors nurses for their dedication to advancing the quality of care in America.

Whether they are at the bedside of an ailing patient, in the ER or in the boardroom, nurses play a vital role in the health-care system. Some of their responsibilities include:

- ◆ Physical exams and preliminary diagnoses
- ◆ Health promotion, counseling and education
- ◆ Prevention of illness and injury
- ◆ Direct and supervised care of wounds and other personalized interventions
- ◆ Research toward improved practices and patient outcomes

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Nursing observances through the year



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Nurses put in long hours as they work tirelessly to advocate for their patients. While any time of year is an opportunity to thank the nurses in our lives, there are various events throughout the year that pay special homage to these hardworking professionals.

JANUARY

National Blood Donor Month arrives in January, and while it's not a nursing-specific event, nurses may be on call to help manage patients, take health histories and assist with the collection of blood. Donors can use their trips to donation centers as opportunities to thank nurses for all they do to help others.

MARCH

The week of March 14-21, 2021, is Patient Safety Awareness Week. This week can spark important discussions that can inspire action to improve the safety of the healthcare system for patients and the workforce.

March also is home to Certified Nurses Day, which takes place on the 19th. This is a day when nurses celebrate their nursing certification and organizations around the world join to honor the dedication and service of certified nurses.

APRIL

April 16, 2021 marks National Healthcare Decisions Day. Nurses and other providers may be instrumental in empowering patients to talk about the importance of advanced care planning and being an advocate for one's own health.

MAY

May is a big month for nursing observances. The entire month is Oncology Nursing Month, when the efforts of nurses who work in cancer care are celebrated.

May 6 marks National School Nurse Day, which highlights the hardworking nurses who work in

our nation's schools.

May 6-12, 2021 is National Nurses Week, annually celebrated on or near the birthday of Florence Nightingale, the founder of modern nursing. This week is also when we celebrate International Nurses Day, which falls on May 12.

May 9-15 is National Nursing Home Week, where nurses who work in nursing homes are honored as the public learns more about nursing home care and planning.

JUNE

National Nursing Assistant Week begins on June 18 and continues until June 25. This week provides an opportunity to showcase the incredible men and women who devote their lives to being nursing assistants. National Career Nursing Assistants' Day also takes place on June 14.

AUGUST

Teamwork is essential in healthcare facilities and health unit coordinators are vital and indispensable professionals who support doctors and nurses in various ways. During Health Unit Coordinators Week, which runs from August 23-29, and on Health Unit Coordinators Day on August 23, these special workers get the attention they deserve.

OCTOBER

Emergency Nurses Day on October 9 recognizes emergency nurses for their dedication, service and commitment to their patients and communities.

NOVEMBER

Home Health Care Aide Week takes place the second full week of November each year and honors the millions of nurses, home care aides, therapists, and social workers who make differences in the lives of the patients and families they serve.

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Discounts for health care workers

Health care workers are heroes in the best of times, but the heroic efforts of our frontline medical workers has been especially notable since the outbreak of the COVID-19 virus. Since the winter of 2019-20, health care workers have put their lives on the line every day to treat the sick, including those infected with the deadly virus.

In recognition of the hard work and sacrifices made by health care workers, various businesses offer discounts exclusive to medical professionals who can confirm their employment or first responder status with valid identification cards. The following are just a few of the many retailers offering discounts to health care workers.

- **Adidas:** Adidas gives heroes 30 percent off, a discount that's available to medical professionals, first responders and nurses, among others.

- **Asics:** Medical professionals can receive 40 percent off all full-priced items in the Asics online store at www.asics.com.

- **Bose:** Doctors and nurses are among the various professionals who are eligible for discounts from the audio products retailer Bose. After verifying their eligibility with ID.me, health care workers can receive exclusive discounts on orders of \$199 or more at Bose.com.

- **Clarks:** The men's and women's footwear retailer Clarks® also utilizes ID.me to offer special offers to nurses, medical professionals and first responders, among others.

- **HSN:** Nurses who shop at HSN.com are eligible for a 15 percent discount off a single-item purchase.

- **Levi's:** Though many people social distancing at home have stashed away their jeans in favor of sweatpants, Levi's® is offering a 25 percent discount on all of its apparel to medical professionals and first responders who can verify their eligibility.

- **L.L. Bean:** Medical professionals, including doctors, nurses and hospital workers, are eligible for a 15 percent discount on full-price and sale items purchased online (www.llbean.com) or over the phone.

- **Nike:** Nike recently increased the discount it offers medical professionals from 10 percent to 20 percent. Health care workers must verify their status via SheerID, and after doing so they'll be sent a single-use promo code for a 20 percent discount that can be used on most items.

- **Samsung:** Via Samsung's Frontline Discount Program, medical professionals are eligible for the tech giant's employee discount of 30 percent. Even more notable is that the discount can be combined with most offers, earning medical professionals additional savings.

- **Under Armour:** Under Armour offers a 10 percent discount to health care workers shopping on UA.com, the UA app, UA Brand House, and UA Factory House.



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Qualities that help nurses thrive

Nursing is a challenging and rewarding field. Nurses are in high demand, and the COVID-19 pandemic has only highlighted just how vital these talented medical professionals are.

The American Association of Colleges of Nursing says nursing is the United States' largest health care profession, employing more than 3.8 million registered nurses. In 2018, the U.S. Bureau of Labor Statistics estimated that registered nurse jobs are projected to grow by 15 percent between 2016 and 2026. The Canadian Institute for Health Information says that, as of 2019, there were 439,975 regulated nurses in Canada.

Many people interested in nursing careers may wonder if they have what it takes to be a nurse. Certain qualities can help nurses thrive in this challenging field.

- **Trustworthiness:** For nearly two decades the American public has ranked nursing as its most trusted, admired and ethical profession, as indicated in Gallup polls. Nurses hold high ethical standards and 84 percent of respondents ranked nurses' honesty as "very high" or "high."

- **Empathy:** Being able to feel what another person is experiencing from the patient's point of view is a skill nurses must hone. This may require nurses to put themselves in their patients' shoes and adapt care to make patients feel more comfortable and secure.

- **Emotional stability:** Nurses often have to shelve their emotions so they can offer their patients the most effective care. Each day can bring powerful emotions. Nurses are not robots, but they have to perfect the balance of being empathetic while remaining strong in challenging situations. According to Daymar College, research has shown that nurses who are emotionally stable are more capable of solving problems and keeping their patients safe.

- **Effective communication:** Great nurses are good communicators who can absorb information from their patients and communicate health care initiatives back succinctly. Nurses also must be able to effectively share information and care plans between doctors and other staff.

- **Problem-solving:** Professional nurses see problems and find solutions. They know when certain situations may be challenging and seek the input of others to come to a satisfactory outcome.

- **Team player:** Nurses need to work seamlessly with health care teams, patients, families, and all individuals involved in a health plan. This may require nurses to don many different hats while remaining flexible and being willing to adapt to changing situations on the fly.

Demand for nurses is surging and the profession can make for an exciting and rewarding career. Prospective nurses can take inventory of their personalities and skill sets to determine if nursing is the right fit.



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Specialist positions that are in demand

Nursing can be a fast-paced, exciting occupation. Nursing is a vibrant field that includes talented professionals who specialize in various areas of health care. Depending on which type of medicine they find appealing, nurses can work in various settings.

Demand for nurses is high. The U.S. Bureau of Labor Statistics predicted that the demand for nurses in the United States would soar in the early years of the 2020s. The ongoing global pandemic has increased demand for nurses even more and highlighted how essential these workers really are.

New nurses or seasoned applicants ready for something a little different may appreciate the growth potential in a variety of in-demand specialties.

◆ **Geriatric nurse:** The population of senior citizens is expected to increase by 75 percent between 2010 and 2030, according to Husson University Online. Many nurses have no geriatric training, making a career in geriatric nursing a viable option — and one that can provide for quality care for the aging population.

◆ **Cardiac nurse:** The World Health Organization reports that heart disease is the leading cause of death across the globe. So it should come as no surprise that the demand for nurses with a specialty in cardiac health is growing. Cardiac nurses can advise about preventing heart disease and assist in surgical procedures.

◆ **Certified nursing anesthetist:** This interesting career option involves nursing and anesthesia. A certified nurse anesthetist administers anesthesia to patients under the supervision of an anesthesiologist. These nurses work closely with doctors in various fields.

◆ **Nursing midwife:** In this specialty, nurses deliver babies and provide health care to pregnant patients. They also are instrumental in offering prenatal and postnatal care.

◆ **Critical care nurse:** Critical care nurses are especially educated and trained for emergency situations. They are called on to tend to serious wounds and monitor life-support systems.

◆ **Family nurse practitioner:** An individual who becomes an FNP is trained in primary care health services for people of all ages. The duties of an FNP are similar to a primary care physician in diagnosing and treating illnesses, providing physical exams and prescribing medications.



5 gifts to show nurses they're appreciated

It's likely that no gesture of appreciation could ever be enough to express just how much the world has valued and come to rely on the efforts of nurses over the last year-plus. Since the outbreak of the COVID-19 virus in late 2019, nurses have been at the front lines in the fight against this global threat, working long hours in stressful situations.

The pandemic did much to shed light on the vital role nurses play in health care settings, compelling many people to realize just how valuable these talented professionals are. In the wake of such realizations, it's understandable if the loved ones, neighbors or even patients of nurses want to do something to express their appreciation for the efforts of these brave men and women. The following are five great gift ideas that may be tailor-made for the nurse in your life.

1. Portable sanitizer bag

A portable sanitizer bag makes for the perfect accessory for nurses. Bags vary, but most provide a simple and effective way to kill viruses and bacteria without chemicals. Effective sanitizer bags utilize UV light to clean phones, jewelry, eyeglasses, masks, keys, and more.

2. Insulated tumbler

Nursing shifts tend to be long, and the drive to the doctor's office or hospital is a perfect time for nurses to enjoy a cup of coffee prior to a long shift. An insulated tumbler can ensure that cup of coffee stays hot during the commute and even for several hours after nurses arrive at work.

3. Aromatherapy diffuser

Aromatherapy diffusers atomize essential oils to promote wellness, helping nurses relax after long shifts or during their days off. Many diffusers include a variety of ambient lighting options, allowing nurses to pick different colors depending on the room they're in or the ambiance they hope to create.

4. Books

Everyone appreciates a periodic escape from the hustle and bustle of daily life, but nurses working throughout the pandemic are especially deserving of such a respite. Books can make for the perfect escape vehicle, allowing nurses to immerse themselves in a work of fiction or a non-fiction book focusing on a particular interest or historical era.

5. Meal kit

After a long shift, nurses may not have enough energy to cook meals in their kitchens. But many restaurants are still operating under limited capacity restrictions. Meal kit subscriptions have become incredibly popular in recent years, and even more so during the pandemic. Meal kits usually come with recipes all ready to go, requiring just a few minutes of easy preparation before they can be cooked. Such kits can make for the perfect gift for nurses who loved homecooked meals but routinely find themselves too tired or busy to cook.

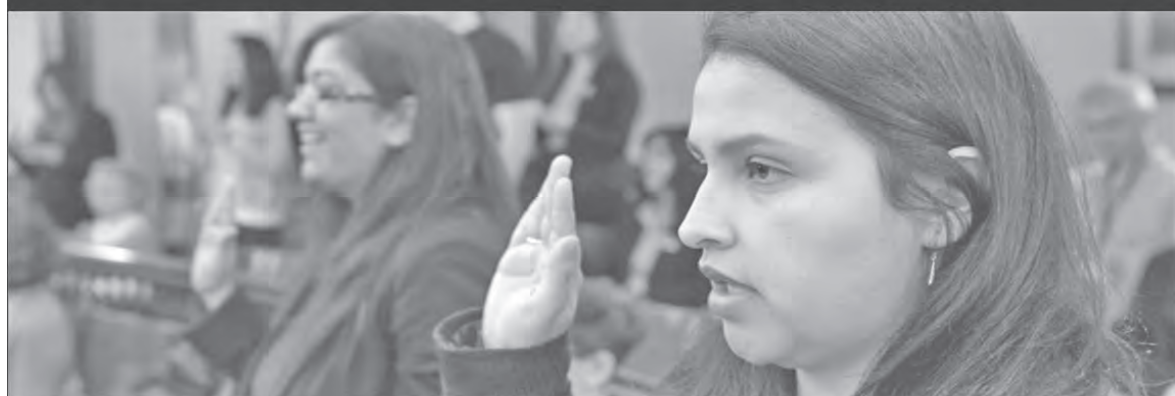
The heroic work of nurses is worthy of everlasting appreciation. Thankfully, there are many ways for individuals to show just how much they appreciate the hard work and sacrifices the nurses in their lives have made.



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Guthrie Cortland

Guthrie Heroes

Our nurses who show up to keep our communities healthy and safe.



Thank you!

To the Guthrie nurses who work day and night, upholding our values and providing exceptional care:

Thank you for all you do.



Your dedication and the compassionate care you provide truly make a difference to our patients, our organization and our community.

To become part of the Guthrie Nursing team, visit www.Guthrie.org/WeBelieve

