

Count your blessings

By Shaun Meyer

Director of Home Health Services

If you think about it, the tendency of humans to be unhappy, angry, rude, etc...is so sad. I've often thought that I would not even have to be here to experience this world if I hadn't been 'planned' ahead of time.

Recently, our new administrator, Jim, shared a video with us that really was thought-provoking. In this video, it shows different people being encountered on a typical day, with little quotations beside them saying what they happened to be going through right at that moment. The point being, that each person you encounter on a daily basis, is experiencing something you don't know about.

This includes anything: trouble at home, divorce, a dying child, a dying father, signing a 'no code' form on a loved one, a cancer diagnosis, a person finding out that the tumor isn't cancer, someone who just found out they were going to be parents, a patient who doesn't understand what the doctor is trying to explain to them, etc. etc. etc.

I have no way of knowing if others ponder why they are here, but I know I do. I also believe that we are placed exactly where we are supposed to be at the time we are there.

There are times when I am dreading having to go out on a weekend to work instead of being at home, but never have I come back from seeing a patient on the weekend and not felt some fulfillment of some sort, and a feeling in my heart reminding me of why I do what I do. It most definitely is all about the patients.

I guess my challenge to you, in this ever-growing negative world, is to find the positive.

The other morning while heading down main street, I stopped to let a pedestrian cross the street, and would you know...he scowled at me, and appeared to be cussing all the way across the street to his vehicle. One of my staff reminded me that it was sad that his day was going that way, but that it certainly did not have to influence the direction of mine.

Remember, each person you meet is experiencing things that you know nothing about.

Blessings on your day!

Shaun