



THE INTELYGENCE NEWSLETTER

MAY 2021

Happy May Everyone! We would like to start this month's newsletter by acknowledging our wonderful IntelyPros, the nurses. Thank you for being an amazing nurse and being on the front lines of care. Your dedication, healing touch, and empathetic ear is appreciated. Thank you for always putting your patients first no matter how grueling your day. We would like to take this time to celebrate you and Nurses Week!

What is Nurses Week? (May 6th-12th)

Nurses' week is an annual celebration of nurses worldwide for your dedication and often thankless work you do for others. This week allows communities to acknowledge the nurses in their lives. It also provides an opportunity to thank nurses within the industry as a whole for the work they've done.

With COVID-19 taking a toll on everyone this past year, you were on the front line working tirelessly and caring for the sick and dying. You were and continue to be dedicated during the tough times, and have been there for those that could not have family close when sick. You held the hands of those that died, becoming the patient's surrogate family in their last hours so they didn't have to face death alone. This pandemic has beat down the weary, but you, our Healthcare Heroes, have shone through but the time has taken a toll on your morale and mental health. Self-care and preservation are a must at this difficult time (see **Steph Speaks** on Page 3 for some great tips!).

Therefore, it's even more critical to use nurses' week to reach out and celebrate all the nurses around you and throughout the world. We want to keep you emotionally engaged with us as you continue providing excellent care to your patients.

The History of Nurses Week



For those that may not know, the start of Nurses week goes back some time. In 1953, Dorothy Sutherland of the U.S. Department of Health, Education and Welfare sent a proposal to President Eisenhower to create an official nurse day. It wasn't until 20 years later, that President Nixon created a week in February of 1974 to acknowledge the nursing profession, but it did not gain much popularity.

In 1981, when President Reagan was attacked in an attempted assassination, he received care from a team of nurses who dislodged a bullet inches from his heart. After his recovery, Reagan tracked down the nurses, sent them words of encouragement and thank you notes. In 1982, he signed an executive order making Nurses Day official on May 6, 1982. Meanwhile, the International Nurse Council had declared Nurses day on May 12th to signify the birthday of Florence Nightingale, our original **NURSE!**

Finally, in 1991, the American Nurses Association made this a week-long celebration from May 6th and usually ending on May 12th which continues to this day. **At IntelyCare, we want to take this time to say THANK YOU! From the bottom of our hearts, your dedication and hard work are truly amazing!**



PEOPLE WILL FORGET
WHAT YOU SAID,
PEOPLE WILL FORGET
WHAT YOU DID,
BUT PEOPLE WILL NEVER FORGET
HOW YOU MADE
THEM FEEL.
- MAYA ANGELOU -

How we are Celebrating you, the IntelyPro, at IntelyCare

At IntelyCare, we strive to help you learn and grow. You are our Healthcare Heroes, and we want YOU to have a voice and be recognized. Here are two programs we will be running in honor of Nurses Week!

[Healthcare Heroes 2021 Scholarship \(\\$5,000\)](#)

[Healthcare Heroes Initiative](#)

- Share your IntelyPro stories. The first 100 stories get IntelyScrubs!
- \$1,000 prize for the best story submitted by October 31st

INTELYPROS OF THE MONTH

Each month we chose those IntelyPros that exemplify what it is to be a true Healthcare Hero.

Want to know how to become an IntelyPro of the Month?

Criteria for being considered include things like...

- IntelyLevel
- Active & Currently Completing Shifts
- Complete a variety of shifts, especially Weekend Shifts (SAT,SUN)
- Limited number of Call-Offs
- Star Rating

We choose 40 IntelyPros per month.

[Click here to see the list for May 2021](#)

Congratulations all and thank you again for all your hard work!

INTELYPRO MILESTONES

We want to give a special thanks to these IntelyPros that have reached a milestone with us!

Thank you for all your hard work and dedication!

112 more IPs completed 100 shifts

212 more IPs completed 50 shifts



Steph Speaks

To take care of others, you must first take care of yourself!

This last year has been nothing short of crazy for me, so I cannot imagine how you, the nurse, must feel! Nothing can compare to what you have been experiencing daily.

In addition to day-to-day personal stressors, you have sacrificed your time and health to care for others. You are pushed to your limits with little down time, skipping meals and rest.

This can be a recipe for disaster, leading to extreme fatigue, burnout, physical illness and mental health issues. Nurses, YOU need to take care of yourself too!

Tips for a Better YOU

Sleep

It is essential! Seven plus hours of quality sleep is usually recommended for adults over the age of 18. Sleeping allows your body and mind to recharge, improving productivity, concentration, and cognition. In addition, it can boost your immune system thereby lowering your risk of heart disease, inflammation, and mental health issues such as depression. If you find yourself having trouble sleeping, reevaluate your sleep routine. Little things may have a big impact! I try to stay away from caffeine and sugar before bedtime and I also eliminate distractions by turning off the tv and my cellphone.



**Self care is
not a luxury.
It's a necessity.**

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Improve your Gut Health

Eat right! Fast food is an easy solution for eating on the go but can make you feel sluggish and bloated later on. I always keep easy to grab snacks on hand! Nuts, fruits and raw vegetables are great for a quick snack. Try meal prepping to eliminate the urge to hit that drive thru!

Exercise

This can be a tough one! Starting your self-care journey is understanding what works for you. If going to a gym is too time consuming, try simple at home exercises to get your heart pumping. I like to take a walk outside or turn on my favorite song and dance! Yoga and meditation are also great ways to enhance your health! Just remember, do what works for you and keep that body moving!

It is ok to say NO!

Part of self-care is realizing you need "me time". In this chaotic world it is easy to say "yes" to everyone, but to improve your physical and mental health practice saying "no". I started to block out a portion of my day or week for "me time" and let people know that I am unavailable. It could be 15 minutes or a whole day then find something that brings you joy, like journaling, reading a book or completing a crossword puzzle!

I hope some of these tips help you with your self-care journey! We value your hard work and want you to make sure you take care of yourself. We love our Nurses!