



Fellow PeriAnesthesia Nurses,

This year has challenged all of us to our limits and then some. Through it all however, we have remained strong and resilient while working tirelessly to provide exceptional care to the patients and families who we have come in contact with. In true nursing fashion, we have cared for others ahead of ourselves and my wish for all of you over the holidays is that you have time to decompress and take time for you....yes you! Something as simple as a walk while tiny snowflakes fall, reading a book curled up next to a fire or tucking yourself in for a little mid-afternoon nap can do the world of good for your head, heart and soul. Take time to enjoy the simplicity of the holidays this year....take in the sights, sounds and smells associated with the season. Christmas celebrations will look different for us all, however, when all is said and done....family, friends, health and happiness is what we should take away from it.

Wishing you a healthy and safe holiday season and best wishes for the upcoming year. We've got this!

Leigh-Anne Marshall

NAPANc President 2020-2022

