

# Hearts of Gold

Tonya Dietrich, registered nurse and staff development coordinator at Life Care Center of Ooltewah, Tennessee, wrote some reflections about the nursing profession for National Nurses Week earlier this month, but its message is appropriate anytime.

Here it is:

*There are times in our lives when we sit down and wonder where our lives will lead us.*

*Sometimes, we get so caught up in our jobs that we forget what we truly represent.*

*We get frustrated, aggravated, pushed to the limits, and so mentally tired that we wonder, "What is the use in being a nurse?"*

*But then someone gives us a weak smile and holds our hand and may say, "Thank you. You are so special."*



*Then, we feel the warmth growing in our hearts, and all the bad feelings disappear and are replaced by the core values we represent: human dignity, compassion, dedication, integrity, stewardship, leadership and excellence.*

*So, when the bad feelings begin to show, remember this prayer:*

*"Lord, help me bring comfort when there is pain; courage when there is despair; acceptance when the end is near."*

*And always remember, nurses, you are truly blessed! For you see, God gave us hearts of gold!*

*Thank you for what you do every day, from the bottom of my heart.*

To which we say, Amen!

– Beecher Hunter