5 Ways to "Thank a Nurse" during National Nurses Week

by Norman Brown |
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Nurses are always there for us. They work tirelessly to provide comfort and care for their patients on a daily basis, so during National Nurses Week, take time to thank them in personalized ways, on social media and by making charitable donations in their honor.

The theme of this year’s National Nurses Week, which is May 6-12, is "Nurses: Inspire, Innovate, Influence." It was created as a reminder of how the profession has become a pillar of support for our communities.

Nursing is a demanding but rewarding job and there’s a need for nurses throughout our lives. Here are five ways to show your appreciation to the nurses who have impacted your life and others you know. National Nurses Week is a great reminder, but don’t forget that you can show your gratitude and appreciation for hard-working nurses every day of the year.

1. Attend an event – and thank them in person

Palm Healthcare Foundation established Thank a Nurse five years ago to recognize Palm Beach County’s outstanding nurses. With its presenting sponsors, Tenet Health and VITAS Healthcare, the foundation hosts two events during the Thank a Nurse campaign that you won’t want to miss.

Nurses Night Out is a free event for Palm Beach County area nurses put on by Alpha Media radio stations and serves as a kickoff to the week’s festivities. This event, scheduled for 5-8 p.m. May 3 at Downtown at the Gardens in Palm Beach Gardens, offers great music, food, giveaways and raffle prizes to celebrate nurses.

Palm Healthcare Foundation’s fifth annual Heart of Gold Reception honors local nurses and will recognize Palm Beach County’s 2018 “Nurses of the Year.” This event, scheduled from 6-8 p.m. May 10, will be held at the Kravis Center’s Cohen Pavilion in West Palm Beach.

The $35 tickets include an open bar, heavy hors d’oeuvres and music. If you would like one of your favorite nurses to attend, you can say “thanks” by purchasing a ticket for him or her.
2. Donate in their name

At the Heart of Gold Reception, you can make a $250 sponsorship donation to support nursing scholarships and become a “Friend of Heart of Gold.” You can also choose to make a donation in the name of a nurse or nursing area that has impacted you.

Palm Healthcare Foundation has donated more than $1 million in nursing scholarships, allowing more than 1,000 students to pursue nursing education. In addition, Palm Healthcare has donated more than $10 million to nursing advancement initiatives in the past 16 years.

3. A personal thank you

Showing your gratitude doesn't have to break the bank or take a ton of time. You can simply tell a nurse how much you appreciate them and how meaningful their work is to your community. A written note or a gift card to a nurse's favorite restaurant or store are other simple, but meaningful ways to show your thanks.

These small gestures can go a long way in reminding nurses that their hard work is not overlooked.

4. Be active on social media

Share your appreciation with a post on your favorite social media platform. Hashtags such as #ThankaNurse or #NationalNursesWeek help your post be seen by nurses on social media.

Follow and post on Palm Healthcare Foundation's Thank a Nurse Facebook page to see and share stories about your favorite nurses. You can even tell them about a special nurse in your life and your nurse may win a prize! Every week until May 15th, one nurse story will be selected and a prize will be awarded.

You can also "like" stories that resonate with you or even share on your personal feed.

5. Support community partners

Several media partners in Palm Beach County will be featuring nursing stories and encouraging viewers or listeners to share during National Nurses Week. CBS 12, Alpha Media radio stations and the Palm Beach Post are among the media outlets that will highlight several of the community's most inspiring nurses as part of the celebration.

No matter how you do it, make sure that you show these hard working and caring nurses how grateful and appreciative you are for all they do.