



In Appreciation for Who You Are and What You Do

Thank you for the hard work you do as an end-of-life caregiver.

Thank you for spending your days in such tireless devotion, even when you're tired.

Thank you for spending your years in such a demanding endeavor, in which pain is unavoidable.

Thank you for caring in ever so many ways, both little and large.

Thank you for washing fragile skin with such careful, caring strokes.

Thank you for doing all those things for your patients that people aren't comfortable talking about, or even thinking about, and for doing those things so graciously and kindly and nonchalantly.

Thank you for freshening sheets and fluffing pillows and taking blood pressure and giving medications in a way that says, "I appreciate you too!"

Thank you for driving through fog and rain and snow and heat and darkness all because someone needs you, perhaps someone you've never met.

Thank you for being on the other end of the phone in the middle of the night, dispensing your accumulated knowledge and your calming influence.

Thank you for doing your very best with the most difficult of families, and thank you for taking care of yourself after visiting those families.

And thank you for taking care of yourself all those other times too, even when it's hard to find the time.

Thank you for allowing your hospice humor, quirky as it may be, to help you cope with all that you must cope.

And for that genuine smile of yours that does more good than you realize, thank you.

For that unhesitating touch of yours that speaks volumes, thank you.

For honing your gift of being silent with another in a loving way, thank you.

For hanging in with spouses and partners and children and parents after someone has died, when others have long gone on their way, thank you.

Thank you for the ways—so compassionately, so creatively—you help manage people's pain.

Thank you for the ways—so conscientiously, so imaginatively—you address the feelings that this work inevitably brings up in you, and bless you for feeling them.

Thank you for making sure that when you go home, you go home, leaving your work where it's supposed to be—at work.

Thank you for collaborating with your colleagues in order to provide the most sensitive, professional care possible.

Thank you for sharing your laughter and your tears with your colleagues, and for telling the truth to one another, and thank you for finding ways to honor one another, for you deserve it.

Thank you for knowing when to say goodbye, and how to say to goodbye, and for saying goodbye.

Thank you for being willing to allow this work to sometimes break your heart, and each time it does, to let it to help reshape your life.

Thank you for realizing that your work is sacred practice, and thank you for all the ways you make it sacred practice.

Thank you for representing that which is the very best in all humanity by tending to the ill, the dying and their families on behalf of all of us.

And finally, thank you for helping those in your care see the light of day, whatever that may mean for them, by letting it shine in your eyes, day after day.

Thank you, thank you.



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