



## Health care workers put patients' interests before their own

Why do millions of health care workers—doctors, nurses, emergency responders, aides, transport specialists, and more—risk their lives every day to care for those with Covid-19, a potentially deadly infection?

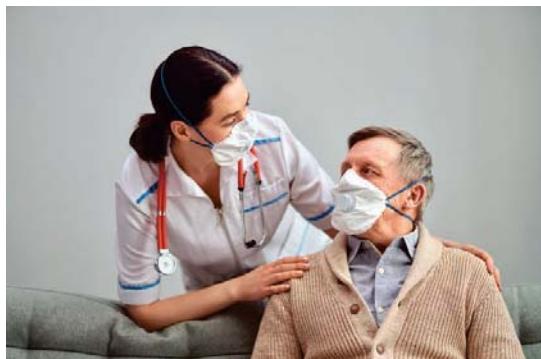
Personal courage is part of the explanation. But there's more to it than that. What we are seeing is the professionalism of thousands of health care workers at work. The essence of their professionalism is that they put the interests of patients and the public before their own.

We take it for granted at our peril.

Professionalism is ingrained during medical training, role-modeled by the senior clinicians who teach, and reinforced by powerful aphorisms inherited from legendary practitioners going back to Hippocrates. One was the eminent Boston physician Francis W. Peabody who, in 1927, famously wrote: "One of the essential qualities of the clinician is interest in humanity, for the secret of the care of the patient is in caring for the patient."

Professionalism also instills a commitment to peers who join together on the frontlines of medicine. In this way, health professionals resemble soldiers who sacrifice for their comrades in the trenches. And like the military, they accept collective responsibility for their behavior.

A core tenet of professionalism is a commitment to pro-



fessional self-governance. A well-functioning profession supervises itself, setting standards of practice that are based on science and evidence and ethical conduct. That is why society entrusts health care professionals with designing their own licensing exams, training curricula, and disciplinary proceedings. Responsibility to and for peers

is another force driving clinicians into the fray.

A third essential dimension of professionalism is commitment to maintaining competence in a specialized area of expertise, in this case, the science that underlies clinical practice. It is not by chance that professional societies publish their own peer-reviewed scientific journals, or that publication in those journals conveys prestige and standing among colleagues. It should come as no surprise, then, that professionals bridle when lay leaders broadcast assertions that fly in the face of existing evidence.

We should recognize that in times of crisis like this, professionalism reinforces the sense of duty, the courage, and even the heroism of millions of clinicians who feel its pull. We would certainly be worse off without it.

Protecting health care workers is a sign that society values and respects them for the professionalism they show every day.

Canadians deeply admire health care workers, and that admiration has justifiably grown during this crisis. But the public should realize that the professionalism that undergirds the behaviors they so admire is potentially fragile at a tough time like this, and needs to be supported now and in the future.



*From the Moosomin & District Health Care Foundation, we want to thank all the health care professionals for all the sacrifices they have made to keep people healthy and safe.*



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**A BIG  
thank you  
to our health-care  
professionals**

We salute the courage and dedication of health-care workers who continue to bravely serve our community during the pandemic. Your contributions are invaluable and we want to acknowledge them in a big way!

## When a risky job becomes that much riskier

We all know that some jobs are more dangerous than others. It's expected that people who take on these jobs understand the risks and follow guidelines to stay as safe as possible. But what would you do if your job suddenly became much more dangerous?

That's the situation now facing millions of healthcare workers who provide medical care to patients, including nurses, doctors, respiratory therapists, EMTs, and many others. They have a markedly higher risk of becoming infected with the coronavirus that causes Covid-19, especially if they are exposed to a high volume of sick patients (such as in the emergency room) or respiratory secretions (such as intensive care unit healthcare providers). Early in the outbreak in China, thousands of healthcare workers were infected, and the numbers of infected healthcare workers and related deaths are now rising elsewhere throughout the

world. While consistent use of personal protective equipment (PPE), such as N95 medical masks, reduces the risk of becoming infected with the new coronavirus, PPE is in short supply in many places.

Outside of work, people who have healthcare jobs have the same pandemic-related stressors as everyone else. On top of these worries come added challenges, including

- the fear and uncertainty of a heightened risk of infection
- worry that they may carry the Covid-19 coronavirus home and infect loved ones
- a dwindling or already inadequate supply of PPE needed to minimize the risk of infection
- ever-changing recommendations from local leadership, medical and public health experts, and political leaders
- unusually high and increasing demands to work longer hours as their col-



leagues become sick or are quarantined

- balancing their commitment to help others (which likely led them to their current profession in the first place) with an understandable commitment to protect themselves and their loved ones.

And if ICU beds, ventilators, or staffing prove inadequate to meet demand, some healthcare workers will have to make enormously distressing and difficult ethical decisions

about which patients get lifesaving care and which do not.

By all accounts, healthcare workers have responded exceedingly well. They are showing up. They are putting in long hours. They have rapidly adapted to the situation by changing how they provide care, revising schedules, embracing telehealth, and even repurposing facilities—for example, turning operating rooms into intensive care units—or

creating improvised protective equipment, though that's far from ideal. And they have continued to demonstrate compassion and a brave front despite the fears they may harbor.

Remarkable stories are circulating about the lengths to which healthcare workers are going in order to protect themselves and their families: doctors staying in the garage, hotels, or rental apartments rather than returning home to risk unwittingly infecting a

family member; healthcare workers avoiding their small children when they come home until they can change out of their work clothes.

All of this takes a toll, of course. Already, reports are surfacing describing the significant psychological distress healthcare workers are experiencing.

We know how to protect healthcare workers from this new virus. Fixing the lack of masks and other protective equipment must be a priority: not only is the healthcare system obliged to protect its workers but, importantly, if enough healthcare workers get sick, our healthcare system will collapse.

Nurses, doctors, and other healthcare workers did not sign up for such a dangerous job. So, take a moment to recognize the healthcare workers you know personally or see for medical care. Dealing with this pandemic is not easy for anyone, but it's especially hard on healthcare workers. Let them know you are glad they're there for you.

We recognize the critical contributions  
health care professionals play  
in achieving health for all

**Thank you for all you do!**



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# A BIG thank you to our health-care professionals



We salute the courage and dedication of health-care workers who continue to bravely serve our community during the pandemic. Your contributions are invaluable and we want to acknowledge them in a big way!



Businesses and individuals in the Moosomin area have been putting up We Love Our Frontline Workers signs to show their support for frontline workers. These are just a few of the signs produced by the World-Spectator for local businesses to show their support for frontline workers.

Thank you so much for putting your lives at risk every day to help others! Stay strong and healthy!

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We recognize and appreciate the challenging, lifesaving work that health care professionals do during the Covid19 pandemic.

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## We owe a lot to our frontline workers

Manitoba and Saskatchewan have done an amazing job of flattening the curve in the ongoing fight against Covid-19 through the leadership of the provincial governments, health workers, and because all of us have done our part.

Saskatchewan and Manitoba have among the lowest infection rates and death rates from Covid-19 anywhere. Because members of the public are doing such a good job of social distancing, rates are low, and the virus is spreading slowly.



## Six ways to thank a health care worker today

As millions of Canadians are quarantined at home during the coronavirus outbreak, many frontline and essential workers still have to go into work each day. Frontline workers, like doctors and nurses, as well as other essential workers, such as grocery store cashiers, mail carriers, social workers, bus drivers, sanitation workers, and many others, continue to work, putting themselves at risk.

If you have the luxury of being able to stay home during this time, you may be wondering what you can do to thank and support family, friends, and community members who continue to work during the crisis. Here are just a few ideas to start, from creative ways to express your thanks to sending meals to hospital staff. Most importantly: All of these ideas let you show your support, without leaving your house.

### 1. Create a Sign

To express your thanks to essential workers safely, consider making a sign for your yard or window that local workers will see when they walk or drive past your home. While it may be tempting to visit your local hospital with signs, creating signage for your home lets you show your

gratitude without leaving the house.

A simple, legible paper sign in the front window works, but if you want to get a little more creative, go for it!

### 2. Send Food to Hospitals

Many groups are also raising funds to donate meal deliveries to hospital staffers who are working around the clock. Check for local fundraisers in your area.

### 3. Reach Out to Family and Friends Who Are Essential Workers

Send a text to friends and family members who are still required to work during this time. If they're busy working long shifts or overnight hours, they may not find the time to respond right away, but they will still appreciate knowing that you're there for them.

If you can, consider offering to safely drop off or deliver food for them, so they won't have to worry about cooking after a long shift at work.

### 4. Put Your Hands Together

Following the ritual started in Italy, Spain, India, and

other countries, some Canadian towns and cities have begun clapping and making noise for essential workers at a set time. By sticking their heads out of their apartment windows or standing out on the stoop, neighbors join together (from a safe distance) to cheer on frontline workers. Listen in to see if your neighborhood is participating, or consider starting the trend.

### 5. Show Kindness

During these stressful times, a little kindness can go a long way. Even something as simple as sharing a smile (from behind your protective mask, of course!) can brighten someone's day. Try to extend kindness to those who are helping during this crisis, including healthcare workers, first responders, cashiers, and others.

### 6. Stay Home

Above all else, staying home and practicing social distancing is the most important thing we can do to slow the spread of the virus and reduce the strain on first responders and healthcare workers. And when you do venture out for food or medicine, wear a face covering.

Thank you health care professionals for helping those in need, especially during this difficult time. We truly appreciate everything you do!

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Thanks for keeping us safe & healthy!

To all the health care workers! We appreciate everything you do.

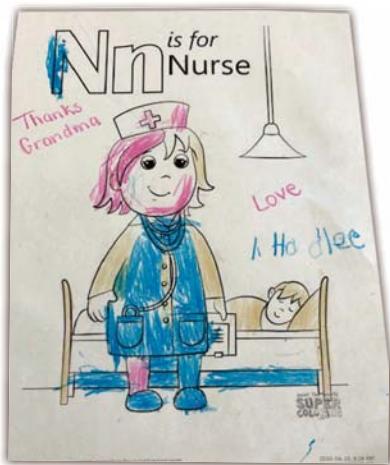
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"Thanks Grandma"  
By Hadlee McMullen



"Thank you Health Care workers!"  
By Cason McMullen



BY KAYLEE BOWEY  
AGE 5

Submitted by:  
Kaylee Bowey, age 5

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thank you  
**Nurses**  
You are our frontline heroes!



We want to thank all of our health care workers for their hard work and support during this difficult time.



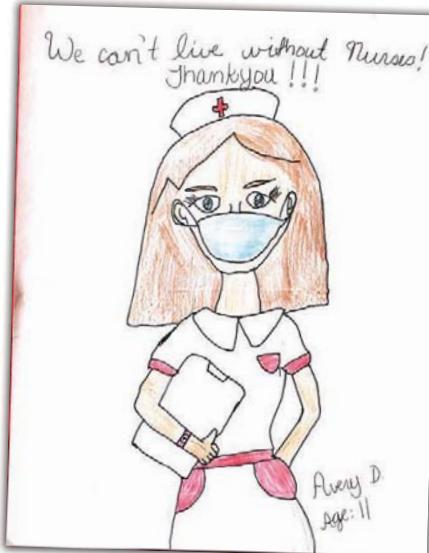
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Right:  
Submitted By:  
Gina Donald, Age 9

Left:  
Submitted By:  
Avery Donald, Age 11



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**It is because of all that you do, we are stronger!**



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**We want to thank all health care providers.**

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# A BIG *thank you* to our health-care professionals



We salute the courage and dedication of health-care workers who continue to bravely serve our community during the pandemic. Your contributions are invaluable and we want to acknowledge them in a big way!

## Health care heroes: Our neighbors, friends and family

It may not seem like it from southeast Saskatchewan and southwest Manitoba but we are at war. This war is with a highly infectious virus we cannot see.

As in any war, real lives are on the line.

And as in any war, the success of the fight will require a lot of hard work from a lot of hard-working and dedicated people.

We are nowhere near the front in this war here in the southern Prairies, but in some areas, right now, there are nurses, doctors and other health care providers who are bravely working to help those who are battling with the virus.

All of our health care workers—every single person who works in our health care facilities, in the labs, in the kitchens, delivering home care and meals to seniors—is part of the fight, and is putting themselves on the line for us.

We respect and honor the dedication of every single one of the health care providers and the people who support them in their efforts.

The requirement of social distancing has called our attention to the work of others whose support of our community and our economy has for many years gone overlooked.

Many citizens, especially those who fall into the highly vulnerable age group of 70 and beyond, have come to rely on home delivery of many of the goods and medications they need for their daily lives.

Local businesses have ramped up their delivery services to accommodate the needs of those who are being told to shelter in place.

Employees of these stores, whether they are working inside a building or delivering to customers, are also tasked with the responsibility of making sure people have food and other items they need, while doing their jobs in an environment where there is a continued risk of community spread.

To all these individuals, we say thank you as well.

The virus has changed so many aspects of our lives and, hopefully, it already has changed our attitudes about the importance of showing respect and appreciation.

It's easy to fall into a pattern where individuals like

nurses and grocery store employees do their important jobs without much attention or a sense of gratitude from the people they serve.

The impact of the virus has shown just how interconnected all of us are, while drawing attention to the importance of services—like health care and food distribution—that we often took too much for granted.

In this war, the heroes are not troops on the ground carrying guns. They are our neighbors, friends and family members who are risking their lives in service of others.

We encourage our readers to continue to show them every ounce of support possible as they continue to fight this unseen enemy on behalf of our community, our state and our nation.

We sincerely appreciate your efforts and compassion – you are amazing people.

Thank you  
health care workers!



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**Thank you so much for  
being on the front lines  
during this difficult time.  
You are all truly amazing  
and we are all incredibly  
thankful for all that you do!**

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# A BIG *thank you* to our health-care professionals



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## Caregivers in seniors' residences: Guardian angels of the elderly

In light of the ongoing coronavirus crisis, it's important to highlight the exceptional contributions of orderlies who work in retirement homes and long-term care facilities. Here's how they're helping to protect society's most vulnerable people.

#### OFFERING REASSURANCE

**OFFERING REASSURANCE**

To help prevent the spread of COVID-19, people across the country have been prohibited from visiting their loved ones in seniors' residences. During these unsettling times, millions of Canadians are taking comfort in the knowledge that orderlies are looking after the health and well-being of their friends, parents, grandparents and other relatives. These caring individuals are offering support to those who are sad, anxious and alone.

Thank you healthcare professionals for your commitment, care and leadership in these uncertain times.

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A graphic featuring a blue stethoscope. The left arm of the stethoscope forms the outline of a large human figure, while the right arm forms the outline of a smaller child figure. Below this, the words "Thank You!" are written in large red letters, with an exclamation point inside a white circle. To the right of the stethoscope, the text "We are grateful for our healthcare workers" is displayed in blue, with each word on a new line.

tasks on a daily basis. In addition to assisting with basic hygiene and offering physical care to residents, they also monitor patients' blood pressure, heart rate and temperature. Furthermore, orderlies relay information to medical staff about changes in their patients' health and behaviour.

SHARING A VAST SKILL SET

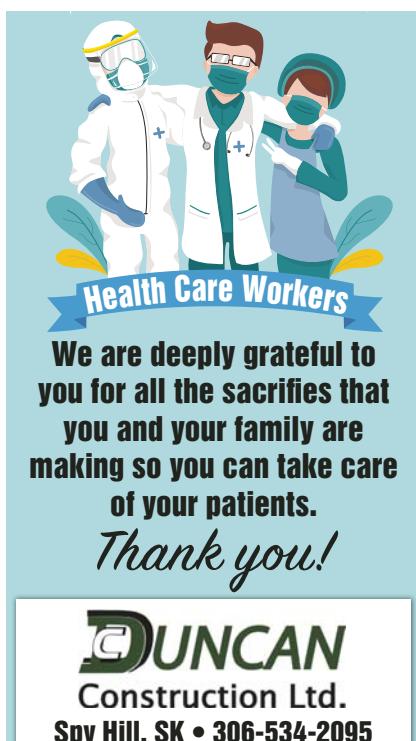
The men and women who work as orderlies possess a remarkable collection of traits and skills including empathy, kindness and patience. The job requires them to be efficient, meticulous and organized in an often stressful work environment.

These everyday superheroes play a key role in the health-care system. Long after the COVID-19 pandemic ends, their courage and dedication will be remembered.

Many thanks to the orderlies across the country.



**To our local health care professionals: Everything you are doing is truly incredible and there aren't enough thank yous in the world!**



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# Thank You

Thank you to the health care professionals who work tirelessly day and night to keep us healthy and safe!

