

May 2022

On Mothers' Day, we recognize and honor those special individuals—the birth givers, the adopters, caretakers and guides (some of whom are men!) that nurture our young and care for our future. You may have heard the saying, “A mother’s work is never done.” It’s all too true—I know it from experience, as do the thousands of parents in our extended Mount Sinai family. For everyone who has taken the time and made the commitment to consistently put the needs of another ahead of their own, we humbly give thanks and express our admiration.

Caregiving—whether at home, at work, or both—is never an easy job. It requires attention, passion, commitment, energy and love. It can be simultaneously exhausting and profoundly rewarding. As professional caregivers, we often focus our efforts primarily on others—our patients—and sometimes forget about ourselves in the process. Our mission of ‘compassionate patient care’ must begin with each one of us—with good nutrition, a healthy lifestyle, and physical and mental restoration.

This Sunday and every chance you get, we encourage you to take the time to give yourself and the many mother figures in your life, the gift of Wellness:

- Set an intention of gratitude and thanks for the care you give and receive
- Enjoy a meal of lean protein, healthy greens, and low sugar
- Get outside (if you can), take-in some deep, restorative breaths, and enjoy Mother Nature; if you cannot get outside, find a way to invigorate physically and spiritually
- Celebrate the day with friends and loved ones, in-person or online.

If you have any questions about self-care or want more information about our Wellness offerings, please email wellness@mountsinai.org or 4calm@mountsinai.org.

Have a wonderful weekend and spring season. Be well. And, many thanks!

- Jane Maksoud, RN, MPA
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