

What's the BEST thing that's happened to you today?

I got to workout before this conference

Seeing friends and colleagues I've missed!

I woke up 😊

Susan shelanders lecture; connected even while virtual

Met some lovely people.

I got to watch the beautiful sunrise!

Coming here in person

I got to see colleagues today

Bering with everyone face to face

What's the BEST thing that's happened to you today?

I am attending virtually and my kitten has been sitting with me the whole time 🥰

Susan reminded me of the power of positivity in leadership

I've learned new things.

Comfy at home!!

Learning!

Seeing good friends

I met my old friends and learned new things

My grandson talked to me

Reconnected with colleagues

What's the BEST thing that's happened to you today?

My computer connected with sound for the conference!!

Had time for 2 cups of coffee! ☕

Happy to see everyone!!

I connected with my Region 1 peeps!

Listening to Jenny and Susan

Beautiful Weather

I woke up

Learned a lot

Stayed in my pjs

What's the BEST thing that's happened to you today?

Michigan won!

Michigan beat Penn State

I met new friends who share the same passion for perianesthesia care as I

I missed seeing all of my friends... was glad to join virtually though

Being in a group that you can see smiles finally!

Conference attendance virtually on a snowy MN day

Wrapped Christmas gifts while learning

Got a copy of the standards !!!

Dessert

What's the BEST thing that's happened to you today?

Positive behavior inspiration

See people

saw fall leaves and ate crumbl cookies

Hugs! Seeing old friends and meeting new ones.

Being able to see colleagues

Ate great BBQ yesterday

Networking with great nurses and attending in person!

Dancing

Motivational presentations!

What's the BEST thing that's happened to you today?

I am out with friends. Long over due since covid

Learned a lot

my DiL was here this morning visiting b4 conference

I'm attending the conference in my pjs

I got great advise

Seeing good friends

Attending conference from home great conference

Being with friends

I remembered my password for ASPAN!!

What's the BEST thing that's happened to you today?

I'm learning at home!

Being together with everyone again!

Networking

Together with ASPAN friends

I got to attend this great meeting virtually and really enjoyed Susan and her positive message

Got to watch colleagues present.

got reenergized for this coming year in NYSPANA after a tough year

Flew to Kansas city

Connected with past presidents 😊

What's the BEST thing that's happened to you today?

Listening to y'all laugh while on virtual conference not knowing exactly what y'all are laughing about !!

Meeting in person

Got stuff done

Happy to see old friends in person

Connected with new and old friends
Wonderful learning experience

Reconnect and giving hugs

knitted hat for my dad

Saw my component member present

Togetherness

What's the BEST thing that's happened to you today?

Hanging with Ursula

Great CDI

Learning so much!!

Lots of great speakers to share with component

Enjoyed Susan shelander's inspirational leadership presentation

Watched my component colleague present

Met my new team

Seeing friends

networking with new people

What's the BEST thing that's happened to you today?

Me

The patients

My colleagues

People and patients I work with

Great patient outcomes

type of work

The opportunity to guide patients through a scary time

Dedicated to my professional practice !
Empowerment by ASPAN

Helping pts and staff have a great day

What's the BEST thing that's happened to you today?

Watching patient’s have positive outcomes
Staff learning

the comments of patients telling me what great care they have gotten at my hospital

Patience

My ASPAN family

Making a difference for patients

taking a patient for a coworker

ASPAN

Warm blanket

Reuniting patient with family

What's the BEST thing that's happened to you today?

Teaching and mentoring new providers .

taking time i don't have to listen

Being a team player and helping where i can

Good food

being part of this group

Negativiity

different work ethic than coworkers

Lack of passion in newbies

Retirement , sleeping in own bed, seeing family

What's the BEST thing that's happened to you today?

thanksgiving dinner with family, snow and skiing, my son getting girlfriend

Empathy integrity

What inspires you to be an excellent perianesthesia nurse?

My patients

My colleagues

Role model for others

My patients

Patients need me

My colleagues

It's the right thing to do as a professional.
Integrity

My patients!

My patients

What inspires you to be an excellent perianesthesia nurse?

The patients

my awesome patients

Passion

My patients and delivering excellent care

My patients deserve EBP.

Seeing my patients be discharged,
prepared for what's next

The patient who is nervous and crying

My patients

ASPAN leaders I have learned from at
Conferences

What inspires you to be an excellent perianesthesia nurse?

Being my best self and making a difference in patients lives

Desire to provide the best care to my patients

My patients

Patients

Being able to comfort patients

Patient outcomes

Patient care and how to become a better clinician

Love of the specialty

My call to nursing

What inspires you to be an excellent perianesthesia nurse?

I am getting older and need to train the new nurses on how to care for me

My patients

Investing in tomorrow

Inspiration of leaders

Colleagues

Colleagues

I feel needed

I want to know that if my family member came to my unit, they would get the best care!

Model nurses who spoke today

What inspires you to be an excellent perianesthesia nurse?

Passion for caring

The use of principle centered power to use passion to inspire our new nurses!

Integrity

Caring for my patients in their time of need.
Learning new things to share

Discharge

Patients

Only one thing? Patients, Standards

To see their anxiety be reduced and be happy for their surgery

Role models & great mentors!

What inspires you to be an excellent perianesthesia nurse?

Making a positive difference in someone's life when they may be at their most vulnerable.

Having been a patient.

Watching ASPAN leaders present at conferences

Patients: I truly love caregiving. It's like showing love to others

Care for patients, pride in practice

Great teamwork

Ensuring I am providing top notch care for my patients and families, as I know I would want for myself and loved ones.

Caring for patients and improving their outcome

To give the best care

What inspires you to be an excellent perianesthesia nurse?

So i can help educate an awesome future workforce of peri anesthesia nurses!

The ability to help a patient through a scary time

Being able to successfully recover patients!

Care for people as I would for my relatives.

Giving to tomorrow's

Love PACU

Perianesthesia is the best unit in house!

Being dedicated to the skill and talent of caring for people and knowing that I matter

Being able to provide care in a way I would like my family or myself to be treated.

What inspires you to be an excellent perianesthesia nurse?

Positive patient outcomes

Excellent outcomes

Praise to new nurses

List examples of kind behaviors do you demonstrate in the workplace?

Patience

Empathy!!

Patience

Laughter

Always helping others

Listening

Treat patients with respect

empathy

Bring unexpected gifts

List examples of kind behaviors do you demonstrate in the workplace?

Assume positive intent

A smile goes a long way

Having a sense of humor

Tell others when they do something well

Assist without asking

Offering a shoulder for support

Calm demeanor

Smile

Smiling at my colleagues.

List examples of kind behaviors do you demonstrate in the workplace?

Colleague encouraged

Helping new staff

Frustration

Listening

Send hand-written cards to my staff at home to say thanks

Thank colleagues

Send emails of appreciation to staff

Patience

Giving compliments

List examples of kind behaviors do you demonstrate in the workplace?

Listening

Listening to coworkers and the patients

Being attentive to others needs

Sense of humor

Encouraging breaks

Smile, saying hello, humor

Assist other staff

Holding a patient's hand

Hold hand, being present

List examples of kind behaviors do you demonstrate in the workplace?

Praying with patients, getting to know them and spending time with them...listening

Teamwork. Helpful. Laughing together

Touch, smile (with my eyes)

Compassion, listening empathy

Clean someone else's room

My colleagues asking how I am today.

Compassion, collaboration, candy

Helping colleagues

Empathy, fairness,

List examples of kind behaviors do you demonstrate in the workplace?

Bringing food

Patience, empathy, listening

Empathy

Smiley face

Humor

Listening to listen

Positive comments

Compassion, empathy, humbleness

Positive teamwork attitude.

List examples of kind behaviors do you demonstrate in the workplace?

Patience, compassion

Empowering my colleagues

Listening attentively

Forgiveness: Of patients (who are anxious/angry) and of coworkers (who are burned out/having a bad day).

Helping, offering hugs and support, teaching and encouraging

Making eye contact and being engaged in conversation with patients and colleagues

Love to be encouraging to others.

Encouraging word

Teamwork

List examples of kind behaviors do you demonstrate in the workplace?

Telling co-workers face to face that I care about them

Polite, smile 😊 helpful respectful, team player

Gifts & thank you's!

Give stress relief ideas

Starbucks treat for the team

Smile

Friendship

Smile

Patience w technologies

List examples of kind behaviors do you demonstrate in the workplace?

Positive no quit

Staffing

Lack of communication with staff

Short staffing

Sharing

Life, Family, Health

Respect, honesty, kindness

Today, I am grateful for

Technology

Healing

Technology

Smiles

My husband and daughters
My professional friends

Connie

Good health

My husband, children, and
grandchildren

Being in my own environment that is
comfy

Today, I am grateful for

Being part of something Great

Being with my ASPAN family!

Great friends

My health and my grandchildren

being alive and my health

Being retired

Another beautiful day of life

My family

Good health

Today, I am grateful for

New friends

My life

Friends

Winter coats

My health

Kind people

Friends

People

Connie

Today, I am grateful for

family and friends and my health

My board members

A healthy team. None of the team is out with covid

to be here with everyone!

A coat

Life!

The nurses taking care of my daughter in the OB department

Nurses

saturdays

Today, I am grateful for

Good health

Time with Aspan friends

Bbq

Learning & fun!

Friends

Family friends and faith.

Family

Heat

Aspan colleagues

Today, I am grateful for

Paid time off

NPANA

Being with ASPAN members

Christmas is coming!

My health

Friends

Lesson learned

Connecting with others online and in person

Learning opportunities

Today, I am grateful for

My support system

Money

Connecting with ASPAN friends

Interacting with my perianesthesia
nurse

Work just called me to work tonight

Friend, family, knowledge gained
today

Staffing, quality care

List one thing you are stressed or challenged about...



List three (3) things/events/new you are looking forward to...

Sharing info

Christmas

Thanksgiving

thanksgiving, xmas, new years

Thanksgiving Christmas national conference

My next three days off!

Busy season being OVER!

Thanksgiving, Christmas, family visits

Thanksgiving

List three (3) things/events/new you are looking forward to...

Seeing my parents at Thanksgiving.

VACATION coming up Christmas Seeing family in December after 2 years

VacationDinnerChristmas

New job, new position, and new grandbaby

Holidays, seeing family, warmer weather

Vacation school break another vacation

Holidays, National Conference, graduating with my BSN

Holidays with family

Vacations, my husband, photography as an outlet

List three (3) things/events/new you are looking forward to...?

my son's hockey game, wine, dinner with friends

Dinner, family, Christmas

Daughter home from college

Holidays vacation family visits

Vacation. Moving back into my house

Wine, dinner, and bed

Family events,

1. Daughter 5th birthday 2. Time off 3. New role!

continued teamwork COVID going away Holidays

List three (3) things/events/new you are looking forward to...?

Hamilton tickets

Thanksgiving family visits

Travel, Live events

Great friends, awesome family, my health

New staff coming ,my family

Holidays with family

Retirement HolidaysWinter

Tonight

Learning Progressing Graduation

List three (3) things/events/new you are looking forward to...?

Dinner finishing projects family

Wine

Retirement Quiet Vacation

Retirement, winning lottery, vacation

National conference

Grad school graduation, traveling again,
career growth

Seeing my kids tomorrow

New role in component, holiday travel

Jasper, Canada Barbados Sons High school
graduation

List three (3) things/events/new you are looking forward to...?

Vacation, holidays, family visiting

Vacation/Family time/Retiremeny

New job , new colleagues and
Thanksgiving

Thanksgiving with familyConcerts

My son got his first COVID vaccine last
night!

VacationNieces weddingHolidays

Time w family, holidays,

Family visit, vacation, retirement

Winter weather

List three (3) things/events/new you are looking forward to...?

Sleep Thanksgiving

ASPAN conference in Philly, seeing and networking with my colleagues, going to the Reading Market

Days off, holidays with family, cuddling with my pets

Time with family during holidays, snowmobiling and snow

Vacation Holidays Walks in the woods

National Conference in Phillie, summer on beach holiday

trip to hawaii

Christmas, Thanksgiving, Family time

1. Graduation next month (CNS program)
2. Touring colleges with my senior daughter
3. Having time to do something fun!

List three (3) things/events/new you are looking forward to...?

The holidays with family, Hawaii, and masters graduation

Trip to Florida Enjoying my grandchild
Time with my family

Going outside, Dinner with family, New Standard s

Daughter's wedding, Holidays. Sharing information of this conference

Applying what I learned today,
Thanksgiving Husband coming back home

Christmas spending time with family 2022

Seeing friends at home Thanksgiving with family
Time with family

Seeing my granddaughter, graduating w my MSN, family gatherings

Getting back home

List three (3) things/events/new you are looking forward to...?

I love the people I work with I am glad we all get to come together again I feel more confident with my knowledge of ASPAN

Brining some change and improvements back to work

Buying a horse, spending time with grandkids, driving ho.e

Vacation, Philly -Aspan, paid time off

land in Maine Seeing family for Holidays Building my house

Friends

Make patients feel safe, embracing new role, being with family

Holidays Family Time Friends

Spending time with ASPAN colleagues, vacation next weekend, baking with grand daughter

List three (3) things/events/new you are looking forward to...

Authentic leadership, honesty, skills

Helping people Communication Real

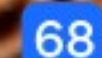
Effective listening empathy honesty
respectful

Honesty Integrity Humor

Genuine

Respectfulness Integrity Inspiration

1 calmness, 2 selective hearing,
humbleness



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Let's Build a snowman!



**Add a positive word to the jar that starts
with the first letter of your name**

