



Medical Heroes at Wake Forest Baptist Health receiving stress relief bags and medical heroes t-shirts.



Tina Ketchie Stearns



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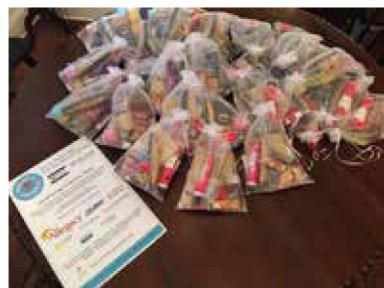
Heroes at Forsyth Medical Center with their stress relief bags.



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Celebrating Our Medical Heroes

In July 2020, Tina Ketchie Stearns was overwhelmed by the pictures on TV of doctors and nurses who care for COVID-19 patients in the parking lot of their hospitals, taking a much-needed break, head in hands, exhausted, overwhelmed. The images moved her to want to do something to help relieve their stress. She knew she was not the only one who wanted to let these medical heroes know their tireless efforts were appreciated. She got the idea to put together stress relief bags full of things like bath balms, essential oils, herbal teas, and chocolate to help them remember it was important to take a minute for self-care to relieve their stress, but she knew she would need help.



Tina reached out to 20 companies, and 15 quickly said, “Sign me up! We want to help!” Eight companies were financial sponsors: Allegacy Federal Credit Union, Flow Automotive Companies, Hanesbrands, Salem Funeral and Cremation, Forsyth Technical

Community College, Parkway Ford, Hayworth-Miller Funeral Homes and Cremation, and Piedmont Federal Savings Bank. Seven more companies offered discounts to their services: Massage Envy, Raffaldini Vineyard, Friendly Nail-Robinhood Village, Rodan+Field, Lovingkindness Reiki and Yoga, Roosters-A Noble Grille, and Go Free® Pants. With this support and backing, Tina knew her idea would soon become a reality.

“August was spent confirming the sponsors. September was a promotion month to collect the items that would go in the bags from the community because I knew so many in the community felt like I did. They wanted to say *thank you* but didn’t know how. This was an easy, inexpensive way for them to do that. Sure enough, the community donated over 2,000 items to go in the bags. October 3 was assembly day putting together 335 stress relief bags for the medical heroes who care for COVID patients at both Novant Forsyth Medical Center and Wake Forest Baptist Health. Finally, on October 8 and 9, we delivered our love gifts to both hospitals. It was a wonderful feeling!”

What this effort meant to the recipients was beautifully summed up in the words of Dr. Loraine Frank-Lightfoot, VP and CNO



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Novant Health Forsyth Medical Center. “The gift bags you shared with the team mean more than just the gift. It is an acknowledgment that their hard work and sacrifice mean something to the people of our community and that means so much to all of us.”

Tina said one of her favorite responses to this event was from a man on Facebook from Tibet who posted this: *“As a human being, I acknowledge that my well-being depends on others and caring for others’ well-being is a moral responsibility I take seriously. It’s unrealistic to think that the future of humanity can be achieved on the basis of prayer or good wishes alone; what we need is to take action. Therefore, my first commitment is to contribute to human happiness as best I can.”* – His Holiness the Dalai Lama

“I have always felt that when you get an idea or an urge to do something, that is probably God talking to you, so you should go do that thing,” said Tina. “I got this idea in July and acted on it, with a lot of help from others. I’m so glad I did. It takes a village, and that village helped make this wonderful expression of appreciation happen. The COVID cases are still a huge challenge, so please keep these hard-working heroes in your thoughts and prayers.”

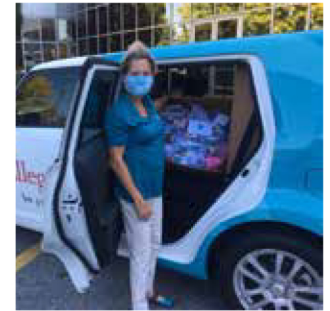
Tina Ketchie Stearns educates medical professionals about hospice care and having difficult conversations with patients and families about end of life care. You can contact her at tina@itsabouthowyoulive.com or call her at 336-655-0200 if you need support having these conversations. See photos and videos about this medical heroes event on her website at <https://www.itsabouthowyoulive.com/medical-heroes/>.



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Tina Ketchie Stearns delivering stress relief bags at Forsyth Medical Center.



Stress relief bag delivery day!



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