

My Monday Memo

July 11, 2022

Adventures in the PNW

Issue 111

Exploring Local Art

By Rachel Brandes

What is an avid hiker / explorer to do when physical limits prevent her from living the dream? Find new adventures, of course. While Rachel is recovering from surgery, she continues to face many limitations. Her mind wants to hike up a mountain and her body says no. Her body says walk me, ice me, feed me, rest me. There must be a compromise, right? A museum tour seems to be reasonable. This will allow Rachel to get out of the apartment and see new things while staying on flat ground and keeping time limits on her adventures.

As it turns out, there are plenty of museums in the area. Rachel visited the Tacoma Art Museum (TAM) on Saturday, July 9th. At four weeks post-surgery, she knew this may be pushing the limits of her abilities, and she would be right. The design of the TAM is somewhat like a mountain. There are incline ramps between display rooms (stairs and elevators are available), which give the visitor the feel of climbing a mountain as they ascend to the top, which has a viewing area that displays the beauty of downtown Tacoma.

The museum was beautiful and the displays interesting. Rachel's body fatigued about halfway through the museum. Once she felt her time was about up, she quickly made her way through the remaining rooms and to the top to check out the view. When she has regained a bit more stamina, she will revisit this museum.

When Rachel arrived home, she rested by lying flat before enjoying the remainder of her evening. Oddly enough, her sleep schedule has changed enough that she has been enjoying watching the colors of the sky as the sun begins to set. She still wakes early enough to watch the moon while it's visible before the sunrise, too. On Saturday night, into Sunday morning, the moon was in the Waxing Gibbous phase. Rachel may need a telescope soon, as she's finding the sky more and more interesting as the days go by. It turns out there is beautiful art everywhere one looks if they just look long enough.

Rachel looks forward to taking in more art in the area over the next few months and seeing a new side of Tacoma. Until next time, look up more often, and be well.



Pictured: A few favorites.



Today is... July 11th

National Rainier Cherry Day

On this day in 1987...

The earth's population reached 5 billion on this day. The UN assigned Matej Gaspar, a baby in Zagreb, as the 5 billionth person in the world.

Quote of the Week

"Nothing more exciting than meeting new people, hearing their stories, and being inspired."

- Unknown

MIRA'S PHOTO OF THE WEEK



ONE GOOD FACT

One Good Fact is a fun section on Britannica.com. Enjoy these few facts.

- 1- Newborn humans have about 300 bones in their body; as babies grow, their bones will fuse into the standard 206-part skeleton that adults have.
- 2- The microwave was developed when an engineer working on a radar's magnetron noticed it made his chocolate bar melt; he later tested it with popcorn kernels.
- 3- Original Mr. Potato Head toys were just a collection of limbs and facial features. Kids had to provide their own spuds.

Did you find it?

Merriam-Webster's Word of the Day
July 10, 2022

Gibbous

Gibbous is most often used to describe a moon or planet that is seen with more than half, but not all, of the apparent disk illuminated.

Harborview Tales; Best Nurse Ever

There may be nothing better than being given the comfort of a caring human when you are in an extremely vulnerable state. When Rachel was in the hospital following surgery, she didn't wake to a loved one holding her hand, as would be a normal course of action in these situations. It certainly wasn't for lack of loved ones willing to provide that comfort though; it was more situational. The universe seems to provide when in need and Rachel was given the gift of a fantastic nurse to care for her for two of the days she was in the hospital. Jordan Crevelt, RN would be Rachel's safety in the storm.

Jordan is a young woman, slender and tall, with the prettiest of eyes. She had a confident, commanding tone that was also kind. From the moment she entered Rachel's room and introduced herself, Rachel felt at ease. There was an energy that Jordan put off that was just in sync with Rachel's needs. Jordan worked two twelve-hour day shifts assigned to caring for Rachel, and several other patients on the neurosurgery floor.

During these two days, Rachel needed Jordan quite a lot. This was during the peak of time that infection was being ruled out, which meant Rachel received a lot of visitors with needles and whatnot. All of which were very kind, but Rachel was always relieved when Jordan came into the room. When Rachel did hit that nurse call button, it never took long before Jordan walked in with a smile to care for her. Jordan never seemed rushed and not once did Rachel ever feel as though she was a burden. Some nurses seem to just go through the motions, not Jordan, she made Rachel feel as though she genuinely cared.

On Rachel's last day in the hospital, it was to be Jordan's day off. Rachel was pleasantly surprised when Jordan popped into her room. She had picked up an extra shift, and while she wasn't assigned to Rachel that day, she said she couldn't miss checking in on her on her last day in the hospital. This simple act proved that Jordan is the best kind of nurse there is in the world.

As it would turn out, Jordan is a 2021 graduate of the University of Utah, School of Nursing. That's right, she went to school with Alec and graduated around the same time. While she didn't recognize Alec's name or his face by picture, it would still be an odd coincidence. Jordan was a year from graduating with her bachelor's in nursing when the pandemic hit and due to the strain on nurses was put to work with a temporary RN license. She described the experience as crazy, but says it was probably the best training she could have ever had. She was handling her class load and then working at the University Hospital in the thick of a pandemic. Talk about on the job training.

Rachel was very touched by the exceptional care and kindness that Jordan displayed while taking care of her during her stay. Knowing that nurses can be underappreciated, she wanted to be sure Jordan knew just how much it meant to Rachel to have that comfort during a difficult time. She contacted the hospital to get Jordan's last name and the address to the neurosurgery floor and she mailed a thank you card and letter to Jordan's attention. Hopefully the card will make it into her hands and will put a smile on her face.

