



To all of the CAPWHN nurses:

## Happy National Nursing Week May 6 -12 2019

### Nurses: A Voice to Lead – Health for All

Nursing week celebrates the birthday, on May 12, of Florence Nightingale (1820-1910). Florence Nightingale's book, *Notes on Nursing*, published in 1859, has much common sense wisdom we can still use today and provides an opportunity to reflect on the progress of nursing as a profession and how each of us has moved forward in our careers, skills and knowledge.

May 12 is also Mother's Day; a fitting combination of 2 important days for nurses who care for women, families and newborns.

CAPWHN is now almost 10 years old and continues to provide a nursing voice in support of perinatal and women's health. Over the years, CAPWHN has increased membership, has had 8 incredible national conferences, provided a forum for sharing of knowledge and has become a visible and respected organization. Our focus is diverse with members working in hospitals, community, education, research or administration but our common nursing goal is to always improve care and implement evidence-informed practice in every setting and situation. Thank you for all you do to make this happen.

Many of you will have work related celebrations – enjoy them all. Amid all the coffee, cake, and other events marking the week, take a moment to think about what nursing means to you, what it has given you and what it has allowed you to give to others. Be proud of all your accomplishments and the work you are doing to support excellence in care for women, their newborns and their families.  
Happy Nurse's Week!

Sincerely,

CAPWHN Board of Directors