

Green Mountain Nurses Honor Guard

WELCOME ALL

I am so happy to have you all as members. The simple fact that you want to volunteer your time to honor our fellow nurses and nursing assistants, tells me that you have as much dedication to our profession as I do.

We are a volunteer organization who honors and pays tribute to nurses and nursing assistants who have left this earth before us. These nurses and nursing assistants, like all of us, have spent many selfless hours caring for others in their time of need. Our profession deserves recognition just like military, fire and law enforcement officials.

In April, I went to a nursing conference in Orlando, Florida. During the opening ceremony, a Florida chapter of the Nurses Honor Guard paid tribute to a few nurses who had previously passed away. It was a lovely service, something I have never seen or heard of before. My initial thought was, when I leave this earth, I hoped someone would do this for me at my funeral. When I returned home from Florida, I researched and found the contact information for the National Coalition of Nurses Honor Guard. I wanted more information. I was told that Vermont did not have a chapter of nurses' honor guard, and I was asked to start a chapter. They sent me information on how other chapters run their groups. I realized other chapters honor RNs and LPNs, but no one mentioned honoring LNA's. All my 21 years of nursing, I could not have done it without the help of nursing assistants. I decided to include LNAs right along with RNs and LPNs. Within a month, I had everything in place. May 30th we were officially the Vermont's chapter, Green Mountain Nurses Honor Guard.

This volunteer position does not require a lot of time. Our service from beginning to end is around 5 minutes long. Our presence at the location may be longer depending on the funeral arrangements. I would like to ask if all our members keep an eye on the obituaries and let me know when a nurse or licensed nurse's aide is listed. I will also be reading obituaries every day. I have signed up to get emails from Legacy.com.

I am also going to ask all my members to download the BAND app. It is an app where I will communicate services, meetings and events. I will send an invitation once I have your contact information. If I do not get responses from the Band app then I will reach out to you with a text.

I will be attending every service unless I have an unforeseen circumstance. I realize not everyone has much flexibility and that is completely understandable. I will keep an updated list of all our members with your phone numbers. I would like to ask if you all respond whether you can attend. Even if it's a simple, "I'm not available." If some members don't want to travel beyond the community they live in, I understand. However, I would like to ask that all members attend at least two services a year.

Because we are a non-profit organization, I would also like everyone to initiate, organize and get involved in some type of fundraising for the Green Mountain Nurses Honor Guard each year. We do have operating costs so the funds in our account help us purchase the things

we need. We have a Green Mountain Nurses Honor Guard Banner that was made and donated to us if anyone would like to use it for a community fundraising event, just let me know and I can get it to you.

All members are responsible for ordering their own white scrub dress, hosiery and shoes. If you are opposed to wearing a dress, you can wear white scrub pants and scrub top. I have a seamstress who makes the capes for us. The cost is now \$30.00 per cape. If you have a cap from nursing school, you are welcome to wear that. However, I do have some solid white ones that I will give any members who may need one. If you want to order your own cap, Kays Caps.com has them for around \$20.00.

I would like to organize a virtual meeting quarterly if we can find a time that is convenient for all. I will let everyone know once I have organized that. I have Green Mountain Nurses Honor Guard brochures that I will pass out to all my members for you to pass around.

Please feel free to reach out to me anytime. Call, text, email, or send me a direct message on our Facebook page, whatever you preferred form of communication is, I monitor all the methods listed daily.

Thank you all so much for all your hard work, dedication and offering time to the Green Mountain Nurses Honor Guard.

Regina Clark, Founder of Green Mountain Nurses Honor Guard

802-349-0486

rclark.gmnhg@gmail.com

greenmountainnursehonorguard.com

Green Mountain Nurses Honor Guard

OUR SERVICES

Our services can be offered at calling hours, funeral services, graveside services, celebration of life and at the bedside of nurses at the end of life. We will consider whatever location the family is requesting.

We should arrive at the location approximately 30 minutes prior to the start of the service so we can get organized and choose roles, (Speaker, Nightingale lamp bearer, triangle ringer and rose bearer) If not one of these four rolls, we should have a candle in our hands.

We will talk to the funeral director and/or family to discuss at what point they would like us to do our service

We should then take a seat or stand in the back of the room until it is time for our service

We should light our candles just before we proceed to the front

We will walk single file to the front to take our place

The chosen speaker should stand at the podium/microphone if one is present

Other members should stand on each side of the speaker

The speaker then starts by introducing us as the Green Mountain Nurses Honor Guard

Then the Nurses Prayer is read

·We can offer a moment of silence in honor of the nurse

The speaker then goes on with the Nightingale Tribute. The speaker should lift their hand (open palm upwards) to signal the words should be said in unison.

At the part of the tribute when we honor the nurse with a White Rose, the rose bearer should place it on the casket or next to the urn

When we get to the final call, the speaker should invite any nurses to stand if they are able to do so

At this time, the bell ringer will ring the triangle once after each time nurse's name is called

The nurse is then released from her duties

The lamp bearer then extinguishes the lamp and presents it to the family member who has been selected to be the receiver. Kind words of condolence will be said

We then will walk single file back to the back of the room where we can stand silently until the family exits

If a casket is being moved to the hearse for a burial, we can follow behind the casket and stand silently in a line while the casket is loaded into the hearse

At this point we have completed our service, and we can leave

Green Mountain Nurses Honor Guard

New Member Form

Name _____ RN/LPN/LNA

Address _____

Phone _____ cell/landline

Are you willing to travel anywhere in the state for a service Y/N

If not, what counties would you be willing to serve?

What day of the week and morning, afternoon or evening might you be available for a virtual group meeting?

Please send this completed form back to me via email, or text a picture of it to me.

Green Mountain Nurses Honor Guard

Regina Clark, LPN Founder,

4440 Vt Rt 30 Cornwall, Vt. 05753

CONTACT INFORMATION:

Regina Clark

802-349-0486

rclark.gmnhg@gmail.com

A NURSES PRAYER

Give me the strength and wisdom,
when others need my touch;
a soothing word to speak to them,
their hearts yearn for so much.

Give me joy and laughter, to lift the weary soul;
pour in my compassion, to make the broken whole.
Give me gentle healing hands, for those left in my care;
a blessing to those who need me,

This is a Nurse's Prayer

The Florence Nightingale Tribute

Nursing is a calling, a lifestyle, a way of living. Nurses/nurses assistant here today honor_____

And his/her life as a nurse.

_____is not remembered by his/her years as a nurse/nurses assistant but by the difference she/he made during those years by stepping into people's lives. By special moments.

_____was there.

When a calming, quiet presence was all that was needed

_____was there. (in unison)

In the excitement and miracle of birth or in the mystery and loss of life,

_____was there. (in unison)

When a silent glance could uplift a patient, family members or a friend,

_____was there. (in unison)

At those times when the unexplainable needed to be explained,

_____was there. (in unison)

When a situation demanded a swift foot and a sharp mind,

_____was there (in unison)

When a gentle touch, a firm push or an encouraging word was needed,

_____was there (in unison)

In choosing the best one from a family's "THANK YOU" box of chocolates,

_____ was there (in unison)

To witness humanity-it's beauty, in good times and bad without judgement, _____ was there (in unison)

To embrace the woes of the world, willingly, and offer hope, _____ was there. (in unison)

And now that it is time to be at the Greater Ones side,

_____ IS there. (in unison)

_____, we honor you on this day and give you a white rose to symbolize our honor and appreciation for being our colleague.

I would like to invite any nurses/nurses assistants here today to stand as we do the final roll call.

_____ (ring triangle)

_____ (ring triangle)

_____ (ring triangle)

_____ We officially release you from your nursing nurses assistant duties. Your colleagues will take it from here.

(The lamp is extinguished and handed to a family member with quiet words of condolence. Single file, we return to the back of the room)