Dear ANA Massachusetts Members,

As we approach Thanksgiving, ANAMASS and FNAMA want to express our heartfelt gratitude to each of you. In the spirit of this special occasion, we want to take a moment to reflect on the importance of gratitude, giving, and cherishing moments with family and friends.

Research has consistently shown that cultivating a sense of gratitude can have profound effects on our well-being. Grateful individuals tend to experience higher levels of positive emotions, a greater sense of life satisfaction, and even improved physical health. In the demanding and often challenging field of nursing, where you dedicate yourselves to the care and well-being of others, finding moments of gratitude can be a powerful source of resilience.

Your tireless efforts make a difference in the lives of many, and we are deeply thankful for your commitment to healing and compassion. As you give selflessly in your roles, you exemplify the true essence of the holiday season.

In the midst of your demanding schedules, we encourage you to cherish moments with family and friends. Research shows that strong social connections contribute to happiness and overall well-being. Take this time to relish laughter, share stories, and create lasting memories.

Wishing you and your loved ones a joyous Thanksgiving filled with warmth and gratitude.

With heartfelt thanks,

Silda Melo, MSN, RN, CCM
President, ANA Massachusetts

Tim Quigley DNP, MBA, RN, NEA-B
President, Foundation for Nursing Advancement in Massachusetts