

# Easing the Burden



For those of you reading this issue for the first time in Daytona Beach, welcome to NSNA's MidYear Conference! We are thrilled that you are here and hope that you enjoy a wonderful week of learning

and fun. I hope you enjoy this issue, which contains many interesting articles, including an important column on breastfeeding and the law by NSNA vice president Honey Beddingfield; the "Up Close" column spotlighting April Lindsey, Alabama state president and an inspiration for all of us, and much more!

The features highlight the nursing student's role in dealing with End of Life issues. I hope that you will learn from them and become more comfortable in helping clients and their families work through the grieving process. Through comfort comes strength, which we take with us throughout our lives, in any given situation. We are not in this profession to carry the burdens of others, but rather to make those burdens a little lighter. As nursing students, we are an integral part of the grieving and loss process. Sometimes, this means just being there to listen, or holding someone's hand.

In the special time of year when we give thanks, let's take stock of everything we have to be thankful for. And in the meantime, in light of the *Imprint* focus, I leave you with a poem I wrote that hopefully says it all, entitled "Essence."

## *"Essence"*

*Into my arms you are placed  
Your breath brings life to be embraced*

*A fevered brow upon my palm  
An anxious heart quietly calmed*

*Your eyes are closed, you lie quite still  
Songs from my heart this room will fill*

*You are lonely, we both share tears  
I will comfort you through all your fears*

*By your side I will hold your hand  
As you leave for another land.*

Kimberly DiYanni  
Imprint Editor