

Little Painting of Fir trees Paul Klee

Hello everyone,

How are you? I don't think I really know how I am. Everything is different this year in so many ways.

Here's a real life example from our house.

2019 "Hey Tim - I can't smell the Xmas tree. Is it drinking? Do you think it's OK?"

2020 "Hey Tim - I can't smell the Xmas tree. Is it .. OMG, I can't smell the tree!! Do you think I'm OK?!!
Funny/not funny, right?

The holiday season can be hard and not that funny at the best of times.

If you are overwhelmed, sad, grieving or lonely and need support please reach out to the PFSP.
They have been there for me and they are here for all of us 24/7/365 Call 1- 877- 767 4637



Solstice Song Catherine Hyde

Today is November 22nd, the Winter Solstice. The shortest, darkest day of such a dark year. In Britain the robin symbolizes the new year and growing light. By the way Canadian "robins" are 3X the size of a Proper English Robin! Maybe we can hope for extra light here as we move beyond the solstice.

"...This is the solstice,
the still point of the sun, its cusp and midnight,
the year's threshold
and unlocking, where the past
lets go of and becomes the future;
the place of caught breath, the door
of a vanished house left ajar..."

Margaret Atwood



Rebecca Vincent

My 2020 Haiku Journal

January

it's twenty twenty
what a time to be alive –
a new decade breathes

February

how busy I am
making plans and chasing dreams:
days buzz with purpose

March

a curious month
not quite what I'd imagined –
I'm sure it will pass

April

how pleasant it is
to have this time to reflect –
a life rebalanced

May

daily exercise
spent diving into bushes
screaming at oak trees

June

noticed a chickpea
at the back of the cupboard –
we've since become friends

July

still sane, thanks to Greg
(that's the name of the chickpea):
I will get through this

August

engulfed with feelings
of guilt, shame and loneliness –
have eaten my friend

September

no longer sure
what a haiku
is

October

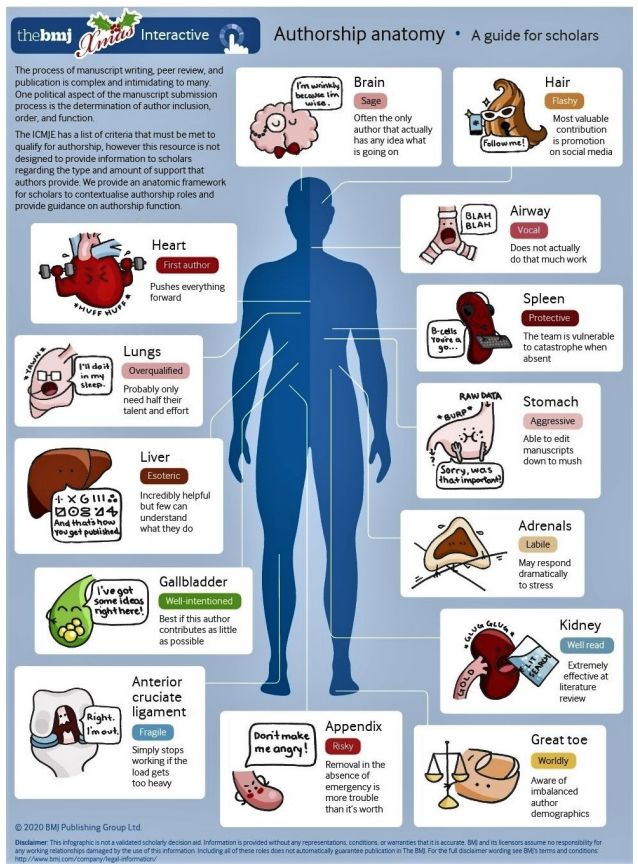
the leaves are falling
and the year is getting old –
unlike Greg, of course

November

there is a vaccine!
how happy Greg would have been!
still can't face houmous

December

the year has taught me
that life is a fragile thing
how precious it is



The BMJ Xmas issue is always great.
<https://www.bmj.com/content/371/8273>
 My favorites include the infographic above and -

Delivering human factors at Christmas:
 How does Father Christmas do it?

The time to act is now: pseudo-scientific review

Effect of therapeutic suggestions during general anaesthesia on postoperative pain and opioid use: multicentre randomised controlled trial.

My clown Iris and I also like the study to our right!
Send in the hospital clowns.
 Effectiveness for paediatric symptom management.

thebmj Xmas Visual Abstract **Send in the hospital clowns**
 Effectiveness for paediatric symptom management

Summary Might be a beneficial strategy to manage some symptom clusters during medical procedures, induction of anaesthesia in the preoperative room, and as part of routine care for chronic conditions

Study design Systematic review of randomised and non-randomised controlled trials

Data sources 24 studies total
 13 randomised trials
 11 non-randomised trials 1612 children and adolescents admitted to hospital for acute conditions or chronic disorders

Comparison
Intervention Contact with hospital clowns and standard care
Comparison Standard care only

Outcomes Evidence for positive intervention outcomes by symptom

Symptom	n	% of studies, statistical significance
Anxiety	13	100%, P≤0.05
Pain	9	44%, P≤0.05
Emotional wellbeing	4	50%, P≤0.01
Stress	4	75%, P≤0.01
Cancer related fatigue	3	67%, P≤0.05

Risk of bias by trial type
 Randomised Cochrane RoB 2 tool: Low 0%
 Some concerns 85%
 High 15%
 Non-randomised ROBINS-I tool: Low 9%
 Moderate 55%
 Serious 36%

<https://bit.ly/BMJclowns>

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There are 2 types of people in this world. Dr Houssein Safa

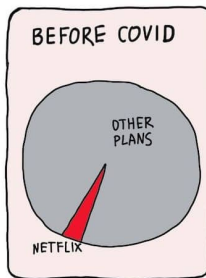


something to wear



Irina Blok

evening plans



Irina Blok

garbage day



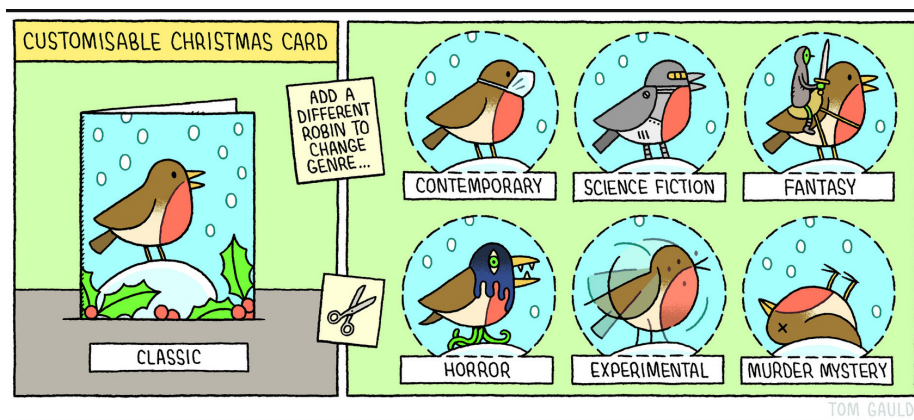
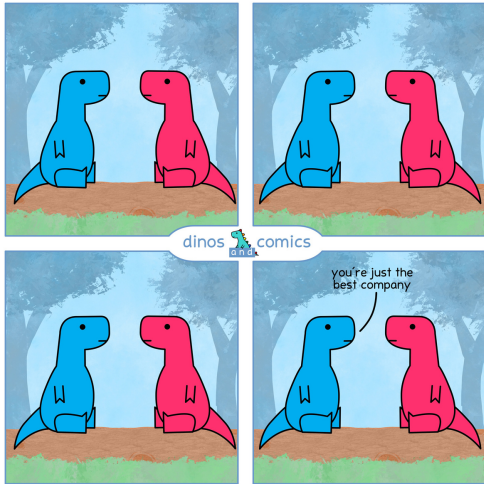
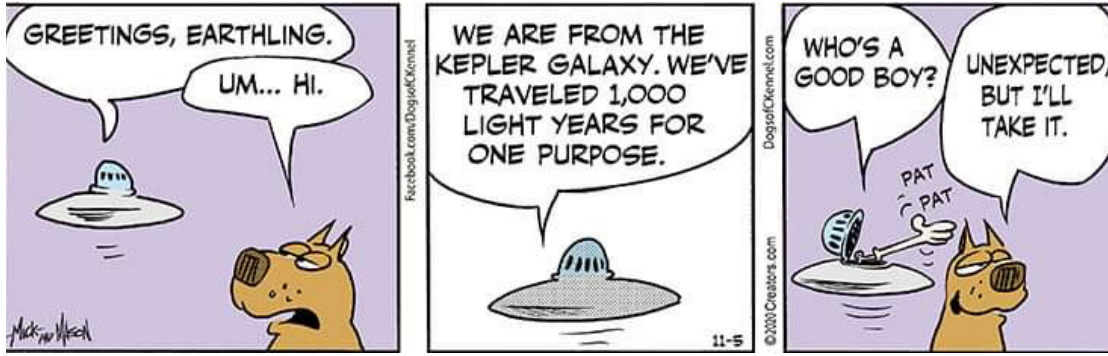
Irina Blok

How to prepare for a Zoom meeting



On average, a Panda feeds for approximately 12 hours per day.

This is the same as an adult at home under quarantine, which is why we call it a "Pandemic"





**If you suddenly and unexpectedly feel joy,
don't hesitate.
Give in to it.**

Mary Oliver

I wish everyone some space for rest, recuperation
and a little joy over the holiday season.

Thank you for your support and positive feedback
through the year. It truly means the world to me.
Looking forward to sharing Sue's News in 2021.



With my love and best wishes
to you and yours.

All good things, Sue



This Is the Time to Be Slow

This is the time to be slow
Lie low to the wall
Until the bitter weather passes.

Try, as best you can, not to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.

If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.

John O'Donohue

