

MDS Alert

Staffing: Offer Your Co-worker Support In Her Time Of Need

Show your co-worker that you really care with these tips.

You can spend much time worrying about worst-case scenarios, but you can never truly prepare yourself for the reality when one strikes. Whether a co-worker is faced with the loss of a loved one, or a family member is diagnosed with a life-threatening illness, everyone in your office is bound to feel the effect.

Depending on the situation, your co-worker may be out of work for a few days, a few weeks or a couple of months. Regardless of the timeframe, she's now got a new primary focus in her life, the work in your office still needs to be done, and you and your co-workers want to offer her support.

Consider the following ways you and your co-workers can adapt to the change and express your concern:

- Take up a collection. If your co-worker will be spending a lot of time visiting the hospital, the extra cash will come in handy for parking fees and meals.
- Send a card. Pass around a card for everyone in your office to sign. Let her know she is in your thoughts and prayers. Even a co-worker who isn't religious will appreciate prayers when a tragedy strikes.
- Drop off frozen meals. Having healthy meals waiting in the freezer will help your co-worker avoid having to cook while she is tending to her personal matters.
- Pitch in. Realize that her work still needs to get done, so find out what tasks she was in the middle of, and see what you can do to complete any of her outstanding work.