



NORTHWEST VETERINARY ASSOCIATES Inc.

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Honoring Those around Us
September 2020

In the midst of the pandemic, a divisive national climate and crappy milk prices it sure is easy to get grumpy. I can attest to that firsthand (as can my wife). Trying to cultivate a grateful heart each day can be the toughest job of the day. One tool that has pretty remarkable power involves “honoring” people around us by displaying kindness and respect while recognizing and expressing gratitude for their impact on our lives. By serving those around us with respect and, yes, love, we usually can refocus our attention to others rather than on our own struggles.

As clients of Northwest Vets, you have had the pleasure of being honored since our founding in 1983 by Denise Choquette, our long-serving office manager. She has served our business tirelessly with her attention to detail, looking out for our best interests, managing inventory, answering the phone, dealing with pushy Pharmaceutical Sales people, smiling at discouraged farmers and being kind to exhausted and overwhelmed vets. Denise truly has a servant heart. She puts the needs of others before her own. She has covered my butt countless times fixing my mistakes and reminding me of deadlines. We have celebrated successes and births and mourned losses and deaths together.

Denise is retiring in October after 37 years with us. We are so deeply grateful to her for her service and support. Please take the opportunity to express to her your appreciation in the coming weeks. (Even though she is the one (along with Julie) who send out your monthly bill!).

If you want to improve relationships in your sphere of co-workers and family, here's a list of things you might do to honor those special people in your life:

1. Pay a compliment
2. Treat others with respect
3. Be understanding
4. Be patient
5. Ask questions
6. Challenge assumptions
7. Overlook mistakes
8. Forgive
9. Show compassion
10. Celebrate accomplishments



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- 11. Cheer someone on**
- 12. Listen**
- 13. Encourage**
- 14. Learn from others**
- 15. Help others**
- 16. Find common ground**
- 17. Appreciate your differences**
- 18. Accept help**
- 19. Be open- open your heart, open your eyes, and open your mind**

We as veterinarians work hard to serve your farm by providing you with dairy health services. But we also are deeply honored to be a part of your team as you work long hours, in all kinds of weather, under very stressful financial situations and largely unappreciated by our society. Together we make a solid team.

Prepared by Dr. Stephen Wadsworth

