CELEBRATING THE AMISH WAY

To the Editor:

I can’t agree more with Dr. Smoyak’s editorial on how the Amish cope with tragedy (“The Amish Way: Coping with Tragedy,” Vol. 44, No. 12, pp. 6-7). Her call to return to our roots as one remedy for our modern-day ills is refreshing. As a psychiatric nurse, I have witnessed the spiritual component of care being glossed over, patronized, and even ridiculed. Faith and its healing power is repressed as a result. Diversity celebrates and accepts many ways of life but shows fear at organized religion, especially Christianity. Perhaps the Amish way of life is revered because it is lived; few words are needed.

As Smoyak said, “a simple life, strong family ties, and religious heritage” (p. 7) have greatly comforted many in the face of tragedy and crisis. We may find ourselves caught up in technology, but we can still benefit from the essence of these ways: simplicity, community, and faith. Having experienced crisis without them, and later with them, I can attest to their attributes.

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RESILIENCE AND CULTURE

To the Editor:

Bonnie Engel’s article, “Eagle Soaring: The Power of the Resilient Self” (Vol. 45, No. 2, pp. 44-49), couldn’t have been published at a better time! I am a nursing graduate student in Michigan and am currently taking a nursing theory class. We were asked to critique a mid-range theory and demonstrate how it can be implemented in practice via a published article. The theory I chose was Polk’s Middle-Range Theory of Resilience. I read through many articles on resilience and found Engel’s article.

It fits in perfectly with Polk’s Middle-Range Theory of Resilience and is especially interesting to me because of my interest in Native American culture. When I had read Polk’s theory, I wondered if it would translate to other cultures. Ms. Engel beautifully demonstrated how it can.

I work with children in a residential care setting and have often marveled at their resilience, even though they’ve come from abusive and neglectful environments. Combining nursing diagnosis, interventions, and outcomes with cognitive-behavioral therapy presents a very clear pathway toward assisting a child toward resilience.

Please thank Ms. Engel and complement her on the way she interwove culture in her practice.

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Please include your full name and mailing address. Letters may be edited for clarity and length, and may be sent to the article authors for a response.