Helping to Take the Weight off Others During the Holidays Melissa Jeremiah, RN, Director of Operations Hoosier Uplands Home Health Care & Hospice

Although I know people have very mixed feelings on the issue; I was listening to Christmas music in November on the radio. During one of the breaks from music the subject of how badly people are treated that work in Grocery Stores; especially at the holidays, was brought up. It was mentioned that we all need to consider ways we can make the persons working in Grocery Stores easier. Those at our local groceries have been with us during this entire pandemic; and we owe it to them to make their lives easier.

I spoke with a former local grocery store employee; who relayed the following story of his last Thanksgiving at the store. A customer came in 2 days before Thanksgiving seeking a very specific poundage of turkey, 20#. He had a 19.8# and a 20.9# turkey; but not a turkey that weighed exactly 20#. After keeping his cool and trying his best for 10 minutes to find her the perfect turkey; she proceeded to request to speak to the Store Manager to report his incompetence.

All this weighed on me and I felt it was important to investigate how to make the lives easier for those in this very important industry.

- 1. Treat employees with respect.
- 2. Don't complain about the store's new hours; and don't violate special shopping hours set aside for those who are elderly, pregnant or immunocompromised.
- 3. Don't come to the store if you are sick.
- 4. Throw your masks and gloves in the trash after you are done shopping; not on the ground.
- 5. We all want to save money; but have respect for others, when couponing. If possible go to the store during times that are less busy.
- 6. After your items are rung up; don't run back into the store for an item you forgot.
- 7. Don't go into the express lane with a full cart of groceries.
- 8. Don't stand with the freezer doors for an extended time.
- 8. Don't touch items you do not plan to purchase.
- 9. Don't leave items you changed your mind about in random spots.
- 10. Don't complain about items that are not in stock; and don't ask employees to check in the back.
- 11. Follow any limits that are placed on hard to find items; be a good neighbor.
- 12. Don't taste test; while perusing the fresh food section.
- 13. Put your cart back in the cart stall.

To All the Grocery Store Staff reading this: "You Are Heroes!"