

Good afternoon, everyone!

Well, the day has come for me to hang up my trusty stethoscope and say goodbye to all of you wonderful people. I promise this isn't a medical emergency--just my own health plan that involves a bit more sun, sand, and siestas!

First, a huge thanks to all the doctors and nurses who taught me that R&R stands for more than "Rounds & Rounds." To my fellow staff members-- thanks for keeping the laughter louder than the IV drips!

To Dr. Roberts, I'll truly miss your coffee stronger than our aspirin, and to Nurse Pam, there's no one else I'd rather trust with my band-aids and bandages. And to everyone who signed my cast last year--I never did find out what some of those messages said, but I'll take them to mean you'll miss me, too!

Of course, I have to give a special shout-out to the cafeteria team for keeping our bellies as full as our hearts (and for those desserts that kept me in elastic pants).

Before I go, let me leave you with a classic bit of wisdom: remember, laughter is the best medicine unless it's your appendix; then it's definitely surgery.

Thank you for the memories, the friendship, and the unforgettable moments. I'll miss you all dearly--unless you decide to join me on a beach somewhere!

Take care and keep everyone smiling!

[Your Name]