

# Onward Together

Agile. Resilient. Connected. Balanced.

Staying informed and centered in the time of COVID-19



Week 3 | April 4, 2020

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## Calendar

**Come join us:**

**Breathing and Meditation with Bala Subramaniam** via Zoom 6:45am, 8:30am, 4:30pm

**Yoga with Jackie Everett** via Zoom Thursdays at 6:30pm

**Virtual Happy Hour** immediately following Zoom Yoga this Thursday. All department members welcome to join!

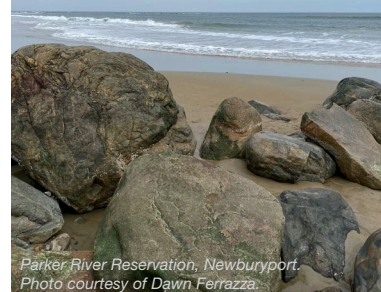
**Town Hall with Dr. Talmor:** 5pm Mon., 7am Wed., 5pm Fri.

**Administrative Town Hall:** An additional forum that focuses on support staff needs and administrative updates. Keep an eye out for this week's calendar invite.

**Workout with Brian Daugherty** Tuesdays at 6:30pm and Saturdays at 9:00am

*"Breathe in the freshness of the sea*

*Breathe out the cares of the day"*



Parker River Reservation, Newburyport. Photo courtesy of Dawn Ferrazza.

## A word from the Chief

Danny Talmor, MD, MPH

Friends,

Today concludes another intense week of COVID-19 surge preparation and patient care, and I cannot stress enough how proud I am of each of you—and what we've accomplished together. Every member of this department is contributing to the success of our efforts and I thank you.

As of Thursday April 2, we have 78 COVID+ patients at BIDMC, 29 of whom are in the ICU. We continue to see a slow, but steady increase, in particular of ICU patients. Our planning and preparation for surge capacity will accommodate this increase with expanded ICUs to include half of the CVICU, a pod of beds on Rosenberg 7 and our PACUs. We have the ability to make almost 200 ICU beds in the medical center, with a total phase 4 surge capacity of nearly 500 ICU beds across the network—with no expectation we would ever need that number.

The rise in patients in the ICU over the last week has been due mostly to the prolonged length of stay in the ICU for COVID patients. While we continue to see a steady growth of COVID patients in the medical center, our ability to discharge 30% patients is impressive and demonstrates good care. This moderate rate may be an indication that Massachusetts is "bending the curve."

Your safety is our primary concern and we continue to look out for your best interest in the use of N-95 masks and PPE. Please be responsible with PPE. Use appropriately, and conserve smartly so we have protection for the long term. This remains a difficult time for all of us, but I want to stress that it is a temporary situation. The record of our first patients is encouraging and I am hopeful things will slowly calm down and allow us to return to business as usual.

Please remember, this is what we were trained for as clinicians and we should all feel proud to serve in this crisis. We are now in the Olympics of Critical Care medicine and we are more than ready for this challenge. As usual, I will add a quote, this time from Rabbi Hillel who lived in Jerusalem at the time of Jesus- **"If I am not for myself, who will be for me? But if I am only for myself, what am I? And if not now, when?"** What does this mean for us? We are, all of us, health care providers, expert in taking care of the critically ill. Now is the time for us to take care of ourselves and our colleagues so that, together, we can take care of others. Now is the time for us to step up, when we are needed the most. This is exactly what you are doing every day.

With all of my thanks for your incredible teamwork, innovative thinking and tireless contributions over the past weeks. Together we lead this effort across the network and it's making a difference. Because of our continued planning and preparations, and your ability to lead by example—we will ensure the best possible outcome for our patients, ourselves and the network.

My best to you and to your families—stay safe and well!

Danny

**COVID-19 Resources:**

Go to **Anesthesia Intranet** and the **BIDMC Portal: COVID-19 Central**

**Official Boston coronavirus status:**

<https://www.boston.gov/news/coronavirus-disease-covid-19-boston>

# Team Shout Outs



Shout out to my Wednesday SICU team for getting rounds, 4 central lines, 3 arterial lines, and a new COVID admission all done by 2pm! A fantastic team effort by the residents and fellows! -Sara Neves, MD

Shout out from the gastroenterology group to Eswar and Krish for setting up their operating procedures. - Simon Robson, MD, PhD



Kudos to Dr. Natalia Yaromenka of BID Plymouth for engineering the creation of an acrylic box to be used during intubations to keep us safer. She is pictured demonstrating its use. -Erin Burns, MD

Thanks to Dan McGrail for filling in last minute when we needed overnight call coverage for the CC7 unit with only a few hours notice! -Sara Neves, MD

Shout out to Rabia Amir for picking up a same day 24 call to help out in the new expansion ICU! Also to Mario, Rony, Alli Hyatt, Omar, Austin and Justin for volunteering to work with our ICU staff and CRNA colleagues in this new unit-It's truly a collaborative team effort! -John Mitchell, MD

Shout out to Nathaniel Sugiyama for helping us out on a busy SICU day with sick patients and a reduced team! Really helped the day go more smoothly! -Sara Neves, MD

Shout out to CRNA Beth Coolidge who organized us at AJH to get out to BI for Simulation. Another shout out to Mark Kats, MD who did our first covid intubation here at AJH and Chad Anderson, MD who set up departmental

Zoom call to keep us all posted on the latest local covid protocols. -Jennifer Evansmith, MD

THANK YOU! Lisa McGuirk, Paula Me-deiros, and Nikki Murphy for being flexible during these past couple of weeks, and stepping up to the plate when we needed you. It's amazing how you were able to overcome obstacles thrown your way. You play a crucial role in our department's success, we appreciate all that you do! -Krystyna Prokopiuk

I want to extend a sincere thank you to all of my resident colleagues for stepping up this past week! Thank you for showing up to work everyday, picking up extra calls, helping out with the ICU surge effort, and for making me smile everyday. I am so proud of each and every one of you! All of you are incredibly hardworking and inspiring. I am so glad to be working alongside all of you, and I couldn't have chosen a better group to go through this with! -Janna Taylor, MD

A big shout out to Christine Kuhn for rolling with the punches and the many many changes required to get TWO surge units up and fully staffed within 48 hours! Thanks too to all of the residents who picked up calls for their colleagues to help us staff these units! -Sara Neves, MD

Thank you Bala Subramaniam for generously donating a week of vacation time back to the department. Incredibly generous to help the cost containment. -Danny Talmor, MD, MPH

Shout out to BIDMC Anesthesia from an alumna: This newsletter is REALLY awesome - thank you for sharing. I'm blown away by the wellness direction

that the department at BI has taken! Strong work! -Amy Vinson, MD, FAAP Boston Children's Hospital

Kudos to the Anesthesia team from a patient after toe surgery: The patient was nervous coming in and the entire surgical and anesthesia team (and the experience on East campus) were calming and reassuring. I also want to pass along my personal thanks during these tough times to let you know that I really appreciate the great care that everyone provides to my patients as well. -Chris Miller, MD, MHS Foot and Ankle Surgery, NEBH



A huge shout out to Jill Murray of Franklin MA, who after learning that healthcare workers were short on eye shields started making them herself to donate to hospitals. She makes batches of 50 at a time and is willing to continue for as long as she can get supplies and the need is there. Jill has no experience in the health care field but has become quite passionate about giving her time to help during this crisis. We are so delighted with these shields! Thank you, Jill for using your creativity and talent to help our health care workers safety take care of patients. -Eswar Sundar, MD

Thank you Jackie Everett, PACU nurse and colleague, for leading the department in weekly yoga sessions! At the end of a long day, it's a perfect way to wind down! -Heather Derocher

## Chief Residents: Changing of the guard

Congratulations from all to our new chief residents for the upcoming 2020-2021 year: Joseph Kalet, Gregory Kirby Jinhui Zhao! What a time to lead!

We also want to especially thank this year's chief resident class—Austin DeBeaux, Daniel McGrail, and Janna Taylor—who went above and beyond in representing their colleagues, and advancing our educational programs and scheduling practices, not to mention shepherding their classmates through this unprecedented time in the world. They are a tremendous example to follow and it was a privilege to work with them. The residency relies on the energy and teamwork of the residents and we are truly grateful to all of you for your hard work! -The Education Division

# Please join our Department's Wellness Activities

*Health is wealth. Invest some time each day to keep your body and mind healthy.*

## Breathing Meditation with Bala Subramaniam and Pooja Mathur

**Daily: 6:45am, 8:30am, and 4:30pm**

We invite you to join 10-15 minute Virtual Breathing Meditation sessions offered three times per day via Zoom. This proven method helps manage stress and provides inner strength to face the challenges of your day. You may join any/all of the sessions listed below—no experience necessary as instruction and guidance are provided.

**6:45am**

<https://zoom.us/j/455443909>

Meeting ID: 455 443 909

**8:30am**

<https://zoom.us/j/834606825>

Meeting ID: 834 606 825

**4:30pm**

<https://zoom.us/j/936723705>

Meeting ID: 936 723 705



**Benefits of Breathing Practice:** "Nadi Shuddhi" is an alternate nostril breathing technique that involves deep, slow breathing through alternating nostrils. It needs to be done for a minimum of 4-5 minutes with focus on the breath itself in order to balance the mind. Other benefits include clearing nostrils, nasal passages and the respiratory system. This practice helps you feel energized, produces mental clarity, and eliminates undue stress, fear and anxiety.

**Simple and convenient:** Breathing meditation is easy to learn and can be done anytime during the day. For example, if you feel stressed about an upcoming meeting or a completed meeting, you can go to your office or elsewhere and use this technique.

**Instructions:** Be open and do this technique every time with full attention. Wash your hands for 20 seconds with soap and water before you start the practice and simply follow the instruc-

tions (no need to control your thoughts; noticing everything is not a failure but a benefit). Each session begins with a short introductory video. You may view the videos here or simply join a session and we will guide you:

<https://youtu.be/HSqdkKeUZ8U>

<https://youtu.be/q5m6tMjcF8k>



## Yoga with Jaclyn Everett

**Thursdays, 6:30pm**

You are welcome to join our very popular yoga sessions with certified yoga instructor Jackie Everett via Zoom on Thursdays at 6:30pm. The sessions provide many benefits to the body and mind, including relaxation, strengthening and stretching, and increased body awareness.

## Happy Hour

**Thursdays, following Yoga at 7:30**

Join our fun virtual "Post Yoga Happy Hour." Grab a beverage and hang out for 15-20 minutes to enjoy each other's company and get the kind of interaction many of us are craving during these times of "social distancing."



## Workout with Brian Daugherty

**Tuesdays 6:30 / Saturdays, 9am**

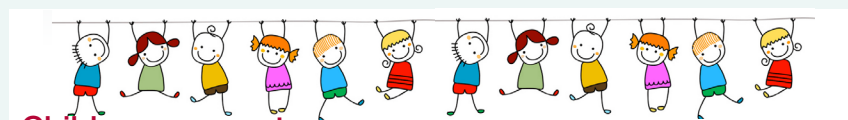
We're thrilled to offer you another way to stay fit, energized, and strong with a virtual fitness class by Dawn Ferrazza's nephew Brian Daugherty.

Brian is a personal trainer who has generously offered to host a fitness class via zoom tailored to our department. Brian is a NASM Certified Personal Trainer, Functional Range Conditioning Mobility Specialist, and is certified in Precision Nutrition Level 1.

He will be leading classes on Tuesdays at 6:30pm and Saturdays at 9:00am. All fitness levels are welcome to attend. It is appropriate for all levels, with modifications provided for those who prefer something less rigorous.

The class will mix cardio and strength training and no equipment is required. If you have concerns whether you are fit enough to do this workout or have a pre-existing condition feel free to email Brian (bpdaugherty1@gmail.com). Otherwise just click on the zoom link and get moving on Tuesday.

Tune out the incessant news cycle and fight off cabin fever blues with some sweat and a brisk heartrate!



## Childcare support

We know many of you are working from home and have the added challenge of tending to children home from school. Relatives and friends of our staff have offered to provide babysitting services to help you with childcare responsibilities. Their contact information is posted on our Anesthesia Intranet home page.

**Harvard University** has also provided a list with childcare resources for Harvard-affiliated hospitals. A group of Harvard graduate students have organized to provide emergency babysitting and other aid for staff at Boston hospitals. Click here to learn more about the process and apply for assistance: [https://docs.google.com/forms/d/e/1FAIpQLScGm\\_ixpr1a\\_HN-b9Iz36fEsFkjsvG02UqyGEgiwuxpjriN0A/viewform](https://docs.google.com/forms/d/e/1FAIpQLScGm_ixpr1a_HN-b9Iz36fEsFkjsvG02UqyGEgiwuxpjriN0A/viewform)

# Tips to thrive, not just survive at home — alone or with kids!

## 5 great ways to keep busy

### Use your brain

Best not to spend all your time “vegging” out with TV. Exercise the brain by reading those books you’ve had hanging around, try crosswords, sudoku, brain teasers and kenken. Tap into your creative side and start a project: crafts, sewing, knitting or woodworking.

### Be productive

Plan your time so you have a sense of accomplishment each day (for work-related duties and personal responsibilities.) Making a list of what you want to get done can help! Give yourself a goal to tackle 3-5 items on your list each day.

### Reach out and call someone

Call someone you know who you haven’t spoken to in some time. (someone who lives alone, is struggling with health problems or young children home from school). They’ll feel good because you thought about them and cared enough to call, and you will feel good for putting your kindest self forward!

### Take a hike! (Safely)

The weather is getting warmer and parks are safe as long as you practice social distancing. Explore nature on your own or with kids. Bring binoculars for birds and search for signs of wildlife.

## 6 money savers to consider

Everyone is feeling the financial impact of the pandemic. Take some time to think about how you spend and ways to conserve:

### Drink more water.

Skip trips to the store for soda and juice (and bottled water). Tap water is free, and just as clean as bottled!

### Cancel unused club memberships.

If you’re on the fence about any of your memberships, cancel them. You can always renew later if it turns out that you actually do miss it.

### Turn off the lights.

Keeping the lights on in your home costs money over time. Turn off lights any time you leave your house, leave a room, or when you can use natural sunlight.

### Keep the heat low.

Most of us turn the heat down when we go to work to conserve energy and money, but if you’re now working from home, you may see your heating bill spike. Wear layers, move around to generate body heat and circulation so you don’t need to crank the heat.

### Avoid stress-spending.

Some people spend money to reduce their stress. Instead of buying things you don’t need to make yourself feel better, find other ways to de-stress, like exercise, meditation, yard work or a movie.

### Negotiate rates with your credit card company or complete a balance transfer.

If you’re paying a lot of interest on your credit cards, you do have some power as long as you’ve made your payments. You have the right to negotiate your current interest rate with your credit card issuer and the right to transfer your balance to a different card, perhaps your biggest bargaining chip. Start by calling your card issuer and explaining your request. If you don’t make any progress with them, check out balance transfer credit cards to find one with an introductory 0% APR.

## Settle into your at-home workspace

- Set up a space in which you can work effectively, a corner with a desk or an entire room. Take some time to make it comfortable. Declutter, use a chair that supports correct posture.
- Play soft, relaxing music in the background if that helps you concentrate and stay centered.
- Take short breaks every hour to move around and stretch your legs, spine, and neck.

## Pandemic Pet Etiquette

Can you still pet other people’s dogs when you are out walking? It’s so tempting to want to stroke that cute pup given how much “social isolation” we’ve been experiencing, but right now, it’s a no-no.

■ Do not touch other people’s dogs or cats—and don’t let them touch yours. Dogs and cats cannot contract COVID-19 but they can carry it on their fur.

■ If a human has coronavirus and touches an animal, the virus can live on the animal for up to 12 hours.

■ Do not take your pup to the dog park! Take him out for a walk in a low-populated place.

■ If you live with others and become sick with suspected COVID-19, do not touch your dog or cat AT ALL! They may carry the virus on their fur to other unsuspecting individuals in your house.

<https://www.sunvetanimalwellness.com/2020/03/coronavirus-pet-etiquette/>

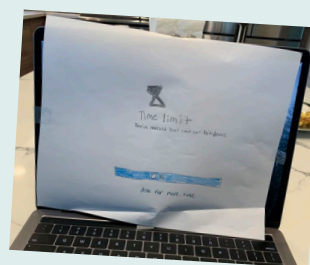
## Kids vs. Parents: Conflicting priorities

If you’ve got kids, you’re probably feeling some pressure as you try to balance your productivity with theirs.

Call a family meeting to discuss their needs and try to help them understand yours.

Use a white board to set the daily schedule so they know when you have meetings and when they can have your undivided attention.

Be sure to fit in a little fun time, too!



**“Time Limit: You’ve reached your limit on this device.”**  
(Alex Shtifman’s twin girls played an April Fool’s joke on him—but the underlying message is evident!)

# Clinical Updates from the front line

**Dr. Kveraga:** The community sites are finalizing their plans for alternate surge locations, moving anesthesia machines into PACUs and developing staffing models for each site. The **in-house Airway Teams** that are intubating and lining up the COVID19 patients are very much appreciated by the hospitalists and ED physicians. All the staff have been amazing by stepping into these new roles, but many have lamented that they miss providing anesthesia because cases are few and far between.

**Dr. Haering:** On Tuesday we went down to 17 locations across both campuses, as we consolidated the OR caseload into fewer rooms in an effort to cover the ORs with fewer faculty. We have sequestered 50 syringe pumps in the anesthesia library on the west campus for use in ICUs in case of a surge of Covid cases. Thanks to **Ed Plant** and **Bejan Abaspour** for



getting this done so quickly. We continue to care for non-Covid ICU patients in the west campus PACU, averaging 4 each day. In an effort to conserve ICU beds, there is a vetting process within the Dept. of Surgery to insure the urgency appropriateness of any case potentially requiring postoperative ICU care.

**Dr. E. Sundar:** East campus scrub tech, **Sarah Arnold** has friend who continues to make face shields and is delighted to help! Some N95's have arrived from China. thanks **Dr. Robson!** Cases are being consolidated with tighter utilization of staff.

**Dr. Simopolous:** The Pain Clinic was cited as a "best practice example" by the hospital for our telemedicine visits serving about 30 patients per day. We have clarified the billing of phone visits. We are using video for new patients, and doing procedures on patients that are urgent. Patients will be seen in the Headache Clinic for botox as needed.

**Dr. Sarge:** The ICU has a senior physician looking at all transfers across the network including Lahey and Cambridge Health. (A person that other hospitals can call and talk about admissions.)

The medical center continues to look at our ICU census use and manage our COVID spaces.

Testing is helping to rule people out. We still have available ICU beds. RB 7 has been opened as ICU space.

**Dan Walsh** proned his first patient at

BIDPlymouth; he's such a trooper, the guy you want with you in a battle.

Anesthesia ventilators will be used for ventilators for patients not going to the ICU. We're getting a shipment of new Hamilton G5 ventilators this weekend, We're overstaffing the surge units when they first open because we are seeing when you admit a patient it's very busy but then generally becomes less busy within a few days.

**Dr. Robson:** Our Basic Research Laboratories remain in hibernation for the time being, with plans for redeployment of staff being executed. PI's and select, designated staff visit the labs 2-3 times a week for maintenance and to care for the animals. Several Research faculty have volunteered for clinical duties, to assist in diagnostic laboratories and help in clinical research. As before, BILH Clinical Research Guidelines are now in place to protect all research participants, researchers and the larger community from risk of infection with COVID-19.

Our Department has joined the Society of Critical Care Medicine's COVID-19 registry, with IRB approval pending. Dr. Talmor and the ICU team, with Dr. Nathan Shapiro, Dr. Mike Yaffe and others are implementing studies on experimental therapeutics for COVID-19, focusing on hydroxychloroquine, tissue plasminogen activator and other novel therapies in COVID-19.

The IRB is reviewing a research protocol to test and deploy rapid COVID-19 Antibody Detection Kits to track exposure and give point of care diagnostic answers for medical, nursing and technical staff and colleagues. These point of care (POC) Tests, will be entirely voluntary and performed by research study staff on site. The plan is to measure IgM/IgG/IgA antibodies against 2019 Novel Coronavirus (2019-nCoV) in a sequential manner and to further screen as indicated. The proposed plan is to have testing rolled out in waves every 2-4 weeks, to get series of snapshots of healthcare provider evolving serological profiles to 2019-SARS-CoV-2 during the 2019-2020 pandemic.

PI's and staff are trying to develop "Bio-repositories for Potential and Confirmed COVID-19 Cases" with the Greater Boston Consortium on Pathogen Readiness Evergrande COVID-19 Response Fund, within BIDMC and the Department.

SARS- CoV-2 is the focus of sustained investigation. Important advances are being made in the understanding of



mechanisms of infection, virus detection and why there is the predisposition to severe disease in some (e.g. men seem to be more vulnerable). It is unclear whether behavior, lifestyle factors or biology are leading factors here. There are increasing numbers of treatments proposed for this illness, which will be subjected to controlled studies. Some good news is that coronaviruses, unlike hepatitis C and HIV, do not seem to mutate rapidly. Therefore, a vaccine, when developed, should be effective over time and preclude repeated societal shutdowns until ICU capacities are reached, again and again.

**Dr. Ramachandran:** The first virtual perioperative COVID Safety Rounds was held this week and attended by over 250 people. The next Combined Safety Grand Rounds are scheduled for **Tuesday 4/7/20 at 5pm EST.**

OR, L&D, and GI workflows continue to be refined. Kudos to the in-situ simulation planning & implementation core team – **Nadav Levy, Liana Zucco, Richard Pollard, John Pawlowski** and **all the staff at SASC and media services** who made this happen in record time

Shoutout to **Cullen Jackson** for pushing the CRICO proposals through with input from **John Pawlowski** and the **QSI fellows**. We are also grateful to CRICO for fast-tracking these proposals.

All updates are now live on Anesthesia Intranet front-page [https://anesthesia.bidmc.harvard.edu/anesportal/Intra\\_FrontPage.aspx](https://anesthesia.bidmc.harvard.edu/anesportal/Intra_FrontPage.aspx), and Coronavirus Central <https://portal.bidmc.org/Intranets/Clinical/Novel-Coronavirus/Clinical-Care-Resources/Perioperative.aspx>. Many thanks to **Sarah Nabel** for being available around the clock to support this work.

Thanks to **John Mitchell** and **Vanessa Wong**, we have made these workflows freely available to all interested hospitals and individuals outside our network. Please share this site <https://www.anesthesiaeducation.net/qsicovid19/> with your friends and colleagues in other hospitals.

**A reminder to all physicians, Dr. Pamela Peck is available for mental health and moral support. Pager: 38261 Phone: 617-667-0651.**

## Corona's Crown "Up for Grabs"

From the Wuhan's womb  
 Germinating in Berlin  
 Terrorizing Prato and Paris  
 Ransacked Iran, ate the Royals  
 while they wait for the herd  
 swallowed the Big Apple  
 Sleepless in Seattle  
 Gathering Mass with Bostonians  
 Waiting at the Gateway of India  
 "Virus Guru" says my Guru  
 Mortality staring, a Guru's dream  
 All energy in one direction

A leader's dream to lead  
 Effortless though labor filled  
 make no mistake footprints  
 will be only of dote and antidotes

Proud to be in Health Care  
 Rare energy with laser focus  
 ready to go, they are my heroes  
 Exuberant faces amidst the chaos  
 welcome to 2020, a year long play  
 or will it be like the 20-20 the Lords' play

Virus the Guru, a leveler  
 And a Spritual Master  
 A dark lord needing the  
 Habitat says my master;  
 "He is here to live not to kill:  
 To be alive is a privilege  
 To be a life is  
 possible now more than ever."  
 -Bala 03/26/2020

## The Buddy Group Project

The Buddy Group project is off to a healthy start! So far, 52 out of 110 small cross-functional groups have sent warm and welcoming email introductions to support, encourage and connect during this crisis. (I thank you for sharing your group's incredibly thoughtful initial emails, and for your feedback as well.)

Not surprisingly, there are shared concerns of becoming infected, worry for elderly parents, child-care struggles, frustration about finances, and the discomforts of social distancing. Groups are also sharing coping strategies such as focusing on the positive—gratitude for family, friends, and colleagues, being healthy and able to serve the community, taking walks out in nature and other ways to stay motivated like setting aspirational goals. In addition, some communicate ideas on how to improve the safety of

our workplace across the network.

There are also incredibly moving personal stories that are being shared about people's journeys and struggles in overcoming adversity and getting where they are today—and we thank you for that.

We understand some people may not have time, or prefer not to participate, and this is okay. If your group has not been in contact despite your efforts, please email Taneshia Pina to connect with another group. We hope this program has lightened your load just a bit and given you an opportunity to learn more about some of your coworkers!

Keep an eye out next week for a feedback survey.

Thanks to Sugantha Sundar for coming up with this idea, Matthias Eikermann for managing the project, and everyone who helped make it happen!



### DRINK OF THE WEEK

## TITO'S MOSCOW MULE

"This is an easy drink to make and my hubby likes it. Also, Tito's is the best Vodka around."  
 -Susan Kilbride

Ingredients  
 1.5 OZ of Tito's Vodka  
 4 oz of ginger beer  
 3 lime wedges

Combine Vodka, ginger beer & juice of two lime wedges in a copper mule mug

Stir to combine and garnish with the lime wedge. Enjoy!

## Resident Wellness Updates

The Chief Residents and Education Division are working hard to promote wellness during this trying time. We've initiated the weekly Photo Contest, virtual resident Zoom hangout, team-based overhaul of the ADEL education website, and there is even a virtual Netflix watching party in the works! In addition, the residents have been involved with department-wide activities such as COVID simulation and volunteering for staffing additional ICU teams.

Below is our resident childhood photo contest to match childhood photos to the residents. Next week is Prom photos! Please send your prom photos to Lindsay Rubenstein. Looking forward to seeing some beautiful fashion!



These kids all grew up...now they're BIDMC Anesthesia interns, residents and fellows! Zoom in and try to guess who's who!

## Kids Corner

**Cooking with your kids** has become a favorite pastime these past few weeks. Not only is it fun to spend time together and eat good food, kids are getting valuable lessons in science, math and following directions (but don't tell them!).



**Amy Sophia Robson** bakes a cake from scratch!



**Olivia and Nathan Ma** take turns mashing potatoes!



**Lilah**, Dr. Lisbon's granddaughter making mozzarella for tomorrow's pizza night!

**Seren Banner-Goodspeed** doing online schooling in her PJs with Loki keeping her company. How our standards have evolved in the past 2 weeks!  
-Valerie and Aaron



## COOL APPS FOR KIDS: LIBBY

My son loves "Libby" – a public library app that allows him to download books he can read while his dad deals with the baby – and I can work! -Jennifer Evansmith, MD

## Phone numbers

Sandbox	617-667-3112
Fishbowl	617-754-2675
Yamins	617-667-2902
Scheduling	617-754-2795 or 617-754-2101
Danny Talmor	617-869-7513
Krish Ramachandran	617-795-6220
Todd Sarge	781-249-2803
Dawn Ferrazza	978-500-1626
Brian Duckman	781-424-1479
Mary Jane Cahill	617-413-3962
Heather Derocher	617-975-8282
Cullen Jackson	401-952-7832
Beth Kiernen	617-543-2863
Susan Kilbride	207-281-2014
Sarah Nabel	617-872-7848
Melissa Quinchia	857-284-9247
Alex Shtifman	617-823-2967
Trish Stevens	781-850-6772

## ELIXIR OF THE WEEK

### IMMUNE BOOSTER

*Any time we had a cough or a cold growing up my mother gave us this. Suitable for all ages as long as no allergies. -Sugantha Sundar, MD*

- 1 cup of milk of your choice
- 1 tsp organic turmeric powder
- 10 CRUSHED black peppercorn
- Optional 4-5 threads of Saffron

Bring the above ingredients to a boil on the stove top.

Pour into your favorite mug and enjoy.

If you have a sweet tooth add a teaspoon of honey at the end. (do not boil the honey)

*Also consider taking neem and turmeric with black pepper supplements in the morning on an empty stomach with warm water (for adults).*

## BOOK OF THE WEEK: THE WINTER SEA

*"This is one of my favorites to recommend, a good historical fiction book. I listened to it as an audio book and found the narrator very engaging."*

-MJ Cahill

**The Winter Sea** by Susanna Kearsley

In the spring of 1708, an invading Jacobite fleet of French and Scottish soldiers nearly succeeded in landing the exiled James Stewart in Scotland to reclaim his crown. Now, Carrie McClelland hopes to turn that story into her next bestselling novel. Settling herself in the shadow of Slains Castle, she creates a heroine named for one of her own ancestors and starts to write. But when she discovers her novel is more fact than fiction, Carrie wonders if she might be dealing with ancestral memory, making her the only living person who knows the truth—the ultimate betrayal—that happened all those years ago, and that knowledge comes very close to destroying her.

## FAVORITE STAFF RECIPE: IRISH BREAD

*"This is a family favorite and a good comfort food." -Trish Stevens*

- |                        |  |
|------------------------|--|
| 1 stick margarine      | 1. Cream margarine and sugar together, add egg     |
| 1 egg                  | 2. Sift flour with cream of tartar and baking soda |
| 2 cups flour           | 3. Add sour cream and raisins                      |
| 1 tsp. cream of tartar | 4. Bake at 350 degrees for 1 hour                  |
| 1 cup raisins          |  |
| ¾ cup sugar            | <i>"Enjoy with a cup of tea or coffee!"</i>        |
| ½ pint sour cream      |  |
| ½ tsp. baking soda     |  |

## Onward Together

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We invite everyone to contribute to this wellness publication. Sharing ideas and supporting each other builds community—making us stronger together.

Please let us know your suggestions for how we can support each other through COVID-19.