



## Inspiration from Webinar Attendees

At the Silvercrest Center, New York, “we have provided families with a **24-hr. hotline** which is being covered by our administrative staff to answer questions and provide support. This has further led to identifying particular family members who are very anxious and struggling with not seeing their loved one. We are making sure we have our staff set up virtual visits with them.” *Marta Kazandjian*

At St. Joseph Mercy Oakland Hospital, Michigan, “we are using a **phone tree** to contact all Volunteers, Senior Fit, Cardiac & Rehab patients. We are using **volunteers** to help connect with these community members. Children that are home from school are making pictures and we are printing them off and putting them on the food trays.”  
*Barbara Stephen*

“We do a “**daily update**” via email from our VP of Patient Care to our entire hospital staff each day, to help our colleagues feel inclusive and getting the most up to date information in case they have been called away from huddle.” *Kay Donaldson*

“At our hospital, we continue to use the phrase **EGR - Extra Grace Required**. EGR with our fellow colleagues and our patients. Even our managers are often stretched to their limits with their patience and understanding. Extra Grace for everyone we come in contact with all day long. Together, we are better!” *Kay Donaldson*

“Talking about a **minute of kindness**; in the Netherlands we nationally applauded all our heroes working in healthcare yesterday night, by standing at our window, balcony or doorstep and at 8pm at night, we all applauded and recorded that and shared it on social media. For an example from my friend from Amsterdam, check: <https://twitter.com/EllenNGNG/status/1239992587097956359>” *Mascha Kreugel*

“It’s a great time to **support each other**, pause take a deep breath and reflect. I am a laughter yoga leader on the side of being a biomedical engineer and what I did is provided a support group to my community sending them meditation and support messages and ideas to turn the quarantine into an opportunity and seize the moment to do the important stuff they have been postponing and take care of their souls.” *Dana Abdel Khalek*

“I just sent a post to my mother’s retirement community where independent living apartments surround a courtyard. I encouraged them to think about **Balcony Games** like Bingo or Name That Tune where residents gather on their balconies for some fresh air and safe distance socialization with a staff member and a mike in the courtyard calling BINGO or playing the Tunes with residents shouting out or texting their guesses or BINGO wins. We need to think way outside the box!” *Carolyn Kazdan*

The **Calm App** has created a [page of resources](https://www.calm.com/blog/take-a-deep-breath) with free mindfulness tools for support as we navigate this uncertainty. You’ll find a variety of content (Sleep Stories, meditations, music, mindful movement, etc), breathing exercises and journaling prompts to help stay grounded. Keep your eye on this page, as Calm will refresh it with new content and resources: <https://www.calm.com/blog/take-a-deep-breath>

This includes materials for younger audiences - you can find a selection of content from our Kids section here: <https://www.calm.com/blog/take-a-deep-breath#calmkids>

To increase ease of access, the meditations and stories can all be played directly from the resource page. You do not need to login or purchase a subscription to access this content. *Sent from Bonnie Nichols*