

COVID WELLNESS TIPS

WE ARE ALL IN THIS TOGETHER

FRONT-LINE EAST BAY DOCTOR GIVES THANKS FOR COVID-19 HELP, Neil Jayasekera, MD

Reprint from The Mercury News (Excerpt), May 8, 2020, <https://bayareane.ws/37fc2hj>



In my career as an emergency medicine physician, I have provided medical care during the early uncertainties of the AIDS epidemic. In my disaster medical work in the United States and overseas, I have witnessed communities in crisis following hurricanes, fires, war, cholera, an earthquake, and a tsunami. I want to express my thanks to the many individuals that have helped me during this pandemic.

Thank you for your responsible actions and keeping us safe. Thank you for your words of support, donations or personal protective equipment and monetary donations to our own Contra Costa Regional Health Foundation, which is providing essential services to our safety net, county hospital.

Thank you to my colleagues on the frontline including our emergency department, hospital, and intensive-care unit providers and the clinic physicians and nurses who provide care in our health centers. While what we have seen within our system thus far has been manageable, to say that I don't have an element of fear when I go to work would be untrue. I don't know what will unfold during my next ER shift or in the future, but my fear is met with confidence from the excellent support I have received from the Contra Costa Regional Medical Center and the indomitable spirit of my colleagues.

Thank you to the Contra Costa Family Medicine Residents. The residency program is nationally recognized, and we are able to recruit the best family medicine resident physicians from across the United State. They are physicians committed to working with our vulnerable patients and improving our communities. Now, they are rolling up their sleeves and forgoing traditional medical education as they work with us to provide excellent care to our patients during this pandemic...

"I have never experienced such a feeling of community support and caring as I have over the last six weeks..."

- **WHAT WOULD YOUR WISE SELF SAY?** Friday, June 12, 4:00 PM, <https://cchealth.zoom.us/j/9258323238>
- **BEHAVIORAL HEALTH COVID19 RESOURCE/WELLNESS:** <https://bit.ly/2YeRBgi>, bhselfcare@cchealth.org
- **YOGA, Movement & Creative Writing:** Saturdays @ 9 AM, 05/23 -06/13. <https://bit.ly/2XgoJDS>, Meeting ID: 846 5913 6048, Password: 905747, courtesy of **Suraya Keating, Dr. Alan Siegel**

WE CARE FOR YOU AND WE THANK YOU. PLEASE SEND YOUR BRIGHT SPOTS, AND TIKTOKS TO COVIDWELLNESS@CCEALTH.ORG; TEAM MEMBERS: PRISCILLA AGUIRRE, CLAIRE BATTIS, AMANDA DOLD, PATRICIA HENNIGAN, HELENA MARTEY, BRIAN M. JOHNSON, KRISTIN MOELLER, JACQUELINE MOSTOW, KIMBERLY NASRUL, SAMIR SHAH, ALAN SIEGEL, SONIA SUTHERLAND, ARLENE TRIMBLE.