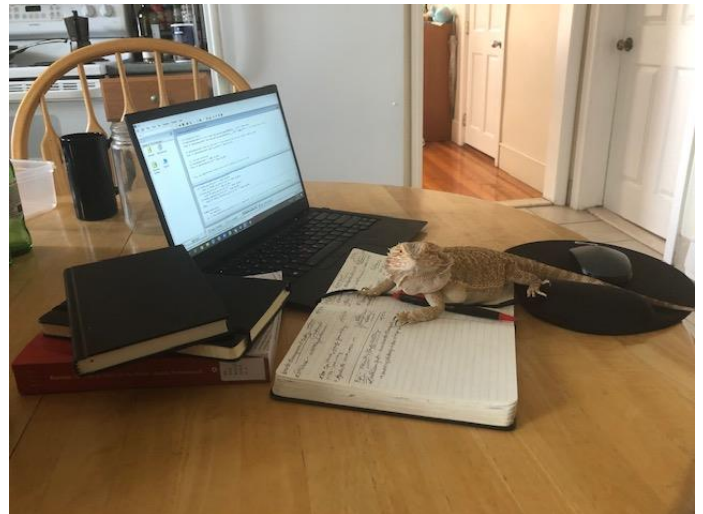


Resilience: SPH Community's Coping With Quarantine



Ryan Wisniewski, a Practicum Manager and Chair of the Staff Senate, has been baking bread up a storm! He's been making grilled cheese, French toast, and lots of egg sandwiches with his carby creations.

Iris Delgado, an epidemiologist researcher and Green Team founding member, has been getting SAS coding help from her bearded dragon, Nez! She's also been growing her own celery and baking lots of yummy muffins.



Dr. Sophie Godley, a professor in Community Health Sciences, has been a chicken mom for ten years!!!, and six new baby chicks were born during quarantine. They've been modeling in cupcake wrappers for Sophie's Zoom classes!

Stern Chamblain, a Career Advisor, has a 7 month old son at home named Caden, and Stern has been enjoying the extra time with him. Caden has been enjoying lifting heavy weights with his dad!!



Dr. Carol Dolan, a professor in Community Health Sciences, has been enjoying having her two lovely pups, Ziggy and Annie, as co-workers and professional canine Teaching Assistants! (Wouldn't you want homework help from this angel?!)

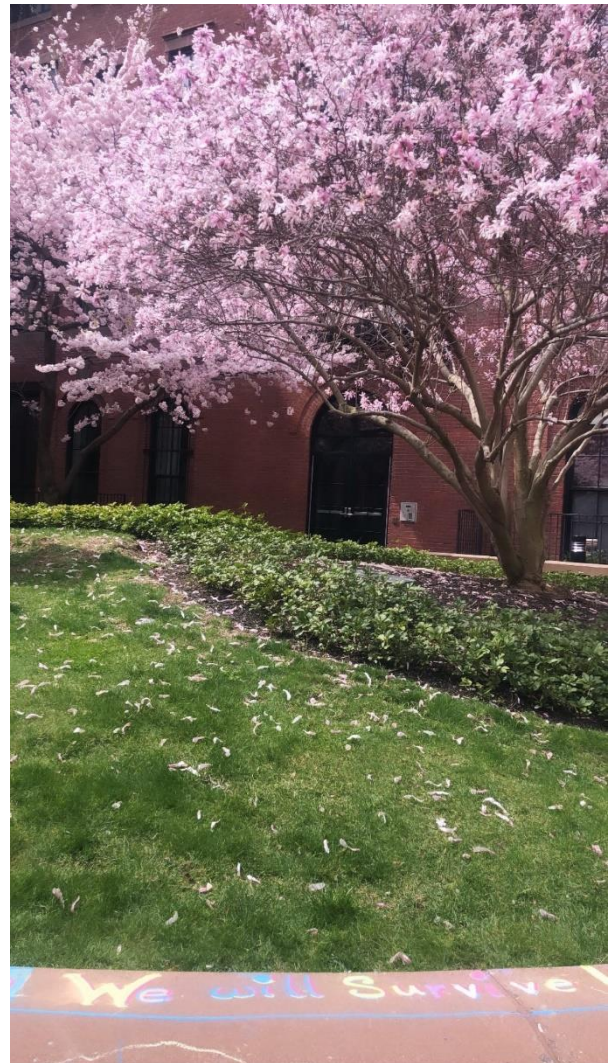
Gray Babbs, a first year MPH student, is using their sourdough starter to make so many fabulous carby treats- bread, biscuits, bao, bagels, crumpets, doughnuts, and naan. They have also been spreading joy by sharing their starter (in a physically distanced way) with neighbors and friends!





Shruti Durape, a soon-to-graduate MPH student and president of Express Heal Triumph, is enjoying a new morning routine of slowing down enough to make herself a nourishing breakfast each day- this one is chicken avocado toast with a side of orange, kiwi, and cape gooseberries.

Lynn El-Chaer, a soon-to-graduate MPH student, is enjoying spending time in her courtyard, watching spring bloom around her. Notice the chalk message towards the bottom, saying we will survive! She's also been exploring new recipes, and make [vegan Twix bars!](#)



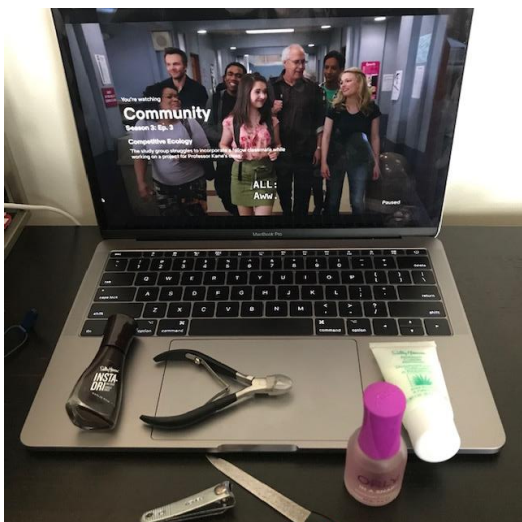


Emily Barbo, Communications Manager in the Activist Lab, wrote the following about her quarantine cooking, “I’ve never been a great cook. I’m really good at ordering take-out (a valuable skill right now) but feeding myself was never something that made me excited. Part of the problem is I’m afraid of my stove and its love-affair with my fire alarm. But now that COVID-19 is so starkly impacting the food industry, I felt a really profound sense of sadness for the chefs whom I love. Their lives revolve around feeding people – and that’s been taken away from them. So I decided to cook for them, just like they cook for me. I read

a recipe for fried rice several times and then put it away and started cooking to taste. And I had fun! It was something to do with my hands and occupy my mind for a little while – a blessing. But I was also able to express my compassion and gratitude to those chefs in a way that felt significant. So I fed myself, in more ways than one.”

Dean Sandro Galea, our fearless SPH Dean, has been playing Scrabble with his family- his daughter beat him in this round, using the word “gavot,” which is apparently a French dance! He has also been reading “The Mirror and the Light,” which he said the following about: “[the book] came just before the shelter in place started and I have been enjoying reading it slowly, everyday (it’s a big book), immersing myself in the sixteenth century for half an hour, and reminding myself that our lives are indeed better now than they used to be then!”





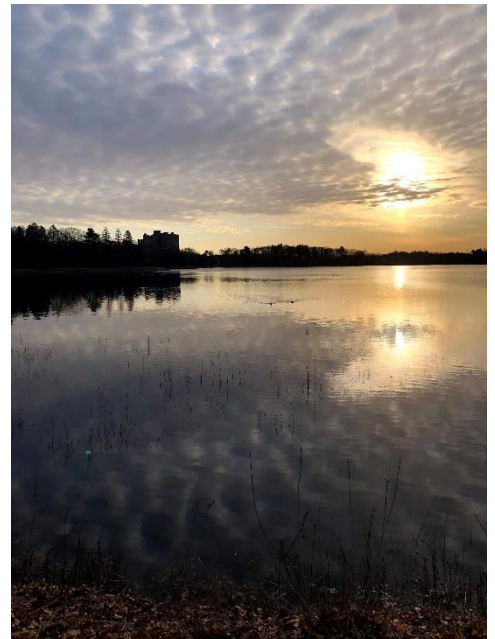
An anonymous member of our community captioned this photo “Netflix and nail care.” Certainly a fantastic time to catch up on any shows we’re behind on!

Bonita Andrade, Graduate Student Life team member, has been gathering bulbs to plant in her garden- so therapeutic to get your hands in the soil, and these colors are stunning.



Anyone who has talked to me (Ilana Schlesinger, Wellness Coordinator), for more than one minute has probably heard me rave about my kitty, Yoko Paneer. I grew up with a cat and a dog, and heavily favored the dog- I didn’t think cats were cool or entertaining. Fast forward to when I went to live on a farm for a bit, my partner wanted a friend while I was away and right before I left we got Yoko (from a Craigslist ad- we picked her up from a Maine Burger King parking lot.) I now am obsessed with cats, especially my own- she’s become my unofficial emotional support animal during this time.

Ruby Barnard-Mayers, an epidemiologist researcher, MPH student and soon to be doctoral student(!), has been going for daily walks at the reservoir near her home, watching the sun rise and enjoying the sounds of nature. She's also been "skiing" in her backyard, what?!? So cool.



Gwenn Fairall, who is now the Assistant Director of Strategic Initiatives(!), has been baking up a storm- focaccia, popovers, and Flour-inspired cupcakes!

Mary Murphy-Phillips, our Director of Graduate Student Life, has enjoyed "torturing" her family with these conversation cards at dinner each night; some examples include "what is a small thing that makes you happy?" And "what is your go-to karaoke or shower-singing song?"





Lara Lobrutto, a soon-to-graduate MPH student made brunch with her roommate on a leisurely weekend morning! They made pancakes, shakshuka, and a lot of noise when they accidentally set off the fire alarm.

Devon Dunn, a soon-to-graduate MPH student, is sinking in to her green thumb and growing tomatoes this spring!



Resilience- The ability to cope and to continue to function in a positive way.

