

# Covid Compassion

## Stories of Hope and Healing



Covid Compassion Inspiration, kindness, and wisdom happening all around us despite, or perhaps even due to, these exceptional times. The stories featured here are experiences and insights submitted by your colleagues and they are meant to help us notice more of our strengths and resources.

If you have a story to share please send it to [#HBStories](#) with the subject heading, Covid Compassion. We are stronger together.

May 15, 2020



Let the good in me connect with the good in others, until all the world is transformed through the compelling power of love.

- Nachman of Breslov

## A Musical Interlude

Early Learning and Development almost all our programs are on hold and we have all been redeployed across the hospital, like many teams. As a way to keep updated with the fast paced changes that have been occurring recently, my team has been holding weekly virtual meetings. Laura Howson-Strong, our team lead, noticed how much these virtual meetings meant to us as a way to feel connected to one another, despite not being able to work along side each other. Recently, she surprised us all by secretly organizing a sing-a-long with Wayne Booker- our talented, creative music specialist. At the end of our meeting this week Wayne took requests and serenaded us on the guitar with our favourite songs. The team sang along, swayed and danced in their homes/the office, found figurines and pictures to dance on the screen, and included their children and cats in the celebration! It was such a beautiful moment of joy, silliness, and connection I will not soon forget.

Submitted by: **Amanda Musto** OT Reg. (Ont). Occupational Therapist/Community Outreach

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