



March 30, 2020

SMALL KINDNESSES

by Danusha Laméris

I've been thinking about the way, when you walk
down a crowded aisle, people pull in their legs
to let you by. Or how strangers still say "bless you"
when someone sneezes, a leftover
from the Bubonic plague. "Don't die," we are saying.
And sometimes, when you spill lemons
from your grocery bag, someone else will help you
pick them up. Mostly, we don't want to harm each other.
We want to be handed our cup of coffee hot,
and to say thank you to the person handing it. To smile
at them and for them to smile back. For the waitress
to call us honey when she sets down the bowl of clam chowder,
and for the driver in the red pick-up truck to let us pass.
We have so little of each other, now. So far
from tribe and fire. Only these brief moments of exchange.
What if they are the true dwelling of the holy, these
fleeting temples we make together when we say, "Here,
have my seat," "Go ahead - you first," "I like your hat."

I'm hoping as you read this that you can feel me smiling at you. These are very stressful times. I know that. While it appears there is no end in sight to this crisis, in fact there is an end. Maybe just beyond our horizon today, but it is there. Let's remember that we already have three weeks under our belts! I know, I know. It feels like a year, but three weeks is a big deal! You can do this. I know because I've seen you all do it for the past three weeks. You have adapted to the tightening restrictions on your way of life with grace and kindness and care for our community. And now I need to ask you all to dig more deeply into your wells, which are running a bit dry, and find another bucket of patience and compassion and kindness. There was a great article today on surviving uncertain times in [VTDigger](#). I thought it had some really helpful advice. [Take a minute to look at it.](#) It might give you some ideas for how to fill your days.

As psychologist Dr. Jilisa Snyder said in a VT Digger article today, “We’re all in this together. At the end of the day, love and heart and connection and relationship are the core of humanity. This is a time for people to pause and really think about those things. This is a time for the best of people to come out.”

I am always available to answer any questions you or your family have, and continue, with the exceptional staff here at Wake Robin, to have your health and safety as our priority.

I wanted to share a beautiful online tour of the [Orchid Show at the New York Botanical Gardens](#). Watch it on as big a screen as you have! Quite exquisite flowers! The beautiful orchid you all gave me is still alive with flowers! Enjoy.

As of this writing, we do not have any cases, or even suspected cases of COVID-19 right now at Wake Robin. That’s great news! And we are doing everything in our power to keep it that way. Self-isolation works. It keeps you safe. It keeps your neighbors safe. It’s hard but it’s the right thing to do. Thank you all for your cooperation.

Gratefully,
Martha

A handwritten signature in cursive script, appearing to read 'Martha', written in black ink.

Martha E. Maksym
President and CEO