



COVID-19 Reflection

Kati Baillie

“My Aunt Marsha has always been a role model for me throughout my life and during this pandemic her attitude has once again been something I hope to emulate.

She lives in England, as does the rest of my extended family, so I only get to see her in person every few years. This has served as a blessing for our family in the current pandemic as we are better practiced than most at maintaining relationships through video calls.

Whether I’m seeing my aunt in person or through a screen, I am always moved by her cheerful, lighthearted attitude she has regardless of the situation. This demeanor remained during her rigorous chemotherapy for CMML and a bone marrow transplant.

It has persisted as she patiently reminds her husband who suffers from vascular dementia what they did yesterday or who they’ve recently seen without a hint of frustration.

It has allowed her to tackle recording and leading virtual tai chi classes and uploading them so she can still reach her students during the pandemic.

She has a way of speaking about her losses, such as not being able to see her grandchildren, during the pandemic without ever seeming to complain.

She has mentioned to me the concept of mindfulness before, which in my interpretation means accepting and noticing what is happening around you without wishing it was different; it means enjoying the pleasant when it’s here and being with the unpleasant knowing it won’t last forever. This concept of mindfulness is the way I hope to adopt some of my aunt’s qualities that I admire such as her patience, kindness, and spirit towards life.

In the current pandemic, I’m trying to enjoy the good and ride out the bad and accept every moment in a positive light”.

Kati is studying to become a doctor in New Mexico following in her sisters’ footsteps who is now a doctor and working in the main hospital in San Diego.