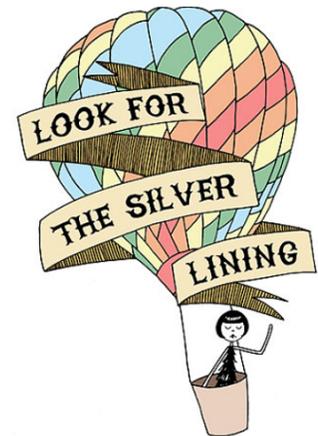




**Akron Children's Hospital
Children's Hope Ambassador's COVID-19 "Silver Linings"**



- ✚ I can work from home, sort of, and keep in touch with my clients.
- ✚ Working from home, I get to see my children more frequently.
- ✚ We are preparing and eating meals together, which only happened occasionally, pre-lockdown.
- ✚ I have tried to call 1 friend per day to stay connected.
- ✚ I have a huge supply of cards for every occasion (thanks to my mom) and have been sending them to friends and family. It's amazing how much both are appreciated.
- ✚ I am exercising more, eating less, and I have lost five pounds in two weeks!
- ✚ I now get 35 days to the gallon of gas in my car!
- ✚ I am getting all kinds of projects inside the house and outside in the yard done that I have been wanting to do for ages. My yard is going to look fabulous, this year!
- ✚ I am getting acquainted with my neighbors, while maintaining correct physical distancing, of course.
- ✚ We are comfortable in our home, with access to food, necessary supplies, the internet and cable. We are healthy.
- ✚ I am so grateful that no one that I personally know has contracted the virus.
- ✚ Thank God it is Spring, and not the dead of Winter, as we go through this nightmare.
- ✚ I am grateful for all that the first-responders, the entire medical community, and everyone on the front line of this war.
- ✚ I'm fortunate to live in this great country with access to outstanding healthcare.
- ✚ I am happy to be spending time with my new co-worker Owen (as you can see, my pup clearly enjoys his home office space)!
- ✚ I'm enjoying the mileage decrease as well!
- ✚ Learning and experiencing the lessons of appreciation and gratefulness. While right now it is hard to acknowledge those sentiments, I feel they will be glaringly present as we come out the other side of this.
- ✚ I am guessing that at least for a while everyone will find themselves loving the little things that we took for granted prior to this pandemic.
- ✚ I'm thankful for this time in my life and my career.



- ✚ I'm enjoying working from home and being able to get some projects done around the house because I don't have my regular 1-hour drive to work in the morning and hour-long drive on the way back home.
- ✚ I have used Zoom for the first time and in the space of four weeks, my home office has evolved from an empty room with a hole in the ceiling (roof leak) to a repaired and comfortable space where I can work pretty efficiently, scan and send documents with relative ease (and without very expensive printing ink), listen to quiet music and have visits from my dog -- who is learning to be a good guest.
- ✚ My travel has stopped and my daughter and I hangout after she is done with school work and do camp outs in the living room.... she loves that stuff and so do I.
- ✚ I get to spend more time with my husband. We are both usually swamped this time of the year and it is nice to take a step back for a change.
- ✚ I've enjoyed seeing folks walking by outside -- on all days of the week, including family groups.
- ✚ I have been taking walks in the neighboring park when I stop working. Sort of like a drive home.
- ✚ I am enjoying not going out and saving money!
- ✚ I am grateful for the opportunities I have had and that I work for an organization that cares so much about their employee well-being that they transitioned to WFH even though we are technically exempt employees. There are a lot of individuals that aren't as lucky right now and have been laid off and businesses that have been struggling.
- ✚ Not spending gas money has certainly been nice, hasn't it?
- ✚ I like getting to spend extra time at home with my wife and the dogs. (Caveat: I know this won't last forever and before you know it, we will all be back to running around at 100 MPH. Let's enjoy the downtime while it lasts!)
- ✚ The world will return to normal (perhaps a "newer normal") when the virus has passed, and hopefully we will have learnings from this time that will help us (using technology, valuing quiet time, and using live-streaming as a connector).





Thank you! You are a rainbow in someone's cloud!