

A message from Dr. David Kim, Beacon CEO:

Hi everyone. In this season with all the wall-to-wall news of coronavirus and the restrictions we are currently living under, we cannot forget that our primary job is to take care of one another. Janet and I are reminded of this every time we are at home with our kids, or when we go to the hospital to see one of our sick patients, or when we are in the office seeing some of you. We at Beacon are in this with you. Our staff and their families face the same concerns and fears as everyone else does. This is why we are fighting to maintain as much normalcy in our operations as we can, while making sure that all who visit us remain safe. That is also why it is most important to not give in to the fear and panic that these restrictions and the media coverage lend themselves so readily to. We must continue to be a community that takes care of each other.

How do we do this? We stay **smart, confident** and **compassionate**. **Smart** in that we take reasonable precautions (washing hands, staying home when sick) that we ought to normally be following anyway, and follow the rules set before us by the government, whether we agree with them or not. **Confident** in knowing that despite the fears of the unknown, that not only are the actual numbers not suggesting a massive number of cases and deaths just yet, but that at least at Beacon, we trust in a God that is big enough and safe enough to believe when He says, "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand." (Isaiah 41:10) Know that we are praying for all of you. And so, we as a community remain **compassionate** - willing to help those who are either sick or simply afraid. This could mean checking in on family remotely, or looking in on our neighbors, especially those who may be elderly or have health issues and cannot help themselves so readily. Staying in touch like this will also help them and us to lessen the feelings of isolation and fear. Continue to encourage one another, even if it is just virtual - we are **meant** to be social creatures, and maintaining that is so important, especially during a time like this.

If you have concerns or questions, feel free to give us a call - even after hours, there will be a provider who is available to answer. Our answering service is 24/7. If you are starting to feel afraid or anxious, or discouraged or depressed about what is going on, or if the sense of isolation is starting to grow too hard to control on your own, **YOU ARE NOT ALONE**. **PLEASE** call at any time and let one of our staff reach out to you. We want to be here for you.

The Centers for Disease Control remains the most accurate site for looking at the actual data, as well as current recommendations - the link is here:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Much of the rest of the Internet is sensationalizing the situation, whether on purpose or inadvertently. In any case, we trust the CDC's info and most of our processes are based on CDC and additional Federal, local, state, and city guidelines.

We will try to keep everyone up to date as much as we can, with as much real data as we can collect. In the meantime, be smart, confident, and compassionate. Let's keep the faith. God bless,

David