

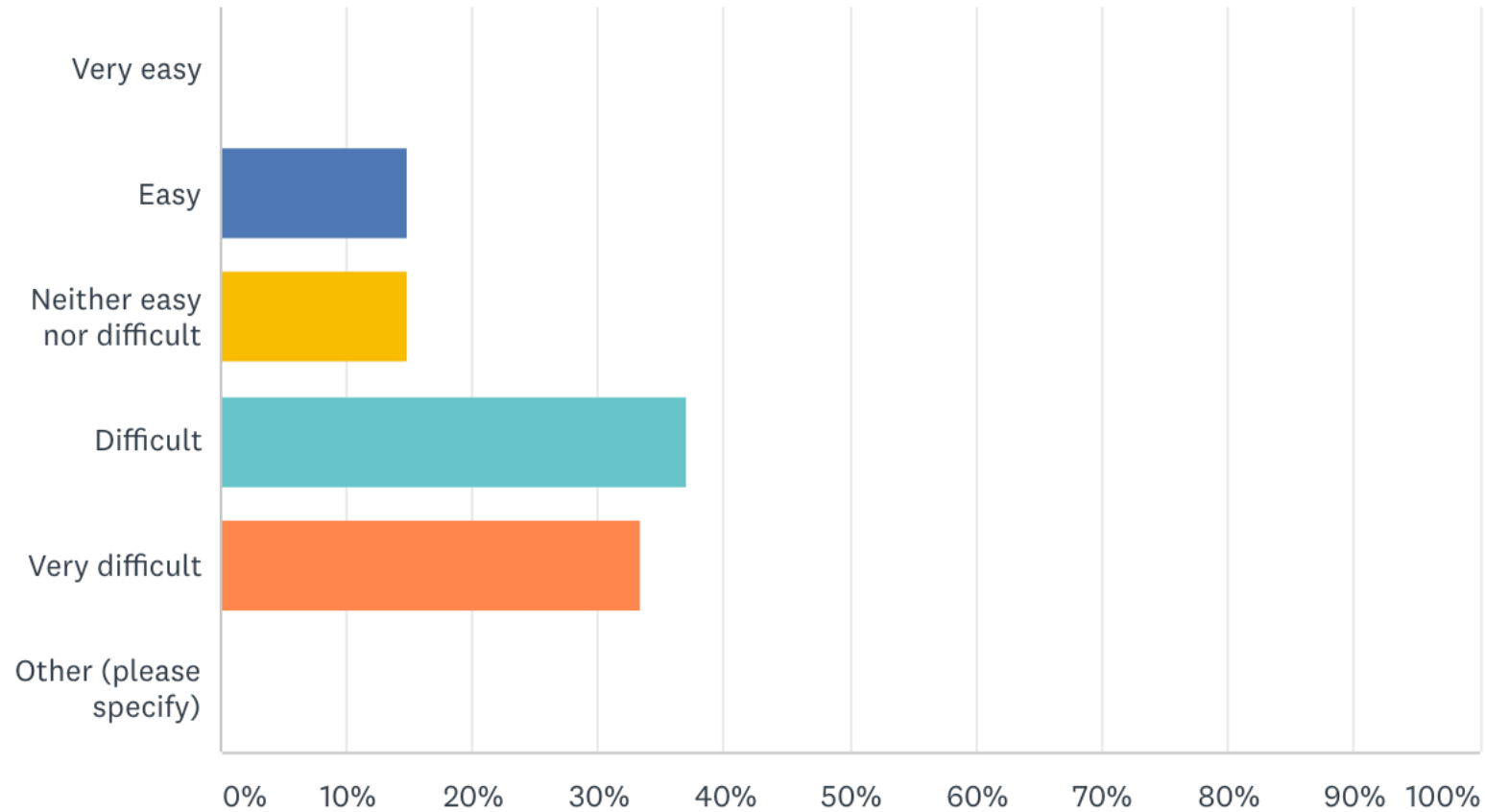
# How to Walk Through the “Valley of the Shadow of Death”

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- "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." Psalm 23:4

# How do you relate to people outside of the workplace about the current event?



# How are you and your family coping with this pandemic?

- Very Stressful
- Keeping my son who is one year old with my grandparents for now. My wife and I continue to work .
- By trying to spend time together with my family and avoiding social media
- It's very difficult I am constantly worried about exposing my family
- Doing our best. I don't want my wife to get sick
- Praying
- By crying it out
- Doing our best to maintain distance
- Just praying
- I live alone and my family is away from me

# What has been the most challenging thing both professionally and personally?

- Equipment availability/quality concerns
- The most challenging this is stress and exhaustion during this outbreak
- Professionally: talking to families of the affected patients on the phone because they can't come to the hospital.
- Personally: Schools and day care closed, someone to take care of my kid all day long
- Professionally: not having the supplies I need. I am constantly in fear at work. Especially, when I see young people die. (Especially, when one of our colleagues has gotten sick)
- Facing staff antagonism
- Personally: missing my family, friends and vacation
- Keeping my family safe
- ***Life has stopped in every single aspect***

# What are some of the tools you utilize to de-stress?

- Chatting with friends on the phone
- Minimizing watching the news
- Sleep
- Family
- Laughter, joking, eating and binge watching shows. Remembering life the way it was
- Milkshakes, Netflix, facetime
- Honestly-watching Andrew Cuomo's speeches! Or the "Andrew Cuomo show"
- Exercise when I have time
- Praying
- Sleeping
- Eating, sleeping, meditation

# Three observations/conclusions I have seen from my own staff

- People need *hope*
- There are no “sides” in an emergency – People need to *work together*
- The best marriage advice I ever received works here:
  - “The circumstances we find ourselves in are not as important as the way we respond to them.”

# Hope in the valley of the shadow of death

- Psalm 23:4
- The meaning of the rod and the staff
- The hope of our faith
- “God doesn’t have to do social distancing”



# Sides vs no sides

- Sides are a byproduct of conflict but at the deep end they are a sign of root bitterness
- To get to a solution, one has to first eliminate the “us vs them”
- What Beacon did with the City DOH and within our own organization
- What has to happen at RUMC to survive

# The best marriage advice I ever received

- Don't think about how you got here, think about moving forward
- Do these moments make us divided? Or stronger? How will WE “create powerful *shalom*”?
- Find the people who are willing to think this way

“I am in this with you” – God with us, us with each other

