

The New Norm

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From the President's Corner:

Summer is usually a time to slow down and take a moment to enjoy the warmth and sun each year.

Sunburn, injuries, storms with lightning/hail and maybe even a tornado are real threats we have here, in Michigan.

July 1st, new residents, fellows, and attendings launch a career.

Students enjoy some "down time" before heading into a new school year.

COVID-19; SARS-CoV-2; the 2020 Corona virus pandemic has changed our outlook, now more fear.

Social distancing, masks, isolation, political unrest, violence and lack of trust are now too near.

"Our New Norm" is yet to be defined although it is being created as you read this. I wish I could share answers but mostly I find more questions. As I look for resources to inform and facilitate a response to these issues, I am reminded of some things my patients have taught me.

Norm lived to golf, hunt, and walk in the woods. He learned to adjust his goals and expectations after multiple cardiovascular events. He inspired me to appreciate life as it is and to keep working toward better. He appreciated simple things and was sure to credit the relationship with his wife and other resources for helping him achieve new goals-rather than focus on his disabilities. He always believed something good could and would happen, in addition to admitting his own mortality. He and his wife bravely faced change - "The New Norm". His wife and I were featured in an MPRO video production about quality improvement in medicine several years ago - little did I realize how relevant his lessons are for today.

Another wonderful 97-year-old patient assures me, "We will get through this!" and cited evidence of crises and struggles our nation and world have experienced in her lifetime as examples. Her advice -believe it, have faith, pray and maintain hope. The impact of the burdens of these times continues to affect all of us. I find appreciating the positive impact and noticing the results of efforts to improve infrastructure and strengthen areas of weakness are inspiring.

Looking forward to summer with new awareness of resilience and vulnerability, I am hopeful that opportunities for best outcomes can be found. May we as individuals, professionals, families and communities collaboratively and comparatively use the data and experiences available to achieve those best outcomes. While we needed to pause,

quarantine, stay safe, isolate and regroup, we now need to find a way to move forward, no matter what happens next.