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## Lauren With a Side of Lewy

by Lauren U,  
PAC Core Team Member

Covid-19. I'm grateful and quite lucky that it has not affected my daily life very much. I go out less than I already did.

I'm saddened by all the sick, struggling, frightened, and dying people. I think about how different these days would be for me had I still been working in hospitals. I would have been directly involved with patient care. I'm very disturbed by the thought of so many people sick and dying alone. Their loved ones are unable to spend that precious time together. This extends to all people who lose their life during this time, not only those with this coronavirus. The people who normally would be sharing beautiful occurrences, such as the birth of a child, with others have had this experience taken away as well. I worry about those who work in food service industry, or in retail sales. What about hair salons, and those who work in entertainment? I worry about the changes in all those who work in the service industry. I worry about PAC.

The upside? The earth can take a breath. Fewer cars, fewer factories, less trash. The air is cleaner, nature is flourishing.

When time for the next article comes along will we be in the same place or someplace else?

*Lauren U is a member of the [Positive Approach® to Care](#) (PAC) Core Team. She was a registered nurse with the ANCC Board Certification in Psychiatry for 30 years. Now she is the keeper of the frolic. Lauren has been living with Lewy Body Dementia (love how they add "with behavioral disturbance") for over five years. She currently lives in Northern California with her professor husband, Eddy. PAC agrees with Lauren – that she is delightful!*