

# THE IMAGINE SOCIETY

APRIL 22, 2020



## SPECIAL THE HELPERS KIDS QUARANTINE EDITION VOLUME 4!



"When I was a boy and I would see scary things in the news,  
my mother would say to me,  
**'Look for the helpers.  
You will always find people who are helping.'**"  
- Fred Rogers



## A Horseshoe Nail

by Lily Vaysman

*For want of a nail the shoe was lost.*

*For want of a shoe the horse was lost.*

*For want of a horse the rider was lost.*

*For want of a rider the message was lost.*

*For want of a message the battle was lost.*

*For want of a battle the kingdom was lost.*

*And all for the want of a horseshoe nail.*

-Proverb, early 1400s

 HELP ISOLATED SENIORS	 FEED KIDS	 PROVIDE CHILDCARE
 DONATE BLOOD	<b>HOW YOUTH CAN HELP</b>	 RAISE MONEY
 FOSTER SHELTER ANIMALS	 PROTECT MENTAL HEALTH	 SPREAD FACTS FIGHT RACISM

Check out page 3 for a way **YOU** can help **NOW!**

Let's face it- times are hard, and scary, and uncertain. Every day, it seems like there's more dismal news, the stock market falling as illness counts rise. With the world as it is, it's easy to feel as though all you can do is wait and watch; easy to feel hopeless and helpless. And quarantined as we all are, cut off from our friends, and for some, from our families, it can feel overwhelmingly lonely and isolating. The urge to help in

...continued from page 1

some way, countered by the financial insecurity felt by the whole nation and, of course, the fact that you're most likely stuck in the house, is one felt by everyone keeping any sort of an eye on the news.

The proverb included above has been a favorite of mine, ever since I first read it in Madeleine L'Engle's novel *A Wind in the Door*, in which the main character Meg, and a group of her friends, fight against the true manifestation of despair and nothingness in order to save her brother from a deadly illness (rather topical!). At first, the proverb can seem pessimistic, almost dismal- one small loss, and a kingdom falls. But what it's truly trying to express is deeper than that, and something we should all keep in mind at this time. It's the idea that any act, no matter how small, makes a difference in the world. That by doing good, even the smallest good act- by donating to a fundraiser, or (virtually) checking in on your First Responder friend, or spreading awareness of an issue or campaign, you're doing your part to help.

Of course, it would be remiss to ignore the efforts of the people who are doing the most, and putting themselves at risk the most- First Responders, of course, and other hospital workers, but also the shelf stockers at supermarkets, the cashiers at Whole Foods, sanitation workers, food deliverers. The people putting their lives on the line to do some small good in the world. It's easy to ignore how important this work is, but how would you get your canned soup and toilet paper without shelf-stockers? How would the city look once quarantine ends, save for the work of the street cleaners and garbagemen?

In these difficult times, every little bit that you can do helps, and no horseshoe nail is too small. Don't scold yourself for not being able to do more; instead, put your energy into helping whoever you can, however you can. Reach out to your loved ones- or to someone who you know is having a rough time. Show your appreciation for the essential workers- a simple thanks, or even a smile, can brighten someone's day. Give to your church, or to the homeless, or those in need of help. Though things seem so uncertain, we have one thing that we can count on, and that's that we're all in this together. It might not always seem like it, but humankind is strong, and close, and at its core eager to help. That's what's going to get us through this.

*Lily Vaysman (17) is a Junior at Stuyvesant High School*

Follow us on Instagram! @theimagesociety



**THANK**  
**YOU**  **TO THE**  
**HELPERS.**

# Imagine Society Family, Catherine, Billy and Gigi Goodwin Launch Our New Initiative **#HeroHelpers!**

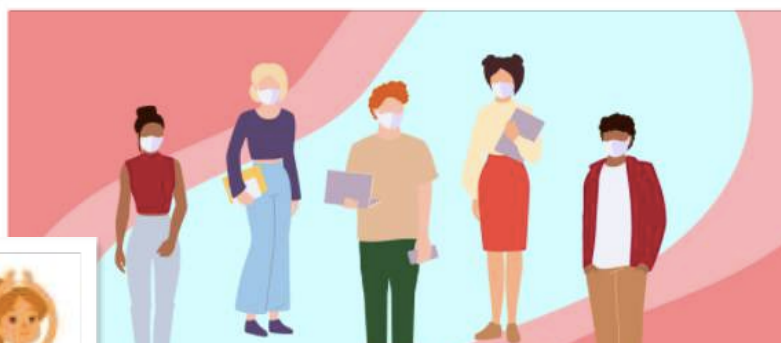


This new service matches the front-line medical staff with personal service provided by Imagine teens and adult volunteers. Currently offered to the 80 ICU doctors, nurses and medical staff of Mount Sinai Hospital on the Upper East Side, this after school program will provide these hardworking heroes with support for their families free of charge.

- One on One Online Tutoring for kids in 3<sup>rd</sup> through 6<sup>th</sup> grades.
- Get Up and Move Workout - Two teens lead the kids in a pre-written 30 min workout.
- Dog Walking- Contactless pick up, mask and gloves provided to our walkers.
- Errands and general help - We will do our best to assist in other areas where support is needed.



Gigi (14) and  
Billy Goodwin  
(17)



Thank you, Goodwin family for organizing this amazing program!

If you would like to volunteer for #HeroHelpers send an email to:

[volunteers@exceedphysicalculture.com](mailto:volunteers@exceedphysicalculture.com)

Or if you would like to create your own chapter for your neighborhood hospital, please email us at [Outreach@TheImagineSociety.org](mailto:Outreach@TheImagineSociety.org) and we will help get you started!



CELEBRATING A NEW PARTNERSHIP!

@theimagesociety



@russanddaughters

# RUSS & DAUGHTERS®

APPETIZING



SINCE 1914



On Tuesday April 14th, Rebecca Zauss, General Manager at the legendary Russ & Daughters specialty food shop, reached out to The Imagine Society looking to donate food after receiving a generous donation from their benefactors.

We immediately connected them with Adnan Muhammad at Rego Park Health Care in Queens who was in need of not only help and support for his hard working staff but also KOSHER MEALS! In just a few days, Russ & Daughters organized a donation of 100 brown bagged breakfast meals featuring a bagel with cream cheese, their famous rugelach, and a bottle of water. Fifty gourmet meals were donated to our friends at Rego Park Health Care and fifty were donated to Robin Klueber and our friends at the Ascension Food Pantry on 107th Street.

Thank you to Russ & Daughters for your generous donation, and here's to a blossoming partnership with The Imagine Society sending many more nourishing meals to support our brave frontline heroes!



# SHINING STARS!

## SHINING STAR! AND #MaskedMiracles

Adult volunteer Emily Chen who took an epic adventure to Costco where they are practicing social distancing and minimum purchases, so the trip just to get essential items took five hours! Regardless, Emily stayed the course and was able to deliver cases of protein shakes, protein bars and cases of water for the heroic ICU teams at Mount Sinai to mix with the donation of Emergen-C that we were able to secure. As part of our #FoodForFearless program, we are supplying our #FrontlineHeroes with quick sources of energy and nutrition to get them through the long difficult shifts with no real breaks. These items are made possible through the generous donations of the public to the Imagine Society (<https://www.theimagesociety.org/donate/>), and from a gigantic in-kind contribution from Chris Carrera and Emily Chen. **THANK YOU EMILY FOR BEING OUR SHINING STAR VOLUNTEER! Thank you Emergen-C! Keep those donations coming!**



THANK YOU  
Emergen-C!



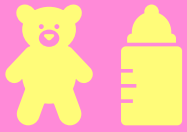
## SHINING STAR!

Imagine Teen Margot Lymbery (14, Brearley '24), who spent her spring break sewing masks for Stitch Room ([www.stitchroom.com/masks](http://www.stitchroom.com/masks)). These masks are being donated for use in lower-risk patient care situations allowing N95 masks to be more readily available for high-risk care situations. Margot's masks were shipped to a hospital in Abita Springs, LA. **THANK YOU MARGOT FOR BEING A BEACON OF HOPE!**



If you have a story, would like to share something great that you or your group is doing, would like to contribute to the next Imagine Society Newsletter or even be a guest editor please email us at [outreach@theimagesociety.org](mailto:outreach@theimagesociety.org)





# #Warriorwellnessbaskets



Things were very different this year, but that didn't stop this annual act of love! The Saint Patrick's Warriors delivered 27 beautiful gift baskets to the Siena House Shelter ([sienahouseshelter.weebly.com](http://sienahouseshelter.weebly.com)) in the Bronx for the mothers and babies experiencing homelessness. All the items were purchased on the Warriors' Amazon baby registry by caring and loving people who responded to the campaign on Instagram. It was a challenge to complete this mission with all members under the "Shelter in Place" order, but these amazing kids, separate but together, managed, assembled and safely delivered these beautiful and vital baskets the night before Easter to give Siena House a spectacular surprise in the morning. All of this while sanitizing and social distancing. Baskets were chock full of items from hand moisturizer and slippers for mother, to cough medicine, pacifiers and picture books for baby. The Warriors would like to thank the thoughtful and generous donors who bought items on the registry, and great job to the Warriors on a terrific Instagram campaign @WarriorYouthNYC!

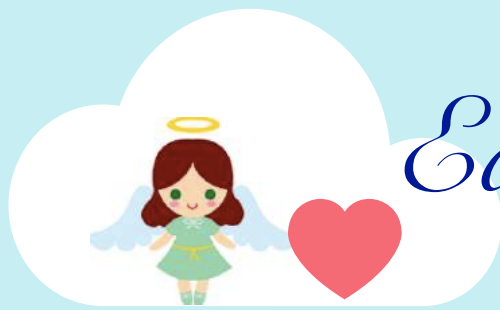


Follow Saint Patrick's Warriors on Instagram! @warrioryouthnyc

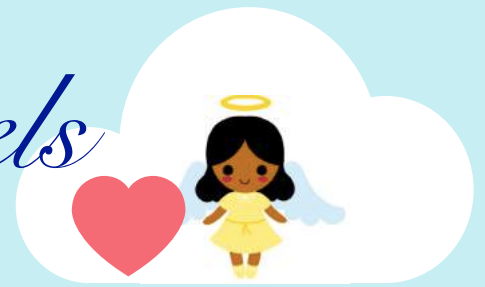


# A special Easter morning at Siena House!





# Earth Angels



**The Bowery Mission** for keeping their doors open for 100 years from the Spanish Flu to Hurricane Sandy and now, COVID19. They're putting their lives on the line serving thousands of New Yorkers experiencing homelessness, but with the highest purpose - to make sure all people have access to food and shelter.

**Rev. Juan Toro** from the Terence Cardinal Cooke Arch Care Home for helping take care of 429 residents. During their 'Inspirational Hour' Reverend Juan has begun reading messages of hope and love sent in from kids across New York City.

**Lily Vaysman** for writing a beautiful and thoughtful personal essay for this newsletter, and being a hard working, integral, and compassionate member of The Saint Patrick's Warriors, and The Imagine Society's #FoodForFearless campaign.

**Sister Mary Doris** for being a guardian angel for over 30 years to the more than 2000 women and babies who have called Siena House their home. Sister Mary Doris helps provide education, job training, child care, housing assistance and so much more.

**Trey Fitzpatrick** for making our Easter Bunny dreams come true; delivering fun, charm (and candy) to Mount Sinai East and West on Easter Sunday morning!

**Tricia Heine** for reaching out to Nigel's Beauty Supply and successfully spearheading a donation of over 500 hair caps for a massive PPE donation to Mount Sinai East.

**Valentina Fenton** for sewing and donating surgical caps to NYC hospitals! Valentina and her family also helped raise \$23,000 for her local NICU and Alberta's Children's Hospital.



To nominate your own EARTH ANGEL, email us at [outreach@theimagesociety.org](mailto:outreach@theimagesociety.org)



Welcoming **Wyckoff Medical Center** in Brooklyn and **Rego Park Health Care** in Queens to our **#FoodForFearless** program! Thank you to Jeffrey Clarke and Adnan Muhammad for reaching out to us at The Imagine Society and letting us know that these facilities were in need of some love and support! Through generous donations we've been able to send over 400 meals so far between both locations.

THANK YOU TO THESE BRAVE HEROES!



If you know of a hospital, medical center, nursing home, or anywhere our frontline heroes could benefit from our **#FoodForFearless** meal delivery program, please email us at [outreach@theimagesociety.org](mailto:outreach@theimagesociety.org)



On April 9, The New York Times published an article by Tara Parker-Pope: **"The Science of Helping Out."** Please see below a few direct quotes, to **HELP** spread the **SCIENCE AND LOVE!**

"There is a lot of evidence that one of the best anti-anxiety medications available is generosity."

"Studies show that having a strong sense of purpose protects us from stress in the short term and predicts long-term better health, a lower risk of dying prematurely and even better financial health...finding meaning and purpose during social distancing may be especially important for high-school seniors and college students, who were on the cusp of discovering their purpose in life just as the coronavirus derailed graduations, internships and new jobs."

"Studies show that volunteering...can release feel-good brain chemicals...Studies of volunteers show that do-gooders had lower levels of the stress hormone cortisol on days they did volunteer work."

To read the full article online please go to:

[nytimes.com/2020/04/09/well/mind/coronavirus-resilience-psychology-anxiety-stress-volunteering.html](https://www.nytimes.com/2020/04/09/well/mind/coronavirus-resilience-psychology-anxiety-stress-volunteering.html)

# Update! #PeekaBooICU #Messagesof ❤️

We've seen so many beautiful handmade pictures and messages sent in for our [#PeekaBooICU](#) and [#Messagesof ❤️](#) campaigns. **Thank you for the outpouring of support - keep it coming!**

[#PeekaBooICU](#) Doctors, nurses and medical staff are working around the clock saving lives, and there are many patients in the ICU who are very sick without visitors or family to give them words of encouragement. You can write a message of love and hope to both patients and medical staff! Take a photo of your messages and drawings and email them to us at [Outreach@theimagesociety.org](mailto:Outreach@theimagesociety.org). The medical personnel at the hospitals will print them out in color and hang them in the ICU. You can create an original piece or download one of the templates on our website!

[#Messagesof ❤️](#) A message of love can make a real difference and even save a life. Show you are thinking about them by sending a note, a poem or a quote to us and we will email them to Terence Cardinal Cooke Health Care Center to be read to the residents who are in quarantine. Email submissions to [Outreach@theimagesociety.org](mailto:Outreach@theimagesociety.org)

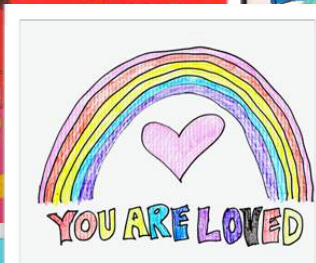
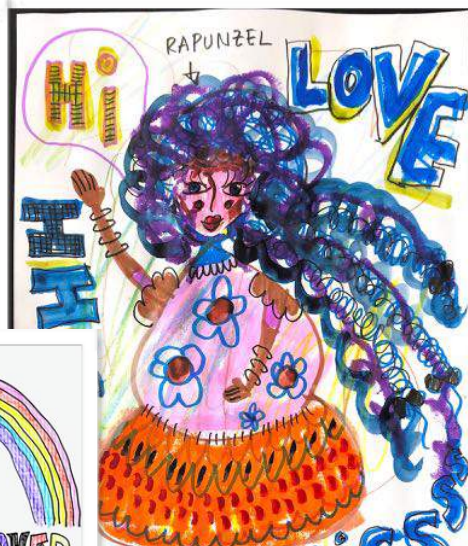
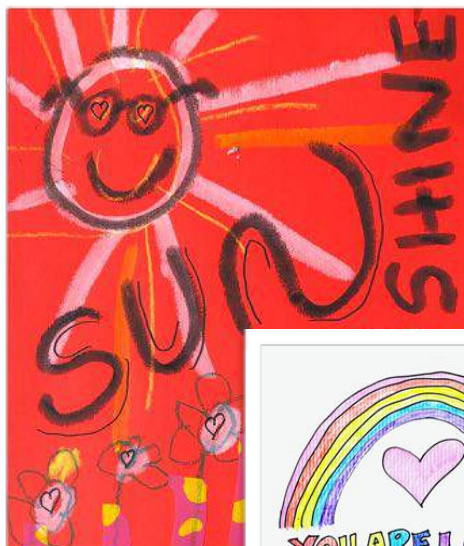
**Get inspired by the artistry on these pages!**



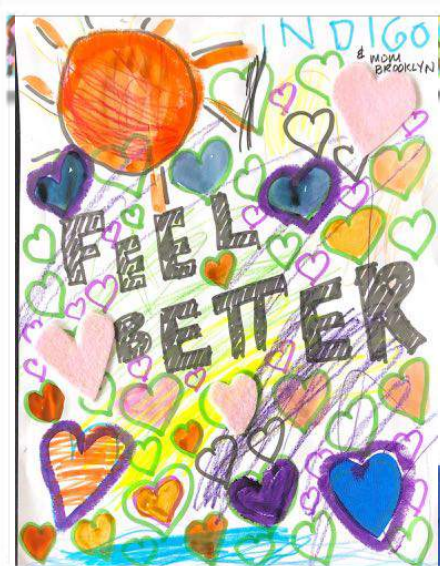
If you have a hospital or nursing home or doctor that you want to send artwork to let us know and we will make it happen! Please email inquiries to [outreach@theimagesociety.org](mailto:outreach@theimagesociety.org)



Lots of LOVE and  
HUGS to you!



Hang in there!  
We are all rooting for  
you to get well!







# Easter with #FoodForFearless



On Easter Morning, Sunday April 12, The Imagine Society sent not only two special breakfast food trucks to Mount Sinai East and West, Gary's Steaks and Wafels and Dinges, not only an assortment of festive Easter Candy for all our brave health care heroes to enjoy, we also managed to send **THE IMAGINE BUNNY!**

Thank you to all the generous donations that made this event possible!  
Special thanks to our bunny ambassador, Trey Fitzpatrick :)





# FUN PAGES

Junior  
Editor Katie  
Gaffigan (10)  
Marymount School  
of New York



When you find out your normal daily lifestyle is called "quarantine"



Katie's  
Fave  
Memes  
:)

Lol!

Ok who ever did this, you're a legend



Me after I eat all of my quarantine snacks in one night





What season  
is it best to  
go on a  
trampoline?

SPRING  
TIME!

What is the  
Easter Bunny's  
favorite kind of  
music?  
Hip-hop!

Dear Easter Bunny,  
this year could you please fill  
my eggs with  
health and happiness  
and deliver them  
to everyone that  
I love.  
Thank you.



WORD PLAY

## Imagine Word Search

A	R	Y	T	I	S	O	R	E	N	E	G	E	S
S	T	C	N	E	I	I	Y	L	S	T	O	E	D
I	A	I	N	T	T	L	O	T	S	S	E	T	R
I	P	F	H	A	N	V	O	N	E	I	U	A	E
N	P	R	E	T	E	L	O	E	N	S	N	N	M
E	R	E	H	I	E	A	M	S	L	S	I	O	A
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N	E	O	H	R	I	N	I	D	R	F	A	N	U
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MAINTAIN  
GRATEFULNESS  
REMAIN  
AID  
GENEROSITY  
CONTRIBUTE  
LOVE  
APPRECIATE  
STAY  
FACILITATE  
NURSE  
SAVE  
HELPER  
CARRY-ON  
ASSIST  
CONTINUE  
DONATE  
SAFE  
HEAL  
PRESENT

by Katie Gaffigan (10) Junior Editor!