





MAURICE JACKSON

PHARMACY TECHNICIAN, NYC HEALTH + HOSPITALS/BELLEVUE

My Role: This week, I was asked to deliver medication to a 77-year-old cancer patient in quarantine at his home. It was on my walk to the 6 train, so for me it was barely out of the way. I know that this small, simple task that I can do on my way home means the world for somebody else.

Impact of COVID-19: I feel the atmosphere changing because we all have to lean on each other so much. It's the whole hospital. Everybody is still working here. We're all doing things outside of our job functions to make sure this place is running as smoothly as it possibly can.

Why I'm Fighting COVID-19: I am inspired by the show "New Amsterdam," which is filmed here at Bellevue. There's no task too small or too big that we can't conquer if we put our minds to it. I embrace issues in which we can come up with solutions. I focus on how we can fix things without complaining.

Managing Stress: The "Helping Healers Heal" program gave us these little stress balls. That helps me manage stress, but also knowing that I'm helping people who can't help themselves. That gives me more relief than any medication or any sort of stress-relieving ball. That's the main way of letting out my stress.