

Acknowledging What We've Been Through in the Past Year

March 5, 2021, Friday

On March 11, 2020, the World Health Organization declared COVID-19 a pandemic. This was almost two weeks after we evaluated our first COVID-19 patient at Mount Sinai and just days before our beloved region went into lockdown, changing our world as we knew it.

As we approach the one-year anniversary of these events, we take a moment to reflect on the lives we have lost and the sacrifices we have made. Every member of our Mount Sinai community has experienced loss this year, and too many have had to work long hours for many months, without the ability to travel or see loved ones. As a result, many of us are feeling exhausted and looking forward to the return of some normalcy.

And yet, through it all, we have accomplished so much together. Not only have we saved thousands of lives, vaccinated tens of thousands, and led the way in COVID-19 treatment and discoveries, but we have also learned to support and care for each other as a community in new ways.

We understand that the last year will hold different meaning, memories, and impact for each of you. We also know that the impact will be long-lasting. We are committed to supporting all of you to find pathways to heal—mentally, physically, emotionally, and spiritually. When you think about March and April of last year or the fatigue you may be experiencing right now, you may have many feelings. This is a normal response. We hope you will take advantage of the wide array of [resources and support](#) available for all of you across our system.

As a part of the process of acknowledging what we have lost while appreciating how far we have come, we invite you to observe a moment of reflection together on this historic anniversary.

Moment of Reflection Across Mount Sinai

Thursday, March 11

10:30 am

4:30 pm

After we do so, we will resume our mission to end the COVID-19 pandemic, acknowledging that it has not gotten any easier with time. But we continue to believe—and the available evidence seems to support—that as the days get warmer and more people become vaccinated, the end is in sight.

Kenneth L. Davis, MD

President and Chief Executive Officer
Mount Sinai Health System

Dennis S. Charney, MD

Anne and Joel Ehrenkranz Dean
Icahn School of Medicine at Mount Sinai
President for Academic Affairs
Mount Sinai Health System