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Happy New Year!

Year Two with COVID: How Has Your Life Changed?

January 27, 2022

As we ease into the New Year and the two-year anniversary of the coronavirus in the United States, what's changed? How are our lives different? Some might say, how haven't they and what isn't?

Many of my friends and colleagues came into the New Year sick from the holidays. As predicted and expected, after Thanksgiving and Christmas travel and holiday gatherings, Omicron peaked again this year at year end. Some of the results have been crowded doctors' offices, hospital beds, and a workforce calling out sick in record numbers. Why is anyone surprised?

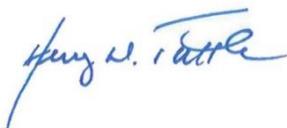
And then there are the behavioral challenges that living with covid for two years has wrought. Many are challenged by daily life with depression, anxiety, and substance misuse. Some are looking for help. Wait time for that help, that so many are seeking simultaneously, has become its own challenge.

And then there are our children, some vaccinated, some too young, who are watching us and listening for cues on how to stay safe and secure in this next normal. God bless the child. All ages are challenged, some with a diminishing capacity to cope, to sustain some sense of normalcy, or even just get through the day.

So, what future will we create, and our children inherit? What can we do to create the change we want to be in the world, imbued with our best intentions, the best of our beliefs? It seems to me how we get through, how we go on, is to keep on making plans while being our best selves with one another, sharing, listening, caring, making, creating, praying, channeling the divine. While hoping for a better day.

In my family, we're planning a celebration of life in Chicago in May for my mother-in-law whose loss we never got to grieve and mourn together. Covid robbed us of that time to share our sadness, our memories, and our love for family. Hopefully this closure will go a long way to putting to rest our lingering senses of loss and sadness, separateness, and aloneness, while returning us to some sense of normalcy.

What about you? How has your life changed? What change do you want to see? What future will you create? What plans will you make? Let me know.

A handwritten signature in blue ink that reads "Henry N. Tuttle". The signature is fluid and cursive, with the first name being the most prominent.

Henry N. Tuttle
President and Chief Executive Officer

[Health Center Partners of Southern California](#), a family of companies, includes a 17-membership organization of federally qualified health centers, Indian Health Services Organizations, both urban and sovereign, and Planned Parenthood of the Pacific Southwest, collectively serving 917,000 patients each year, for 3.9 million patient visits each year, at 170 practice sites across San Diego, Riverside and Imperial counties, and is the seventh largest provider group in the region. [Read our latest Impact Report.](#)