



Very Very Late January Newsletter

Seeking Sanctuary In Moments of Crisis



Whoa, baby what a January! Even before January 1st rolled around, I wasn't feeling the usual fresh start to a new year. Now I know why. I am so thankful to my granddaughter, Tori for suggesting we go Axe Throwing at Highway to Hell'n (back) for our family Appalachian adventure when she and her brother, Aves visited us after Christmas. Somehow that little adventure has become my sanctuary this month. Oh yeah, it's not your

usual idea of fluffy towels, soft lighting and spa music but somehow it makes me smile...a memory can become a sanctuary.

Covid...BAM!

My work at the hospital since November has been a little on the dystopian side of things. Respiratory Care Unit beds multiplying overnight, new construction almost daily to accommodate more patients. New information and treatments evolving almost weekly. Yet, there was sanctuary, knowing we were quickly receiving our vaccines and soon our most vulnerable patients would too.



Personally, seven days after my second vaccine when my immunity was good, while on a little getaway at the beach, Dr. Craig had a chill and then a fever. We initially attributed the fever to being a little par-boiled from his scalding hot bath after getting wet, but over the next few days his symptoms worsened and after our 3 day-wait we got the CVS text that read POSITIVE. He was able to come to Hendersonville with me while I worked. He read the literature and decided to take advantage of Bamlanivimab (affectionately called BAM), a monoclonal antibody infusion. And BAM! We had another sanctuary moment as he quickly improved without requiring hospitalization. So thankful I work at an outstanding hospital with so many resources. Thanks Pardee Hospital and Dr. Eric Byrd!



Still Place...Sanctuary with a little side of chaos

With the recent surge in COVID-19 we are again on limited everything at The Still Place. Despite this we are seeing families coming and spending time together, having typical crazy vacation experiences. We made Ramen from scratch with farm-raised pork belly. We even found a seaweed source in the mountains. We decided sake and mirin are overrated. We sledged in the garden and hiked in the snow. We had Halloween lights on our Christmas tree. We had ice bucket challenge showers when the water heater broke in the midst of bad weather. The Parsons and Mazza Families were troopers!

Sanctuary moments came despite the chaos as we released Chinese lanterns over the lake in memory of our Beloved children, families and Dr. Dawn's many patients who have passed away this year. Of course, typical of our time, the last one caught on fire and looked like a huge flaming jelly fish in the lake.



Photo Credit Crystal West, Matt's mom



Crisis

My art for the month has been drawing a symbol to represent each day. On the day Dr. Craig was at his worse with a fever of 102.3 my symbol was crisis. I was intrigued when I learned about the Chinese symbol for crisis. I share it with you. The first form means danger.

For the past 60 years popular myth has perpetuated the second character as meaning opportunity. However, the second symbol actually represents a turning or pivot point. I am a little tired of seeking another opportunity in this mess, so for me I actually like the idea of a turning point even more. I pray that we have reached the crisis:the time when the fever reaches its apex, resolving and becoming the turning point. In these days, and sometimes the tuning point is death and sometimes it is life. And so it is, of course, and sometimes some parts of our dreams and the life we lived before the pandemic will die and other parts will emerge stronger, different, yes but so it is. Nothing ever really stays the same.



Sanctuary from Stress

A few years ago my dear one, Lyuba Wharton and I had returned from Torestk on the border of the Donbass Conflict in Ukraine a little bedraggled. We were invited by Sherri Reed to experience Sanctuary for Life. She cared for us so beautifully and refreshed us physically, emotionally and spiritually. I just finished her book she published recently. If you are interested in creating a little more sanctuary space in your life I highly recommend it.

Below you will find a link to the book on Amazon. There will be a copy available when you next visit The Still Place. Thank you Sherri for your unending support!

I hope despite all of the chaos and crisis of late you are able to find sanctuary in the moment. Stay still in the midst of crisis, protect yourself from danger and look for the little turning points. No matter what Be Still and Know that you are Loved!

-Dr. Dawn

[Click here to order Sanctuary from Stress](#)

Thank YOU!

Thank you to everyone who supported The Still Place #Giving Tuesday, Nantahala Health Foundation and End of Year Giving. You are the angels that create sanctuary for so many families in these trying times. We love you and can't thank you enough. Dr. Dawn apologizes if you didn't get your hand made thank you card...it is a challenge finding addresses sometimes.



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