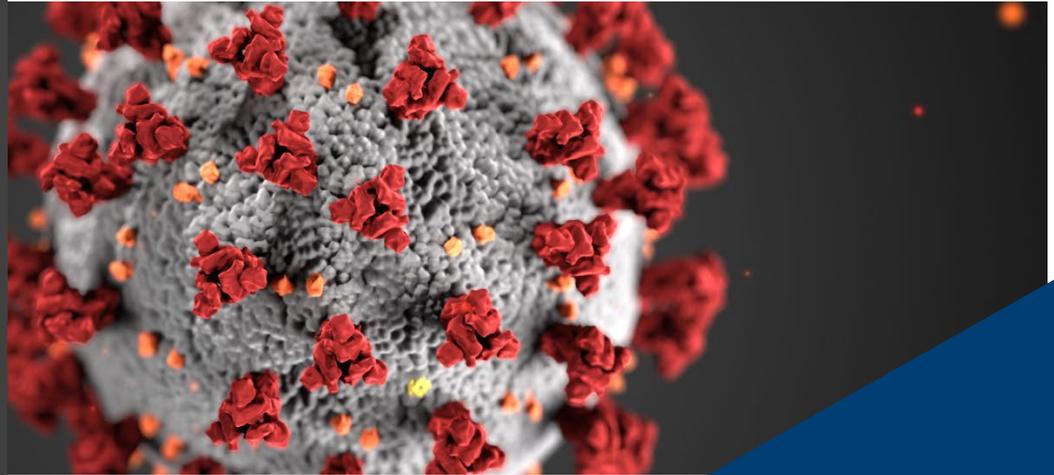


IN THE  
TIME  
OF  
COVID-19



WELCOME

This is CHOIR's collective effort for expressing and documenting our extraordinary, lived experiences in the time of COVID-19.

#COVIDCREATIVITY @VA\_CHOIR  
on Twitter

Editorial Team: Rani Elwy,  
Gemmae Fix, Keith McInnes  
Designer: Elizabeth Maguire



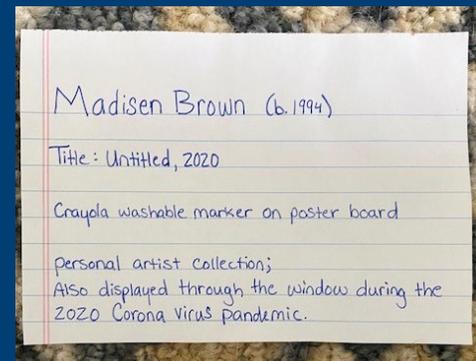
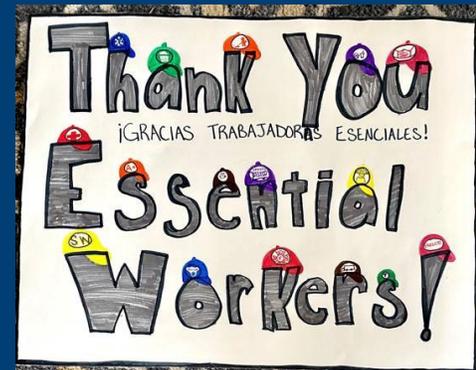
With all the time at home, I learned how to crochet and have been making blankets for loved ones and their expected babies.

**KAILYN SITTER**



Wildflower pictures taken last weekend while my family and I were enjoying the area around Bldg. 70 and on the path in Spring Brook Park (during a break from packing up my office). The buttercups were around the base of the picnic table outside my office window where we had a rather cold and windy lunch break! Such a great variety of wildflowers this time of year.

**KAREN QUIGLEY**



Here is a sign I made on a lunch break. I am pretty sure when people see it in the window they will think young children created it...probably for the best! Haha

**MADISEN BROWN**



**SEND YOUR  
SUBMISSIONS TO:  
RANI.ELWY@VA.GOV**

| TELEWORK LOG |          |                        |                      |  | EMPLOYEE NAME:            | Anna Barker |
|--------------|----------|------------------------|----------------------|--|---------------------------|-------------|
|              |          |                        |                      |  | DATE:                     | 4/20/2020   |
| TIME START   | TIME END | TASK                   | SYSTEM/PLATFORM USED | DESCRIPTION  | DURATION IN MINUTES       |             |
| 8:30 AM      | 10:00 AM | Administrative tasks   | Outlook              | Delete marketing emails. File all cc: emails. Review COVID-19 updates and try not to become alarmed. Respond to 3 remaining emails that actually need a reply. Follow time management advice to write daily to-do list that fits on a post-it, since that's all that can be done in a day anyway. This can be accomplished only with tiny handwriting. Note to self: time cannot be managed. | 90.0                      |             |
| 10:00 AM     | 10:15 AM | Break                  |                      | Head to fridge for yogurt. No yogurt left, only pickles. Eat a bowl of pickles.  | 15.0                      |             |
| 10:15 AM     | 11:30 AM | Manuscript writing     | Word                 | Stare at blank sheet of paper. Review notes. Head isn't clear, need to do some yoga. Also, meditate. Stare at paper again. Probably need to do more research. Oh look! It's lunchtime!   | 75.0                      |             |
| 11:30 AM     | 12:00 PM | Lunch                  |                      | Peanut butter & jelly sandwich. Out of bread. Also out of peanut butter. Decide to spread jelly directly on peanuts. Doesn't taste good. Probably should have shelled the peanuts first. Oh well, back to work.  | 30.0                      |             |
| 12:00 PM     | 2:00 PM  | Project management     | VPN                  | Draft email to PI: "Here is the updated GANTT chart based on COVID-era cancelled patient appointments. Sorry for the delay. Yesterday I was having so much trouble waking up my sourdough starter." Delete last sentence before sending.   | 120.0                     |             |
| 2:00 PM      | 3:00 PM  | Research team meetings | Zoom                 | Weekly team meeting. Agenda unclear, spend most of hour comparing supermarket inventories. Who has flour, who has yeast? Decline to offer a share of my sourdough starter. Optics.   | 60.0                      |             |
| 3:00 PM      | 4:00 PM  | Research team meetings | Zoom                 | Another Zoom meeting. Distracted by Co-I's wall of trophies in background. Maybe they're from high school? Must focus. PI is playing with her background. Why do they call it Zoom, anyway?  | 60.0                      |             |
| 4:00 PM      | 4:45 PM  | Data collection        | VPN                  | Remember waking up at 4 in the morning and jotting down an idea for a spreadsheet that will streamline data collection. It's easy to grab notes from bedside table since it's only 3 feet away from desk. Sadly, notes are illegible.  | 45.0                      |             |
| 4:45 PM      | 5:00 PM  | Break                  |                      | Forgot to take afternoon break. No food left in the house but found a pack of cheese crackers on the floor of the car. They're crushed but the package is relatively intact. Should be fine, right?  | 15.0                      |             |
| 5:00 PM      | 6:00 PM  | Project management     | VPN                  | Where did the day go? Try to complete timesheet but can't remember the essential activities - Am I not an essential worker? Philosophize on tasks that cannot be quantified then sign off. Tomorrow is another day!  | 60.0                      |             |
|              |          |                        |                      |  | <b>Total Hours Worked</b> | <b>9.5</b>  |

To be clear, this timesheet entry is PURELY FICTION.

**ANNA BARKER**