

It was just a regular day during the COVID-19 Pandemic, my family and I were just recovering from the virus itself and it seemed like the worst was in the past. I thought that worse part of 2020 would be getting ill with COVID-19 and caring for my parent, siblings, and elderly grandparents but unfortunately it wasn't. I remember getting the phone call at around 6pm on March 30<sup>th</sup>, 2021, it was my cousin crying hysterically and her mother, my aunt has gone insane. I quickly told my father, and we all had no idea what we should do, do we leave the house during the height of pandemic to help our dear family members, we didn't even know if we fully recovered from COVID at the time. We decided to go to my aunts home and what we saw was horrific. Unfortunately, the quarantining triggered PTSD from previously have the stay home after her sister was murdered when she was a kid. Since all doctors were working virtually it was hard to get help initially but thankfully, we got in touch with the right people and today she is doing amazing. 2020 had a lot of unexpected blows on our communities but what I learn from 2020 is that we are all stronger than we think, and we are capable of a lot!