

# THANK

# YOU



## **modern-day superheroes**

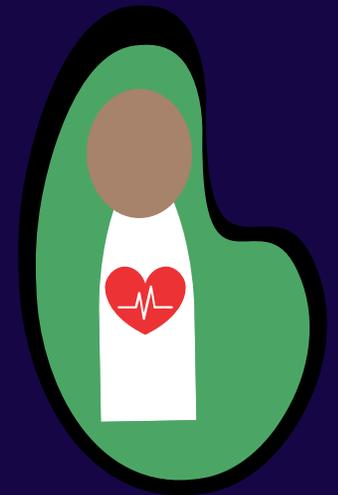
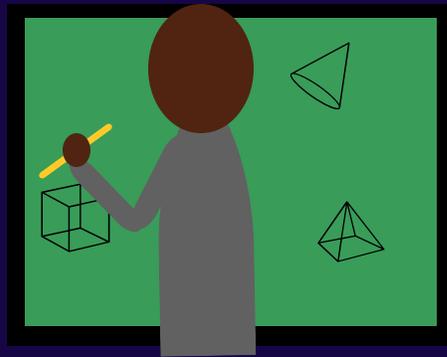
Healthcare workers  
Essential workers  
Teachers



**PMHS  
2020**

# Superheroes aren't just for comic books.

In a digital world dominated by superhero movies, most people tend to think of a cape-bearing, Hollywood star when they hear the word "hero." While science has not yet created the world's first bionic being, there are still modern-day heroes who walk among us. Instead of comic book protagonists battling grotesque monsters, our modern-day heroes are the soldiers who defend our rights, the essential workers who keep society nourished during such unprecedented times, the teachers who provide support through online learning, and the healthcare workers who keep society healthy.



For these groups, sacrifice is not something that can be digitally created through a green screen. Instead, these unsung heroes of our modern times often face much more tangible risks, especially in regard to their own safety and that of their families. Pandemic or not, the recognition that these workers deserve is nothing short of a hero's welcome.

# LETTERS TO

1.

## Healthcare Workers

*Physicians, nurses, pharmacists, technicians,  
assistants, therapists, etc.*



# THANKS A TON!

You've done so much to help the community. There are no words I can say that will fully encapsulate my gratitude!



## Dear healthcare workers,

On behalf of the Pre-Medical Honor Society at UC Berkeley, thank you so much for your continued dedication during these uncertain times. As a community of aspiring healthcare professionals, we are constantly in awe of your passion in a field that is often mentally and emotionally challenging. Thank you for being our role models, and for showing us that empathy and human kindness can still be found even amidst a global pandemic.

Warm regards,  
Vy Pham  
PMHS Vice President

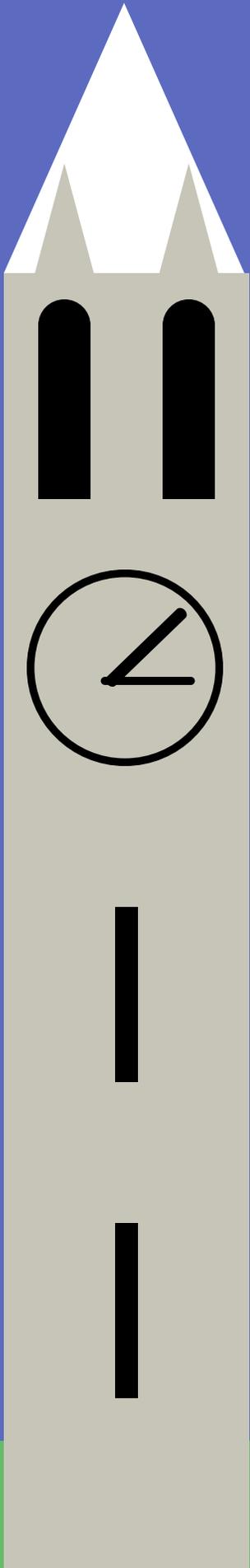
## Dear Healthcare Professionals,

It goes without saying that this is the most turbulent, stressful, and exhaustive event that the healthcare industry has faced to date. With a lack of PPE, a rise in protests, as well skepticism towards scientific reasoning and medical expertise, it is quite evident that being on the frontline is very disheartening at times. However, the fact that so many doctors, nurses, and scientific researchers still go out of their way to help their colleagues and serve their community outside of their job speaks volume to the fact that healthcare professionals are the true superheroes of society. Seeing my own parents who are both healthcare professionals do the same leaves me feeling scared (as they are always entering a high-risk environment on a daily basis), yet so proud. They are risking their own lives others and don't blink an eye in the process.

**"superheroes of society"**

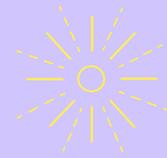
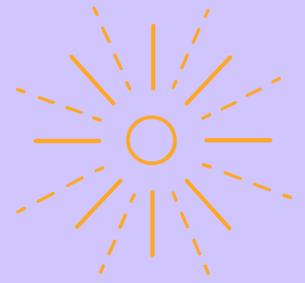
I just wanted to thank every healthcare professional who is risking their life for the rest of us. While a vocal minority attempts to downplay the efforts of healthcare professionals and the severity of this pandemic, the rest of us greatly appreciate all of you and understand just how much of an impact COVID-19 has on our hospitals. Thank you for continuing to fight against the spread of misinformation and for standing by what you know is right. Under such circumstances, it is so easy to just give up and fend for yourself. Thank you for not giving up. If it weren't for you all, we would all be suffering from a far more harrowing reality. Lastly, thank you for being such an inspiration to many of us across the world. This pandemic has proven the importance of enhancing public health research and increasing support towards medicine and the sciences. I can only believe that in the future, we will see a rise in healthcare professionals who look at your actions during this pandemic as motivation for their goals.

Sincerely,  
Snigdha Allaparthi



Dear Healthcare Workers,  
Thank you so much for being at the frontline in this difficult time. As a student pursuing a healthcare profession, no words can describe my admiration for you all and the work you do. Despite the setbacks and hardships you may face at work everyday, many families, including my own, are so grateful for your efforts. While I cannot begin to imagine what you have faced, and what you will face in the future, I hope this letter serves to remind you that your efforts are recognized and incredibly meaningful. I hope you and your loved ones continue to stay safe. Keep fighting! :)

Much Love,  
Emily Gu



## **"selfless work and commitment"**

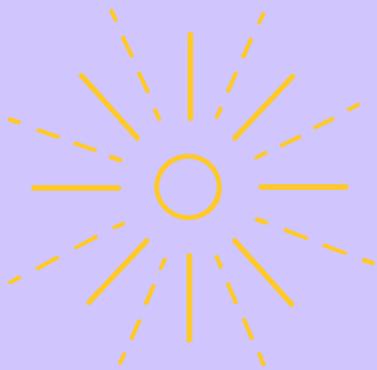
Dear Healthcare Workers,

Thank you. Thank you for all your work. Thank you for working tirelessly against an unknown threat and putting your life at risk for our sake. Thank you for fighting directly at the frontline and my hope is for you to know how appreciated and grateful we are to have such brave workers like yourself. Thank you for your selfless work and commitment to improving our lives. Thank you for working for no other goal than to make others' lives better. Thank you for taking time to read this letter and being a true superhero in a time of crisis.

"I think a hero is any person really intent on making this a better place for all people."

- Maya Angelou

THANK YOU



# from a nursing student

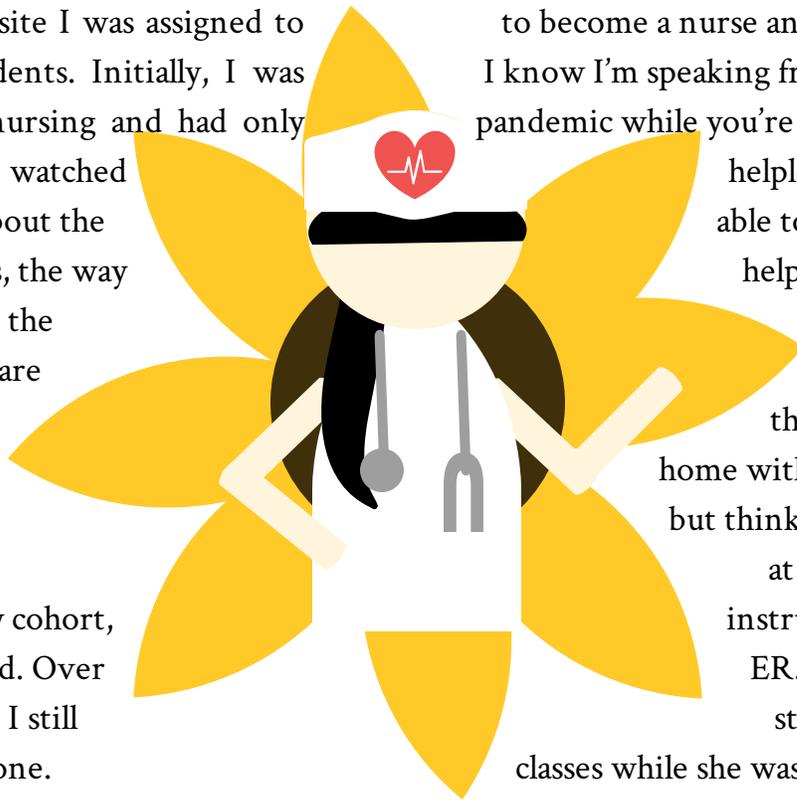
My name is Britney. I am currently a college student. More importantly, I am a nursing student. I would like to thank you and your coworkers for being on the frontlines to help with the pandemic. As a person, I am forever grateful for your hard work and dedication to helping others. However, as a future nurse, I wish I could help out on the frontlines. When the WHO announced that COVID-19 was an ongoing pandemic, my college turned to virtual instruction and the clinical site I was assigned to had to relieve nursing students. Initially, I was devastated because I love nursing and had only wanted to help patients. As I watched the news, I cried thinking about the efforts of healthcare workers, the way they are risking their lives & the things that COVID patients are experiencing. I cried for everyone. I was being selfish because afterwards I was terribly sad about not being able to see my classmates, my cohort, my friends, and my boyfriend. Over two months have passed and I still haven't been able to see anyone.

But now I'm okay with it because I understand the importance of staying at home and maintaining social distancing. It's for the healthcare workers. To ease the work they are doing. I know that if I were a RN and not a nursing student, I would wish for the general population to stay healthy so that I could stay healthy and ease my workload. I can't imagine being assigned more patients than normal since it's already busy on a non-COVID typical day in the hospital.

I would like to once again thank you, our healthcare heroes, for working so so hard during this pandemic. It must be so scary to be risking your health and lives to care for our community, our country. I understand that it's the job we healthcare providers "sign up for," but this scenario is totally different. But whatever happens, I am forever grateful that people like you exist because it's people like you who inspire me to become a nurse and to work hard.

I know I'm speaking from the sidelines of the pandemic while you're on the frontlines. I feel helpless. I feel the urge to be able to return to clinicals and help patients again. As I am sitting at my desk and writing this letter with the privilege of staying at home with my family, I can't help but think about the nurses I met at the hospital. My clinical instructor who works in the ER. My professor who was still teaching our nursing classes while she was on the frontlines. One day, after I graduate and pass my board exams, I will look back at 2020 and remember the healthcare heroes who kept inspiring me to become the nurse I will be.

I am a huge Marvel Universe fan. I think that the pandemic has reminded people that superheroes exist in our world too. They wear scrubs and white coats. They are fighting bad guys too, spending countless days and nights



to save innocent lives from the villain that is wreaking havoc to society. Thank you so much for bringing your personality and strong mindset to the medical field. Thank you for putting yourselves before others. Thank you for everything that you do for me, us, and the world. I won't ever forget you. And although I don't know who this letter will reach, I hope that once I am able to insert the phrase "RN" and "NP" after my name, I will be working besides you.

Love always,  
Britney

Dear healthcare providers,

Thank you for sacrificing your

time and safety to keep our

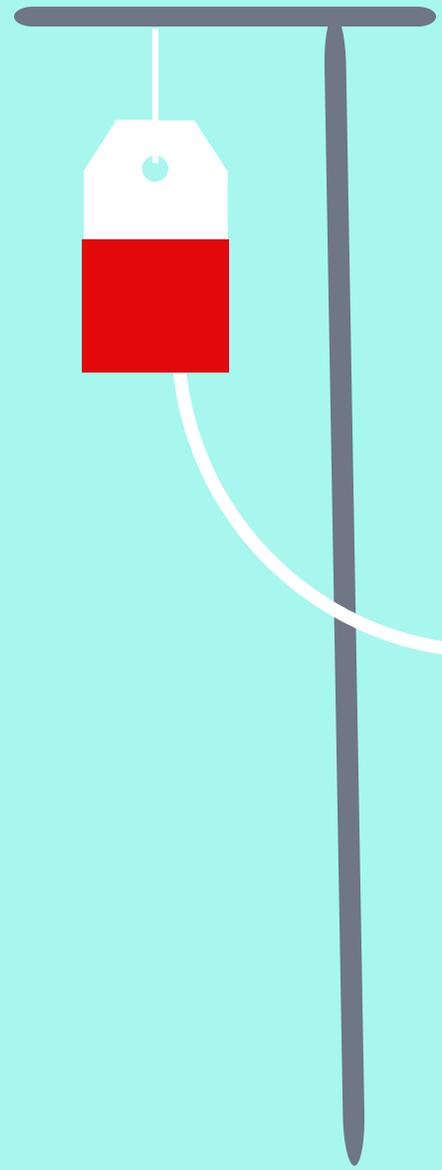
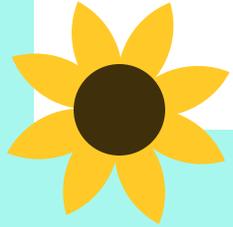
community safe. Although it can be

frustrating at times to stay at home,

it is nothing compared to your

valiant efforts. Keep fighting!

~T.N.

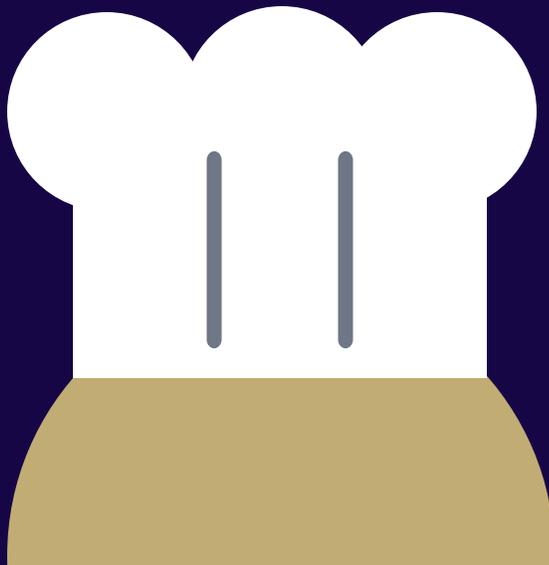


# LETTERS TO

2.

## Essential Workers

*Grocery store, food service, other essential  
business employees*





# THANK YOU!

YOU'RE ONE IN A MILLION.  
YOUR DEDICATION TO  
HELPING OTHERS IS  
RECOGNIZED BY EVERYONE!

Dear essential workers,

Thank you for serving the community behind masks and plastic barriers and supporting our community throughout this pandemic. Although the stay-at-home orders created economic challenges for businesses across the world, we are eternally grateful for the sacrifices you made and the extra steps you took to make sure that sanitation measures were enforced. You are truly a hero!

Warm regards,  
F.P.

# dear essential workers,



Words seem so inadequate to thank all of you who are risking your lives during these challenging times to make sure that me and my family are safe. Thank you for your commitment and dedication; thank you for your compassion, collaboration, and courage; thank you for providing exceptional care and, perhaps, most importantly, thank you for giving us hope and bringing light during these times of uncertainty and fear. You are the true heroes and we appreciate you and your sacrifices more than words can say.

We're living in unprecedented times of fear, pain, and uncertainty. I want you to know that we see you and we deeply appreciate the high risk you are taking to provide service to others.

With much gratitude,  
Leena



# Thanks for being a lifesaver.

Dear Essential Workers,

On a regular day, it is so easy to disregard the importance of your jobs. However, during such trying times, you have all been the imperative foundation for maintaining the stability of society. From manning the checkout lines at grocery stores to handling our daily sanitation necessities, without your continued dedication to your job, the rest of us would be faced with an even more harrowing reality during this pandemic. Thank you for being the glue that is keeping us all together and for putting your lives on the line by serving others. It is no easy task to continue to expose yourself to a constantly changing environment as well as leaving the safety of your home and your family on a daily basis. You all work so hard so that the rest of us can stay safe. We will forever be indebted to you all and will continue to celebrate you all even after the COVID-19 crisis settles down.

Sincerely,  
S.A.



# LETTERS TO

3.

## Teachers

*Teachers, professors, teaching assistants,  
coaches, etc.*



# THANK YOU

*Your passion and dedication to teaching inspires us to keep learning!*



Dear teachers,

These crazy times have certainly led to several challenges when it comes to accessing educational resources that would normally be available while on campus. However, through these adversities, you have always provided support and accommodations, on top of being the superhero educators you always are. Thank you so much for being advocates for our future, and the pillars of knowledge which we grow from. Stay safe and healthy, and we look forward to coming back to class as soon as possible!

Sincerely,  
S.S.

# Dear Teachers,

Society often gives praise to physicians and essential workers for their sacrifices during this time, but teaching is just as noble of a profession that deserves our applause. You all mentor our youth, and the impact you have on our future is understated. For over 8 hours a day, you don't just teach students facts of math or science or English or arts, you teach them lessons of life that help our young ones grow into respected and esteemed adults. It cannot go unnoticed how difficult the transition to virtual learning has been, and how much effort you all have put in to adapt. The easy way out would have been to cancel classes, to give up, and to chalk it up to "a once in a lifetime situation." Instead, you all have taught us how to persevere, how to adjust, and how to be strong during this time. You all are warriors. You all lead by example. You all deserve a raise.

Thank You,  
Jerry Yin  
PMHS President



# Thanks for reading!

## Learn more about PMHS!



### Who are we?

We are a professional development organization at the University of California, Berkeley, aimed at providing mentorship and networking opportunities to pre-healthcare students.

### How can you contact us?

Email:

- [pmhs@berkeley.edu](mailto:pmhs@berkeley.edu)

Website:

- <https://pmhs.berkeley.edu>

## Acknowledgements:

- Our wonderful network of healthcare professionals, who inspire us each and every day
- The UC Berkeley campus faculty and staff, who guide and support us both inside and outside the classroom
- The student-employees who man the dining halls, libraries, laboratories, etc., who keep our campus functioning
- Our incredible officer board, who ensures the smooth functioning of our organization
- Our beloved members, whose curiosity and drive provides hope for a bright future of healthcare professionals