

# Many people are doing good to combat the fear and isolation of the coronavirus

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Image 1. Jodi Beder plays music on her cello from her front porch in Mount Rainier, Maryland, March 25, 2020. Beder is a member of the group A Musical Heart, which plays music to hospice patients. Photo: Michael S. Williamson/Washington Post

Jodi Beder is 69 years old. She lives in Mount Rainier, Maryland. Ms. Beder plays a cello concert on her porch every day. A cello is a string instrument. It comes from the same instrument family as the violin. Her neighbors watch her from the sidewalk.

There are thousands of Americans like Ms. Beder. They are trying to do acts of kindness. They hope people may feel less lonely. Many people feel lonely because of the novel coronavirus.

Coronavirus is a flu-like illness. It began in China. It has been spreading across the globe since December 2019. Health officials have been encouraging social distancing. This means staying home. It also means staying away from other people. This will help slow the spread of the virus.

## Teacher Car Parades

Many schools have closed. Teachers still want to see their students. Many teachers have started car parades in their neighborhoods. They drive by their students' homes. Stephanie Batchelor is a

teacher in Maryland. She said seeing her students cheered her up.

Others are helping doctors. Elizabeth D'Antonio is sewing medical masks. Masks help protect doctors from the virus. However, many hospitals do not have enough masks. Ms. D'Antonio and her friends made hundreds of masks. Ms. D'Antonio says it felt good to help.

Shilagh A. Mirgain studies human behavior. Ms. Mirgain says humans usually respond to stress with a "fight or flight" response. We will either fight. Or we will run away from it. She says we cannot control much about the coronavirus. As a result, people are responding in a different way. Ms. Mirgain calls it "tend and befriend." People are not running. Instead, they are helping. Ms. Mirgain says helping can spread hope and well-being.



People in Washington, D.C., are helping. Residents of an apartment building put up signs. They offered to help high-risk neighbors. The virus is more dangerous for high-risk groups. This includes the elderly. They can get more sick. Children are less likely to get sick.

### **Mini-Concerts**

Ms. Beder started her mini-concerts in mid-March.

She is part of a group called A Musical Heart. The group plays music for seriously ill patients.

Ms. Beder hopes her music will help her neighbors feel less alone.

The audience for Ms. Beder's concerts is small. Still, neighbors appreciate her music. Lee Hicks and her children watched Ms. Beder. They sat across the street. Ms. Hicks said Ms. Beder was kind for playing music during a stressful time.

The audience thanked Ms. Beder for her music. It was like she had given them a gift.

Ms. Beder waved at them from her porch. She said that music is what she has to give.

## Quiz

- 1 WHO in the article helped to make masks for hospitals?
  - (A) Lee Hicks
  - (B) Stephanie Batchelor
  - (C) Elizabeth D'Antonio
  - (D) Shilagh A. Mirgain
  
- 2 What is a reason WHY Jodi Beder is playing concerts on her porch?
  - (A) to cheer up her students
  - (B) to be able to wave at her neighbors
  - (C) to play music for seriously ill patients
  - (D) to help her neighbors feel less alone
  
- 3 How are children different from elderly people?
  - (A) Elderly people have greater risks from the coronavirus.
  - (B) Children do not need to isolate themselves.
  - (C) Elderly people do not need to isolate themselves.
  - (D) Children have greater risks from the coronavirus.
  
- 4 WHY did health officials encourage social distancing?
  - (A) to slow the spread of the coronavirus
  - (B) to give people a break from work
  - (C) to show that isolation is important
  - (D) to close schools and businesses