

A vaccine for under 5 year olds. Trust in science. Trust in humanity. Help and hope for working parents. Respect for elders.

COVID preventative treatments are available to all to take at home. Vaccine mandates are of the past since they will not protect us in the future.

Pursuing spiritual rebirth

Returning to nature and all she has to teach us

I hope we continue to share values of connection to UCSF, with realism about the pandemic, health funding and climate, and efforts to support the virtues of caring about others. Thanks Dan L for Espresso!

I hope the country becomes less polarized. People make less assumptions about each other and are more willing to change their minds.

Since the tiger is a guardian, the tiger embodies archetypal characteristics of not only courage but also bravery. Hope looks like having the courage to offer resilience and strength to family, friends and colleagues. Moving outside the usual comfort zone.

The light in my childrens' eyes: that they still smile, have laughter bubble forth, and yes, even roll their eyes at me. (It means they're listening!). That they call me from across the country just to say "hi", text me TikToks that make them fall into hysterics and share dreams of tomorrow. Oh, and late night viewings of Ted Lasso while snuggled in my husband's arms with our steadfast dogs and cat nestled close—that is enough to make Hope rise like fog on a San Francisco summer's day

Reflection, Inspiration, and Motivation. Also, hope is like watching the sun set, enduring the long night, and greeting the dawn of a new day with kindness and curiosity.

Hope looks like the end of war. I would like to visit my father's homeland in the Tigray region of Ethiopia with him once the war ends. I have never been there before.

Dreaming of dropping off my kindergartener at school with no mask so she can see her teacher and friends smiling at her before the school year is over.

I lost hope many decades ago, when I realized that most people are selfish, and live their lives mostly to benefit themselves. Other than the rare exception of the enlightened people who are willing to devote themselves to making the world a better place for all, I have seen very little change in this attitude over the past six decades. The rare leader who wishes to improve the lives of his people usually finds that "the people" care mainly about themselves and, more often than not, this rare leader ends up in exile or worse. I think Joe Biden really wants to make the United States better, but he has found that the people he serves, like most people around the world, care mostly about themselves. If you look at the history of the world, you will find that there have been very few true "lands of the free and homes of the brave" and very few Winston Churchills and Franklin Roosevelts but an extraordinarily large number of Dictators and Con Artists who have found their way via corruption and lies. Let those of us in the United States feel very thankful that, with few exceptions, our leaders have been honest people who wanted to make our people prosperous and our country great! We are among the luckiest people in the world and should try to remember that every day!

My hope centers around the well-being and happiness of my family. Their continued sense of purpose and curiosity, their finding daily moments of joy, their easiness with adaptability, and their abiding love and support for one another into the future. There is my HOPE!

My hope is that all people will take a step back and look at others with compassion and understanding. Our lived experiences are not the same, and even though we may not agree on one or many things, we are members of the human race who have feelings, hopes and dreams. We want to be loved, safe, and satisfied, and we want the same for our friends and family. In those hopes we all share in our humanity.

In these times
if we can more than just survive, but truly thrive
And if we can more than just trudge, but stride along with our heads held high
And if we can more than just sustain, but bravely rise in love
Then that there is hope--
May it multiply

Stepping into greater joy, more reunions, and adventures for our elders with safety and care.

Full/close to full immune reconstitution for ALL of our bone marrow transplant patients!

I am drawing hope from small things - like a long conversation with a very good friend, watching the sunset over the ocean, listening to favorite music, and thinking about returning to old hobbies (or picking up a new one!). The amazing work being done by colleagues at UCSF keeps me optimistic about an end to the pandemic.

Hope looks like my three year old getting vaccinated so we can see family in person again. We've been alone in the Bay Area for two years now while our family strives to stay healthy and safe on the east coast.

Hoping our elected officials take climate change seriously, finally. Hoping it will all be okay. Hoping the weather gets better.

Starting to see people finally caring for the world around them - meaning Mother Earth, the environment, other species - 23 species GOT EXTINCT in 2021 !!!! - and not just for themselves and their "needs"... take some affirmative action to remedy all the damage that we all do on a daily basis, and stop being always so selfish. ALL life matters, not just the human kind!

Some days, hope is as small as reaching "genius" (much less Queen Bee) in the NYT Spelling Bee or solving Wordle in fewer than three attempts...but on good days, on good days...hope is that I will make a difference with the life that I am privileged to have.

Progress towards universal healthcare in California

January's Espresso + Tip reminds me of the cadence of Aretha Franklin's gospel song "Never Gonna Break My Faith" featuring The Boys Choir of Harlem. Aretha's performance is a soaring tribute to the power of perseverance. The song was recorded prior to Aretha's passing, but was released in June of 2020 to commemorate Juneteenth. Listening to Aretha's song this afternoon renewed my hope and faith that 2022 will be the year of collective action to lift us up from the dark shadows of the pandemic. We shall overcome. Peace and blessings to you.

Hopes for 2022