

## **Mini Ecological Study Part I: Neighborhood Walk**

This report will focus on the institutions in my neighborhood and how they assisted residents and those in need during the pandemic and in everyday life. There are numerous institutions in my neighborhood that provide services to the residents. Schools, hospitals, parks, mosques, churches, temples, synagogues, libraries, sidewalks, community centers, health centers, and other facilities abound. Also, during pandemics and in everyday life, these institutions were immensely helpful.

I was walking the other day and I passed by the mosque that (Canarsie Islamic service inc.) My dad goes to pray at almost every day and my siblings go there to learn Arabic. It was so lively. I loved it, and then I remembered how it was in the pandemic. It was empty back then, but they were still open to help those in need. They offered food, and many other services. After that I had to walk to the grocery shop and I could not help but notice the church (real life church of our lord) near the store, it was big. I heard that they were helping people and offered many services too and I heard that by a friend that goes there and when I was walking by, they offered it to me too by explaining it to me outside next to the door. When I

was walking back home near the park, I saw a synagogue (Congregation Beth Tikvah) near my house. I could not believe how near it was. I always see people going there, and there's even school buses, so I think they teach there, but one thing i know for sure is that they offer help too because they keep sending us about their services.

Picture of the mosque from the inside.



After that I started noticing other institutions, and there are many of them near my house I did not notice until the pandemic started, because of their services and one of them was the Brooklyn library covid tasting site that I went to get vaccinated there.

After time passed, I was walking my siblings to school (01/27/22 PS 115 Deniel Mucatel school), and that is when I started to think about how many schools there are in my neighborhood, and to let you know there are a lot, I remember when my sister was struggling to pick a high school when we

first moved in, and the same happened when my brother had to choose a middle school. I asked my siblings if their school is helpful and if they offer services and other things that help them, my sister who is in high school said that her school offers many services because the school building is big but the one that caught her attention was that in her school building, they teach resident with their citizenship tests questions and they teach English to those who cannot speak English. I was impressed. My little brother said that his school (I.S. 068 Isaac Bildersee) has many after school programs (ex. Boys & Girl Basketball, Afterschool Math Program, Book Club/ Cinematography, Synergies for Success, etc...) but I don't have any pictures of it. My little sister said the same about her school (P.S. 115 The Daniel Mucatel School) and added that her school does many afterschool programs (ex. dancing, basketball, swimming, chess team, track & field team, art, music, etc...) I was relieved to learn that schools assist people and children and strive to make them happy, because, especially in the aftermath of the pandemic, I believe that people need to feel happy again in order to rise and work as hard as they once did.

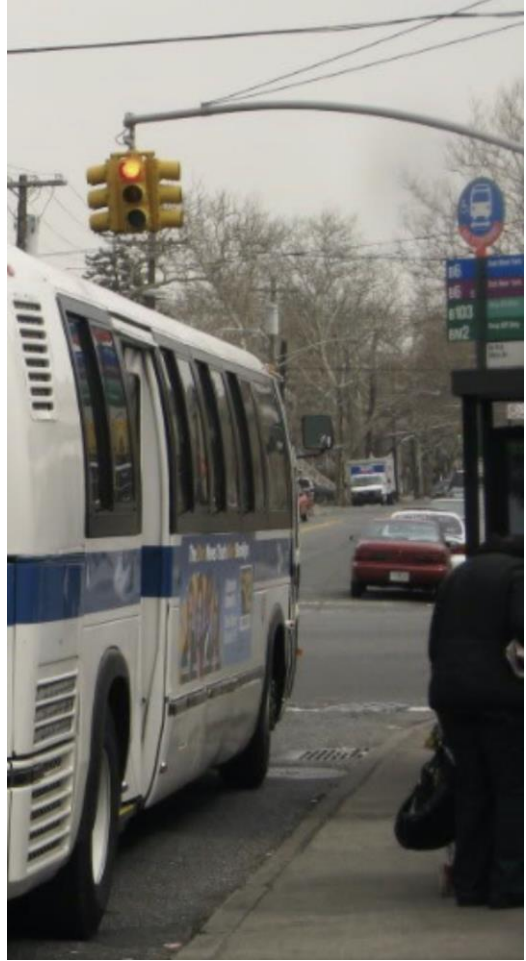
The one that really caught my attention and is in my opinion the most helpful and the one that the residents really need is a hospital. I remember one time in the summer around 5 p.m. my sister broke her arm while playing and we had to take her to the hospital (Brookdale University Hospital Medical Center) emergency room, when we arrived there were many people there, I thought it was going to be empty, but I was wrong many people needed help, nurses were helping them everything was chaotic. When we went to the front desk it was me, my mom who does not speak English, and my injured sister. The lady was telling us that one person must go in with my sister, but I needed to translate to my mom, so they had no choice but to let me in and wait in the other waiting room with my mom and sister. People were crying including my mom, and I saw horrendous stuff. I was shocked that many people needed help in the emergency room. The hospital was full even after we left at 2a.m. in the morning. "Wow, these nurses are probably more fatigued than me who didn't do anything but wait and translate for mum," I thought to myself. Nurses and physicians work so hard, I felt a lot of respect for them.

These are some pictures of the hospitals I saw:



Finally, we have reached the end of my reports from this year. The organizations I listed are extremely essential to me and my neighbors. This report made me reflect on the importance of institutions, and it made me reflect even more following the pandemic.

**Here are the pictures I took when I was walking that helps people with disabilities in my area:**





## Mini Ecological Study Part II

As I mentioned in the first section, my neighborhood provides many opportunities and services to its residents, and as a resident myself, I can tell you that moving to this neighborhood has benefited me and my family in a variety of ways; in fact, one of my relatives moved here shortly after we moved. It was all good until the pandemic hit us. It started normal and after a couple of weeks everything changed. I could not identify my neighborhood. It was dark lonely and different. It has always been quiet but not that type of quiet where you do not see anyone, not even your neighbors. Everyone thought that it would go back to normal, but we were so wrong. Everything closed. Even if you find open places that offer services, they weren't like before they were lonely, not that many employees, people wearing masks and gloves. Everyone was panicked. It was a whole new world to everyone. I did not think that something like that would change the place I am living in and the entire world. It was shocking. The pandemic did so many changes that everyone had to get used to because we had no choice. It ruined the world. Places that offered services like school, hospitals, etc... have never



been that same. Imagine you call the emergency room, and they tell you cannot bring your child if his symptoms are not that big of a problem. It happened to someone I know that lives near us, my relatives son had the Covid-19's symptoms and called the emergency room but no one cared saying that they do not have enough room for all the patients, so if it is not serious you cannot come, my relatives were shocked and scared thinking that their child is in danger, but thanks god it was not that serious and he got better after a couple of days. I remember in the beginning of the pandemic people started stealing necessities, like napkins, tissues, toilet paper, etc... I felt like the world is coming to an end since people are fighting for necessities. It was also hard to find hand sanitizers. It was all over the place. I remember in the beginning we got kicked out for not wearing a mask, and we thought that only happened in the news not near us, that is when I started to believe that the pandemic is real and not myth like some people said. Services were chaotic. You could not get anything, everything was closed. One time my mom got really sick, and we had to call the emergency for an ambulance. It took too long for the ambulance to arrive. My mom was suffering, it was crazy like my little siblings were crying scared for my mom. When the ambulance arrived, they checked for like an hour, after that they decided to take her to the hospital! And they said that only one person could

come with my mom, because my mom needs someone to translate for her since she does not speak English. When my mom arrived at the hospital, she was scared she said she saw people on the ground crying from the pain my mom was scared thinking that the same will happen to her. What she saw made her speechless. I have never seen my mom say something like that because my mom usually tries to not scare us. My dad was scared, he was like I am never going there. I did not know that something like that can change the world that fast. I remember watching the news, and we were panicking, we were like, is this going to last long? Is it going to end soon? We were praying that it would end by the end of the summer. At first, I was happy that we did not have to go to school for 2 weeks, but then I got bored, missed my friends and teacher, and I missed learning for the first time. I remember many people saying that everything will go back to normal in June 2020. Everyone was happy to hear that news, but it did not come true. June came and we were still in a pandemic in June 08 the news spiked about the global economy, it scared us we thought a war is going to start especially after George Floyd's death.

“The World Bank states that COVID-19 will plunge the Global Economy into the worst recession since World War II.” (CDC.gov)

It also says in the news June 24, 2020

Three weeks prior, Black Lives Matter protests broke out across the country due to the deaths of George Floyd and Breonna Taylor. Experts worried that it would lead to a spike in cases, but researchers released a report saying that it did not because the protests caused more people to stay home. The protests led to CDC rethinking its pandemic response to include a health equity framework.” (CDC.gov)

I remember when we kept getting updates about the Covid cases near us, we thought that eventually it was going to reach us, me and my family were horrified. Nobody knew what would happen next. It all happened in a short amount of time. And at that time, they still haven't found the cure for the Covid-19, it scared us even more.



**Sources:** <https://www.cdc.gov/museum/timeline/covid19.html>

[COVID-19 Data: Neighborhood Profiles - NYC.gov](#)

[Goods and Services Currently Available in ZIP Code 11210](#)

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## **Mini Ecological Study Part III**

# **ADVOCACY PLAN**

After the pandemic everything has changed. Everything is completely different from how it was; it is shocking. Life used to be normal. Services were normal but after the pandemic service has more rules, hard to book an appointment, and sometimes no appointments are available, it is crazy who would have thought that our daily lives will change too. The pandemic has made many changes and made our daily lives harder. It caused many negative problems that everyone wants to get rid of. For

example, services have changed, stores have changed, and what is even crazier is that some places cannot accept you inside because it is too packed. We want to get rid of the pandemic, but some people cannot follow basic rules, like wearing masks.

I asked some of my neighbors and my family about what changes has the pandemic made that you hate, some of them gave reasonable complaints, and some made funny ones, like: I hate wearing masks, why do we have to get vaccinated?, you can't go anywhere without vaccinations, how services have changed, how you have to work at home, how most things are done at home, the way people are too scared to communicate, how some are scared of getting sick, how the pandemic created a shortage in supplies and etc... , how it's harder to find jobs, how some of them have a change in appetite, remote learning, mental health crisis. I asked them another question and it was, how has the pandemic changed service?

The answers I got were touch-free shopping, acceleration of e-commerce, the rise of everything store, service getting more expensive, sharp split between big, and penny pinchers, another blow for mall department stores, casualization of clothing, stores closing early.

After answering these questions, they wanted to change them and want them to go back to being normal, some of them even wished that the pandemic

did not even start. So, my next question was what can you do to change that? and how do you want it to change or at least adjust?

Their answers were:

Give yourself a break, be kind and practice acceptance, do not view everything that you had as essential, adjust to your expectations, focus on what you can do, and not what you cannot do, go on a politeness binge, think of this as a chapter in the book you are writing, view life as a narrative, set boundaries for your mental health, allow yourself time to grieve, Identifying coping mechanisms for stress and anxiety, make time to process how you are feeling, and so on. They mentioned other adjustments they can make but are quite hard to achieve. Like go back in time, and some other impossible changes. Now for the emotional question: what emotional changes has the pandemic made?

Their answers were so sad and heartbreaking: I lost my grandfather, I lost many relatives and friends, my mom got sick, and we were scared, I know a friend that had severe mental health problems, “I just want my kids to go to school safely” someone said, I lost my job and cannot afford to stay at home, and take of my children, I want my family to be healthy again, and

so many other emotional ones that are too heartbreaking to share. It was devastating. I never knew other people suffered that much. After I finished asking them the question some ended their interview with heartbreaking words, “ I wish this never happened,” “this is the worst thing I have ever experienced in my whole life,” “I never thought that something like that would scare me forever,” “never want to experience that again,” “ it took the most Precious thing to me,” “I lost my favorite person,” “I’ve never felt so useless,” and so on...

I use my personal experience to put together and implement an advocacy plan as an appropriate response to the challenges facing some people in my community is by asking inquiries about their loved one, what they're thinking and feeling, and how you can help to honor your friend's specific experience. Do not make the mistake of assuming you understand what they are going through or that the coping tactics that others have used will work for them. Instead, tell them you trust them and will stand by them while they do what seems right to them.

Offer to aid with planning and organization if your friend wishes to organize a virtual memorial or another form of remote tribute. Even if nothing can replace a conventional in-person gathering, something as basic and casual as exchanging memories and images through a video conference may be

important and healing right now. Because I have lost some loved ones in the pandemic, and this is my way give an advocacy plan about it for communities like me.

The pandemic has changed and ruined a lot of things for people that cannot ever be restored, which is the most heartbreaking thing, you can never go back to post pandemic. Many people suffered in many ways that cannot be described. All we can do right now is work on ourselves to become better people in the future.



