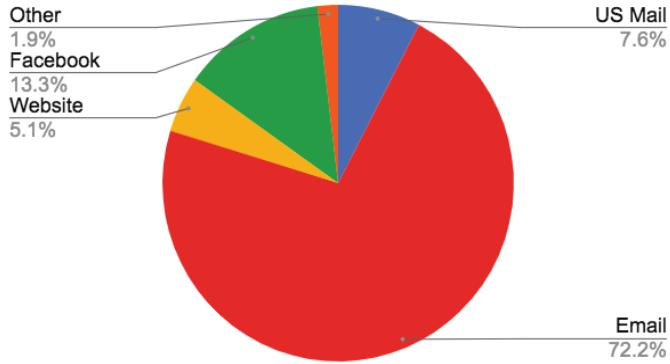


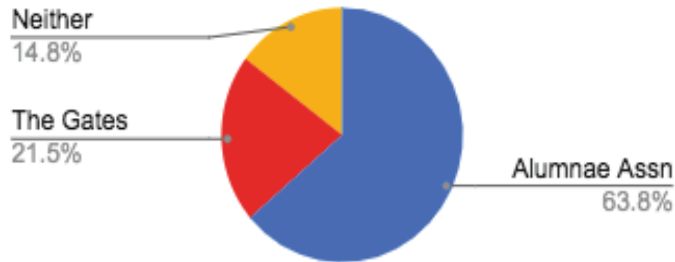


2021 Survey Results

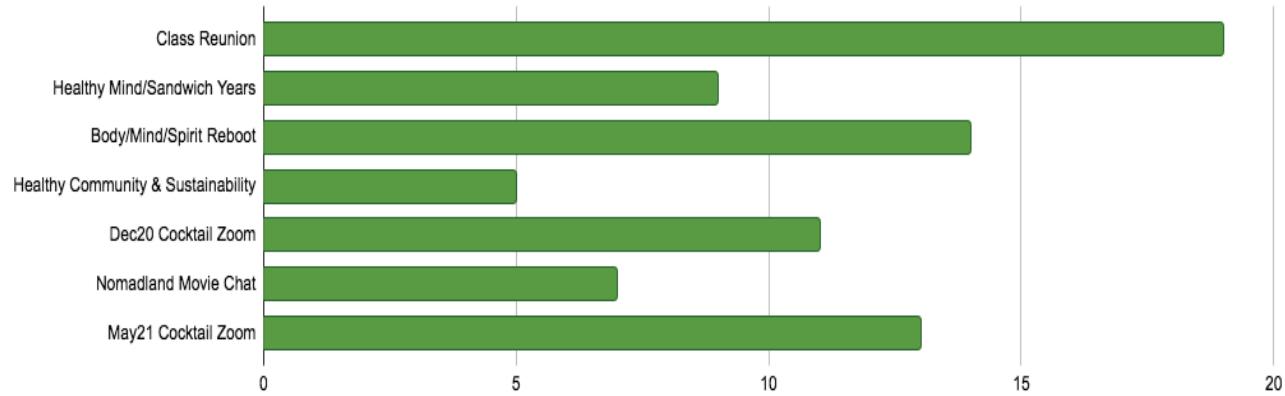
What's the best way to contact you?



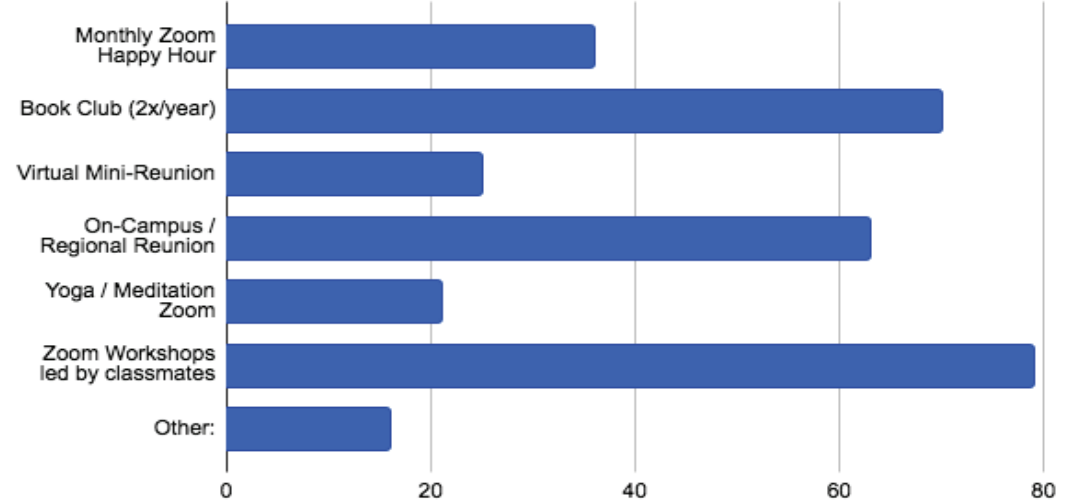
Have you registered for...



Did you participate in...

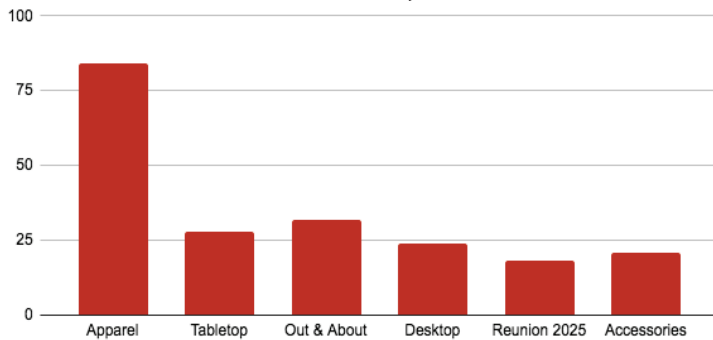


And what other activities would you be interested in?

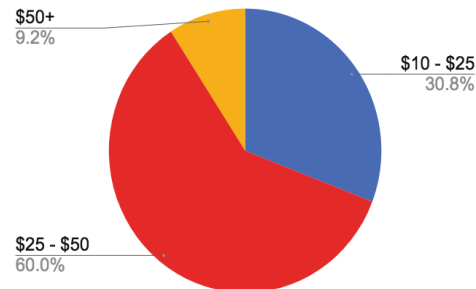


MERCHANDISE:

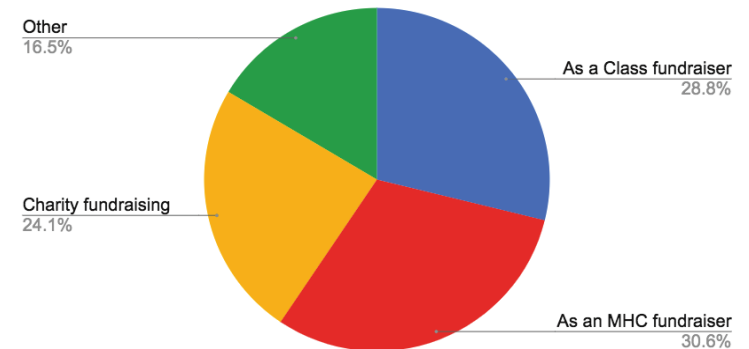
What kind of merchandise are you interested in?



What kind of price point?



Interested in MHC85 doing a promotion in the Quarterly? For what type of function?





2021 Survey Results

In a few words, describe your pandemic / quarantine experience?

Resetting of priorities... time for reflection... scary, peaceful, productive, trying, expansive, life-changing, introspective, frightening, challenging, lucky, cocooning, grateful, thankful, compassion, nesting, disconcerting, isolating, surreal, galvanizing, thought-provoking, depression, loneliness... miss being with people... stressful times with teaching and hybrid schedules... managing at-home teaching with kids and at-home work with partner... staying safe... glad to be fully vaccinated... family separations, dealing with death in the family... mental health challenges... opportunity to learn new things... LOTS of Zoom calls... eye-opening political and social engagement... intense but rewarding... more work caring for people who are stressed... more volunteering... success with telehealth visits... deployment on front lines of patient care and Covid vaccinations
Cows, calves, chickens, whiskey, repeat...time to set future goals

Which quarantine changes would you like to keep going forward?

Reflection... healthy eating... regular exercise...working from home... no alarm clock... remaining in touch with the important people in my life... hand-washing... a quieter pace... socializing via Zoom... scheduled calls... better marriage communication... longer walks with the dogs... telework... lifetime learning... home cooking... less take-home job stress... synchronous virtual yoga... outdoor activities... social engagement... avoiding crowds... less shopping... grocery and delivery services... Zoom lectures... outdoor dining... jigsaw puzzles... better work-life balance... being present... commuting less... being more mindful... slower pace...flexibility to work from home... eating less... mitigation strategies during flu season... virtual access to events around the world (including Vespers!)... morning coffee... planned meals... brain food = a very good thing... home improvements.. time for exercise and creative pursuits... connecting with friends and family, regardless of location

Did you find a home / work upside during the pandemic?

Gained perspective on life and what is important... more family time... re-evaluated career/work priorities... reconnected with family and friends... learned how to effectively and remotely communicate... strengthened relationships... gratitude... saved on gas... fewer commuters... more sleep... slower pace, more reading... Netflix!... organized an effort to help local restaurants, raising \$200K... more silence, listening to nature... more time for contemplative practices and exercise... house is clean... local walks... easier to attend lectures and events... started doing puzzles... saved money... ate better, was more rested... don't miss the commute... lots of creative problem-solving time... regained work-life balance... lots of new computer skills... regained sanity while saving money... online sessions with MasterClass and Gotham Writers...baked a lot of bread... Marie Kondo'd the closets... remote client meetings... made me realize what I can and cannot live without... lost weight... teaching parents to Zoom

If you worked outside the home during the pandemic, how did your work experience change?

No long commutes... more quality time at home... nice to have flexible schedule... less time with clients... had to learn an entirely different way to operate...flexibility and adaptability were key to teaching, but more time-consuming to prepare lessons for in-person and Zoom classes... more virtual meetings... no more traffic jams!... worked just as much, with extra work of managing precautions... lost my job, then worked from home... work became more reactive... there are people I work with who I've never met in person, only via Zoom... retired, so not much change... needed to be prepared as school schedule could change to virtual at a moment's notice... new job actually gave me the change to work physically in a safe way... more sedentary work... Zoom fatigue is a thing... avoided work dynamics at the office... WFH, the day doesn't end from 6am – 10pm... redeployed to different area of the hospital, which opened my eyes to challenges of many of the full-time, lower-paid staff... had to adjust practices for health and safety... everything changed