

MIND TO MIND

Creative writing that explores the abstract side of our profession and our lives

Stephen T. Harvey, M.D., Editor

Forward, Together

Miki Calderon, B.S.N., R.N., Dan M. Drzymalski, M.D.

Miki Calderon, R.N., and Dan Drzymalski, M.D., both studied music before finding their path in medicine. They are passionate about incorporating music in their lives as a form of expression, a way to heal, and a way to connect with patients. “Forward, Together” was written as an inspiration for the global community, all of whom have been affected by coronavirus disease 2019 (COVID-19). In the last several months, vaccines have become widely available, and our world has slowly gone back to a new normal. As we all recover from this pandemic, our hope is that this music brings listeners peace and encouragement to move forward, together.

Lyrics

Verse 1: You fear
Something you don't understand.
An invisible killer
That halted our world.
I'm armed
With my mask and gloves.
Into the fight
We charge.

Chorus:

May we find a flicker of light in the darkest of nights.
May we find the strength to lend a hand.

Supplemental Digital Content is available for this article. Direct URL citations appear in the printed text and are available in both the HTML and PDF versions of this article. Links to the digital files are provided in the HTML text of this article on the Journal's Web site (www.anesthesiology.org). The music video is available at: <https://youtu.be/hToAMoHq1ps>. Accepted for publication July 28, 2021. Published online first on August 31, 2021. From the Department of Anesthesiology and Perioperative Medicine, Tufts Medical Center, Boston, Massachusetts; and Tufts University School of Medicine, Boston, Massachusetts. dandrzymalski@gmail.com.

Permission to reprint granted to the American Society of Anesthesiologists by copyright author/owner. Anesthesiology 2022; 136:239–41. DOI: 10.1097/ALN.0000000000003966

May we find a fire within to fuel our purpose.
We must move forward, together.

Verse 2:

Alone.
There's someone that's alone right now.
A hospital room,
No family, no friends.
I'm here.
You may not see me.
I never left.
I'll keep holding the line.

Chorus:

May we find a flicker of light in the darkest of nights.
May we find the strength to lend a hand.
May we find a fire within to fuel our purpose.
We must move forward, together.

Bridge:

Let me help you to breathe,
When your own breath fails you.
Let me hold your hand,
When no one else is there.
Let me take your pain.
Let me protect you.
You won't remember,
But I was always there.

Chorus:

May we find a flicker of light in the darkest of nights.
May we find the strength to lend a hand.
May we find a fire within to fuel our purpose.
We must move forward, together.

Outro:

We must move forward,
We must move forward.
We must move forward, together.

Supplemental Digital Content

Sheet Music

Title: “Forward, Together”

Composers: Miki Calderon, R.N., Dan Drzymalski, M.D.

Link: <http://links.lww.com/ALN/C685>

Music Video

Title: “Forward, Together”

Performers: Miki Calderon, R.N., Dan Drzymalski, M.D.

Link: <http://links.lww.com/ALN/C687>

Acknowledgments

Thank you to Erik S. Calderon, Houston, Texas, for video editing support.

Competing Interests

Dr. Drzymalski reports being a speaker for Fresenius Kabi (Lake Zurich, Illinois). The other author declares no competing interests.