



## A WORLD IN CRISIS: COVID-19: PART FOUR

And so the pandemic goes on. And so the enhanced community quarantine is extended. And so the numbers keep increasing:

### COVID-19 CORONAVIRUS PANDEMIC

Last updated: April 08, 2020, 03:15 GMT

Coronavirus Cases:  
1,431,706

Deaths:  
82,080

Recovered:  
302,150

And so, in the Philippines and all over the world, the good in people has come to the fore, to help the sick and the suffering, the poor and the displaced and to cheer and hail the front-liners who put their lives at risk every day to save others.

### Gulay Lang: Plant-based meals for front-liners and stranded dormers

*"We understood how scary this difficult time away from the comfort of home is"*

By Mark L. Nucera  
@marklucera

**T**he Facebook page Gulay Lang was barely a month old when the enhanced community quarantine was declared in Luzon. The team had been just posting appetizing veggie/vegetarian meals to eating but donations to donate but meals to donate residents at the University of the Philippines Diliman.

Then all 900 residents stuck in the residence of UP Diliman, according to the Facebook page of the university's Office of Student Housing. They were not able to go home because the lockdown. Some of their immediate needs include medicines, cleaning supplies and food.

Gulay Lang members from Trinidad and with Julia Lualaba, both University of Santo Tomas alumnas, did not hesitate to think of ways to help them out. They launched an Adopt a Community campaign. They created cook and deliver food to the residents but their needed support in buying the ingredients.

"We got into helping the UP students because they were the first people we knew who were immediately affected by the quarantine," Trinidad said. "We understood how scary it must be to go through this difficult time away from the comfort of home. We knew that they were about where to get their meals made. So we wanted not just to bring them food but to also make them feel that they are not alone in this."

"They started on March 15 and, as of this writing, have distributed 80 meals through dorms for students and their staff. But

hospitals, non-UP-affiliated centers and individual volunteers.

"We deliver these meals a day for the residents' breakfast, lunch and dinner," Trinidad said. She credits Ana Felilla, delivers the food to the residents because they live nearby. But they send the meals to hospital front-desks through Grab or Lalamove.

**Role of encouragement**  
A regular meal consists of one rice, a cup of soup and a side of accompaniment. "The 'lumpang habul' is topped on top of each bowl. This is quite a treat for the people that opt-out from the kitchen of their own's home, where they are living with their room-kids.

The concept of Gulay Lang is to deliver plant-based meals to those who are stuck in their dorms.

"We want to provide healthy, tasty and affordable plant-based meals to a wide range of people," he said.

The couple received their plant-based diet journey three years ago. They traveled to make versions of well-known dishes without meat, dairy or eggs. Like many businesses, it started with the couple cooking meals for their friends.

"When we started eating in a room, we thought Gulay Lang would be a good venture, since it already involves what we like to do—cooking vegan meals for others," Trinidad said.

The two are also behind the Usha Wholes Wrap made from

shef Biko. Biko is an Indonesian word which means "to carry," usually on infant or young child.

Some of the meals they deliver to dormers and stranded dormers are lumpang habul, mango-gho, avocado, tape with justice-milled, agave and peach bibimbab.

Some dormers have their experiences. "Gulay Lang meals are delicious and nutritious. My favorite is the mango kare-kare," said Isha, a graduate student. She has not been able to go home to her province before the lockdown.

They also delivered donations to the "kare-kare" dormers living in the UP compound. They frequently posted that one of the children got so excited at the sight of corn. They said that corn is a staple to their school.

Gulay Lang is continuously delivering hot meals to the dormers and hospital. You can tell for details on how to support their cause by going to their Facebook page. You can find their weekly menu on the same page if you want to order. [www.gulaylang.com](#)



St. Paul University Manila answered the call for housing of the front-liners in nearby Philippine General Hospital (PGH).

Sr. Evangeline Anastacio, SPC, recounts having received this appeal from PGH:

“Good morning po. I am from the Philippine General Hospital...I am knocking on your humble office to please provide us shelter on April \_\_\_\_\_. We are working on skeletal force; meaning we have one week straight duty and two weeks off... We don't have available lodging anymore. Considering the enhanced community quarantine, it would be difficult for me to report on duty because I don't have any means of transportation. Please consider my situation. Thank you so much! May God bless you.”

And her reaction:

IS THERE ROOM IN THE INN?

Reading this message reminds me of the night when Mary and Joseph were looking for a place to stay... and they were turned away... except in the stable.

The rooms that we have originally provided for frontliners are all taken. All rooms are full! But do we have the heart to turn Jesus away? For those who love, there is always enough room in our hearts. We can accommodate 12 more staff who are NOT in the front-line but who have difficulties with transportation to and from work.

Caritas Christi Urget Nos!!!

Welcome PGH staff!

For reservations, please contact Ms. Rowena Ponon of the PGH through her email: [rowena\\_sotoponon@yahoo.co.uk](mailto:rowena_sotoponon@yahoo.co.uk)

We welcome the front-liners who are risking their health and well-being to save lives.

“It is a time to get our lives back on track with regard to you, Lord, and to others. We can look to so many exemplary companions for the journey, who, even though fearful, have reacted by giving their lives. This is the force of the Spirit poured out and fashioned in courageous and generous self-denial. It is the life in the Spirit that can redeem, value and demonstrate how our lives are woven together and sustained by ordinary people—often forgotten people—who do not appear in newspaper and magazine headlines nor on the grand catwalks of the latest show, but who without any doubt are in these very days writing the decisive events of our time: doctors, nurses, supermarket employees, cleaners, caregivers, providers of transport, law and order forces, volunteers, priests, religious men and women and so very many others who have understood that no one reaches salvation by themselves. In the face of so much suffering, where the authentic development of our peoples is assessed, we experience the priestly prayer of Jesus: ‘That they may all be one’ (Jn 17:21).”-Pope Francis

And so the university opened up its dormitory to the PGH personnel needing lodging:



The alumni have also stepped up to the plate.



Marilyn Abalos, Chair of St. Paul Alumnae USA, has launched a fund-raising campaign for the Philippines:

**SUPPORT THE PHILIPPINES**  
**ST. PAUL HOSPITALS AND LA SALLE HOSPITAL**  
**PPE - Personal Protection Equipment for SPC Hospitals**

St. Paul University Manila has launched a nationwide campaign to provide PPEs for the front-liners in the SPC-run hospitals which have no access to Philippine government support. As of April 7, 2020, the Philippines' total number of cases is 3,764, 177 deaths, and 84 recoveries. According to SPU Manila President, Sister Evangeline Anastacio, SPC, "21 Filipino doctors have already died due to lack of protection. We are centralizing donations via SPU Manila...ordering the PPE and sending them to the hospitals."

PPE stands for personal protective equipment. PPE means any device or appliance designed to be worn or held by an individual for protection against one or more health and safety hazards.

St. Paul Sisters have provided PPE, such as suits, masks, gloves, eye protection, disinfecting wipes, booties, etc. to St. Paul Hospitals in Baguio, Tuguegarao, Nueva Vizcaya, Cebu, Iloilo, Surigao, Cagayan de Oro, Antique, Bukidnon, and Cavite. De La Salle Medical Center in Cebu is also administered by Sisters of St. Paul of Chartres (SPC).

**From the US, to donate to SPC-Run Hospitals**

Account Name: St. Paul University Manila

Bank Name: Bank of the Philippine Islands

Bank Address: Mabini, Manila

Account Number: 3694-0001-09

Swift Code: BOIIPHMM

Send your validated deposit slip to: <http://spumanila.edu.ph/contact/#email>

For more info, visit <https://www.spchcm.com/spc-hospitals>

"In silence, we work together to support our front-liners, whose bravery in facing the invisible enemy is beyond words. In prayer, we unite with the whole world in storming heaven to stop the spread of COVID-19. In sharing our time, talent, and treasure, WE HEAL AS ONE."-SPC

US ALUMNAE CHAIR PLEDGE: Marilyn Abalos, Chair of the St. Paul Alumnae USA, has pledged to MATCH dollar for dollar Paulinians' donations to St. Paul University Manila in support of SPC-run hospitals up to \$1000.

\*\*\* Send a copy of the receipt of your donation to SPU Manila to: [spmausa@gmail.com](mailto:spmausa@gmail.com).  
Double your donations! Give to SPU Manila!

**FRONTLINE FEEDERS PHILIPPINES:**  
**Food for the Philippine Hospital Front-Liners**

The Front-line Feeders PH team has organized a group of individuals—doctors, restaurant owners and NGOs—to mobilize food distribution to different hospitals in the Metro and in neighboring cities. As of March 31, 2020, over the course of three weeks, FFP has served 51, 392 meals to 41 hospitals covering 17 cities in the Philippines. Karla Reyes, daughter of Millie Reyes (St. Paul Manila HS 1969) of the Aristocrat Restaurant Family is one of the Front-line Feeders PH partners.

**\*\*From the US: You can donate via PayPay: [info@swizzlemobilebar.com](mailto:info@swizzlemobilebar.com)\*\*\***

For more info, visit: <https://www.facebook.com/FrontlineFeedersPH/>

"In times like this, it brings joy to our hearts to know that there are people who extend their help to our brothers and sisters.- FFP

**METRO PACIFIC HOSPITALS:**  
**16 Private Hospitals Caring for COVID19 Cases**



Pilar Almira (St. Paul Manila HS 1970), leads the 16-member Metro Pacific Hospital Holdings Group in dealing with COVID-19 cases. Lourdes Hospital has been designated the Group's main COVI-19 referral facility. The Hospital Group is composed of 16 hospitals all over the Philippines. It covers eight provincial hospitals in Davao, Bacolod, Tarlac, Zamboanga, Bulacan, General Santos City, Butuan City, and Los Banos, as well as eight hospitals in the Metro Manila area.

Donations for medical and hospital supplies, as well as food, to the Hospital Group can be given directly to Lourdes Hospital in Sta. Mesa, Manila in the Philippines.

**From the US, to donate to Our Lady of Lourdes Hospital for the Hospital Group:**

Bank: Union Bank of the Philippines  
Account Name: East Manila Hospital Managers Corp.  
Account Number: 13166000019  
Account Type: Dollar Account  
SWIFT Code: UBPHPHMM

For more info, visit <https://www.mphhi.com.ph/our-businesses/our-hospitals/>

"By designating a hospital within the Group to be the main referral facility for PUM/PUI and COVID infected cases, we are aligning our efforts with the government to address the pandemic," Atty. Pilar Nenuca Almira, who currently heads both the Our Lady of Lourdes and Cardinal Santos Medical Center, said.