



The Volunteer Violet

June 17, 2020



Stop and Smell the Roses

It's June, my favorite month of the year! In the past few weeks my flower garden has flourished. My rose bushes all burst forth with new blooms. Oh my, I wish you could have smelled them! What a wonderful way to relieve stress.

I recently read an article online on the verywellmind.com website. It was very insightful with information about handling mental health during this pandemic. There's a lot of advice being offered right now about how to keep yourself healthy such as washing your hands and practicing social distancing. But managing your mental health during this time is just as vital to your overall well-being. There are many ways and reasons the corona virus pandemic may take its toll on your mental health. Being aware of these factors can help you take steps to combat these issues.

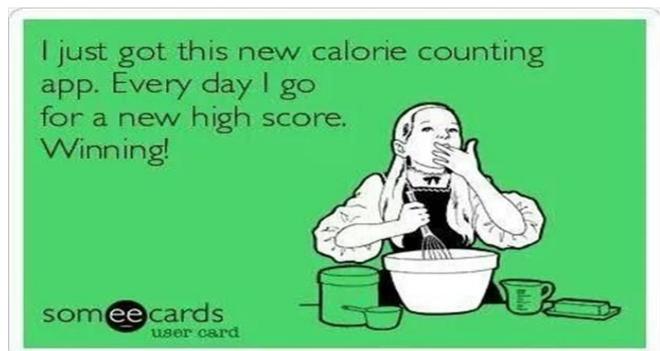
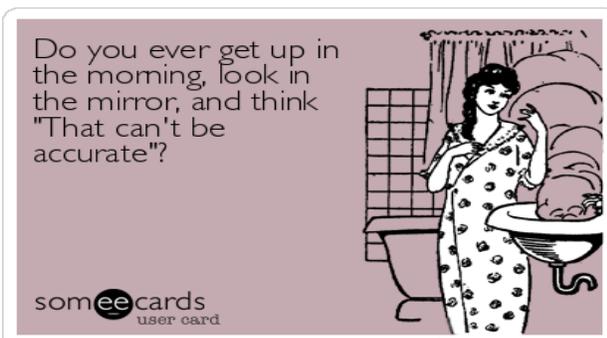
The article gives great advice on stress, disrupted routines, cabin fever, lack of social contact and reduced physical activity. There is also a section on warning signs and steps to take to manage your mental health.

Please take the time to read this article located at www.verywellmind.com. The article is "*How to Stay Mentally Healthy During the Pandemic*". If you are unable to access this article please let me know and I can send you a copy.

Mary Maxted
Volunteer Director



MINI HA-HAs



ABOUT ME:

MARCIA WILSON



BIRTHPLACE: Alliance, NE

FASCINATING FACT: Took a sailboat cruise from Miami to Nassau, Bahamas. All onboard acted as the crew—cooking, swabbing the decks, raising & lowering sails

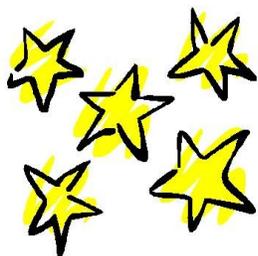
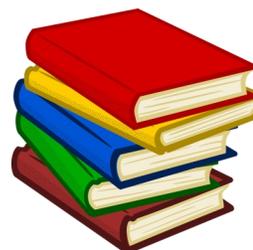
JOBS: Worked in hayfields in NE sand hills, school nurse, home health nurse, hospital nurse, teaching assistant for disabled pre-school child

FREE TIME: Reading, scrapbooking, word puzzles

HOBBIES: Scrapbooking and small collection of Hummel figurines

PETS: currently none, up until last fall had a cat for 15 years, her name was “Kat”

FAMILY: Jim - husband, Maria & Eric—children, 8 grandchildren and 2 great grandchildren



HOSPICE VOLUNTEER

32 YEARS



MORE INFO: Jim is 2nd husband, Don was 1st husband, he died at 45 yr. I have celebrated 25 years of marriage with both!

FAVORITE FOOD: Any kind of pasta

FAVORITE PART OF VOLUNTEERING:

Enjoy helping others.

WHY I CHOOSE TO VOLUNTEER FOR HWC:

I have always thought hospice is important for those going through the end of life. I was part of the 1st class of volunteers trained when Hospice of Washington County originated 32 years ago!