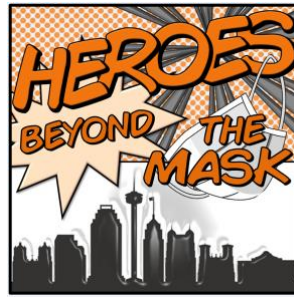


## Heroes Beyond the Mask

# Sara Parker “Mama Phoenix”



I am a Mother of two college students, Wife of a husband who has lupus and is immunocompromised, and College Student going back to school for court reporting

“ Remember to be nice to others and forgive yourself for being grumpy or snappy. And vote!!! It’s so important for your voice to be heard. – Sara ”



My day looks like it did 5 years ago, making meals, doing dishes, assisting my husband with anything he needs, and doing homework. I got depressed when my husband had his stroke and with COVID. We had to rearrange life, and I had to put one foot in front of the other, step up, and not stay depressed. Some new things that we are doing at home due to COVID are finding new ways for home delivery to get what I need like food. Today I ran out of TP and bought a handheld bidet and YouTubed how to make TP out of wipes/baby soap spray mix. For allergies and tissues, I am cutting up old towels into squares then washing them. I have also emailed government representatives. Voting and advocating is so important to get your voice heard.

Beyond that, my daughters and I are making masks! I’m so happy to help! I was getting depressed that I couldn’t do anything; now I have a way to help out. I’m so proud of my family. When you asked about making cloth masks, my daughters jumped right on this and took over! My family and friends really inspire me, and I’m grateful for my family and for being in America. I’m also grateful for technology as in this day and age we can get almost anything delivered to our house.

To help cope with the stress and stay well, I’m taking a proactive stance, coming up with solutions, and laughing. Wellness to me also means praying, listening to God’s voice, exercising and not eating whatever I want, still getting up in the morning, abiding by a schedule, having goals for the day, remembering to be nice to others because everyone is having a hard time right now, and forgiving myself for being grumpy or snapping. To help others stay well, I feel that being home is the biggest help that I can do because of our situation. I’m also encouraging my family and my parents to stay home.

Post-COVID, it would be nice to touch a doorknob and go outside and touch something without being in fear. Also, I hope we can continue to appreciate the things we are learning now like playing music and the freedoms we have. We can make the most of it like we have a fresh start. Remember to adapt, be flexible, and don’t dwell on the negative. As simple as it sounds, that gets me through the day.