

Heroes,

My thoughts of unsung heroes at this time are the staff at our nursing homes, rehab centers, and assisted living facilities. These men and women are caring for the most delicate of our society, our seniors. Some of these seniors know what is going on and accept it and do their best to not be depressed about only seeing staff every day.

No family members that have come every day, every so often. Others are too confused to know what's happening and why their loved ones aren't coming anymore. The staff that takes care of these loved ones are doing a very hard job too. When one staff member gets sick, others must pick up the shifts because the centers aren't allowing outsiders in, even for work.

Some of these caregivers are putting in 40, 50, even 60 or more hours a week just to make sure everyone is taken care of. They are wearing themselves out for our loved ones. Other unsung heroes are the carry-out workers, grocery store employees, restaurant workers, grocery store delivery personnel, gas station attendants, and a big shout out to the truckers that bring us what we need.

All of these people are putting their lives on the line every time someone comes near them for merchandise. Another unsung hero are the people making masks for the general population and expecting nothing in return. They spend time and money so you can be safe when you go to your mailbox, grocery store, gas station, or walk the neighborhood.

Everyone remembers the first responders, police, and medical staff at hospitals and thank them and send them their "gifts" of appreciation. Please don't forget to appreciate the unsung heroes out there too, even if it's just a smile, and thank you for being here for me.

Carrie McCauley