**VOLUNTEER SPOTLIGHT**

**Meet Daisy Lester**

*Where do you volunteer?*
I volunteer in the Volunteer Services Office. However, I work all over the hospital.

*How many years have you volunteered at VA?*
I am a seasonal volunteer. I volunteer yearly when I visit my daughter. This is my second season.

*What was your most memorable experience while volunteering at VA?*
There are many, but I really enjoy passing out supplies with the chief of voluntary services, Gerald Westry. His face lights up when he interacts with the veterans. You can see he truly enjoys his job.

*Tell us something about you that most people would not know.*
Most people do not know I am a breast cancer survivor. I am grateful for my cancer journey and I thank God for good health. I am a walking miracle.

*What does being a VA volunteer mean to you?*
Volunteering gives me an opportunity to give back to veterans. I appreciate their service and I want them to sense my gratitude while I am serving as a volunteer.

**RECENT DONATIONS TO THE MEDICAL CENTER.**
We appreciate the generous members of the DAV Auxiliary on left and the Triple Nickle members on right, presenting checks to Gerald Westry, Chief of Voluntary Service. Thank you all for helping our Veterans.

On the cover: Members of the Quantico Marine Corps Band performing in the mall.
On the back: McGuire’s Holiday Tree.
Since January, McGuire Wellness has been able to reach 1,599 staff members. This has been accomplished with health information updates, exercise class offerings, walking group, basketball and volleyball employee leagues, and success of health promotion events such as the VA2K and National Walking Day.

A couple wellness highlights from this year include welcoming 332 new employees to the gym, and installation of health-conscious vending machines throughout the facility. Currently there are two of these vending machines in the facility: 1st floor vending area, and Building 513. McGuire Wellness is working to get other machines added to the new wing of the 4th floor to provide another healthy option for employees.

McGuire Wellness focuses on the seven pillars of health – mind, body, spirit, social, physical, spiritual, and work – though the various offerings for employees. Such offerings include sports leagues, which have created comradery for employees from various departments in the hospital and have helped improve morale here at the facility. These leagues include golf, volleyball, and basketball, which have all generated friendly competition among employees.

McGuire Wellness strives to continue on the upward trend of providing health tips and activities for the McGuire Team. The program will keep enhancing health offerings going into 2017. The success of the McGuire Wellness program would not be possible without the support of our McGuire leadership.
Clockwise from upper left: fitness center; McGuire basketball; Ryan Ballon, McGuire Wellness Director, National Walking Day 2016; employees working together in the fitness center; staff participating in the VA2K walk to help end homelessness, McGuire volleyball.