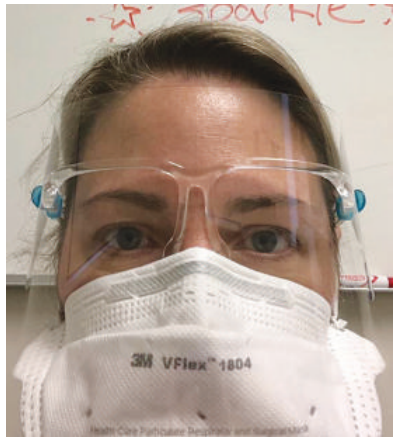


Sarah Mulcahy Selflessly Helped Others During Covid

By: Karen Carpenter
Sarah Mulcahy, a life long resident of the Barnesville community, chose to use her nursing experience to help out at a neighboring facility during the covid crisis.
Mulcahy works as a Registered Nurse at the Fargo Veterans Administration (VA). She has been employed as a nurse in various capacities since graduating from Jamestown College in 1997.
As a care manager in the outpatient Mental Health clinic she had not given direct care for identified covid patients during most of 2020.
“A majority of our appointments were changed to virtual or phone,” said Mulcahy. “The workload increased as did the mental acuity of patients that we were trying to

manage.
“In the midst of the social isolation and closures, our patients, like many, struggled with their mental health. We prioritized our work, worked hard and did what we could get done in a days time. Most importantly, we were there to help our Veterans through some of the darkest, most difficult days,” continued Mulcahy.
In November, 2020 all of that changed for Mulcahy. She was faced with a decision to put herself in possible harm’s way in order to help patients and others in the medical field.
Just before Thanksgiving, an email came out on a Friday morning to the VA nurses requesting assistance at Fargo’s sister hospital in St. Cloud, MN.
Nurses were asked to leave for

a brief deployment the following Sunday.
“I felt a strong obligation of duty to ‘do more’,” stated Mulcahy. “I called my husband, Pat, and shared that I wanted to help out in any way I could, and made the decision to go.
“I didn’t know exactly what I was walking into, but I knew that I wanted to help and share the burden that those nurses felt. I walked onto the unfamiliar unit to care for unfamiliar patients. I used skills that I had not in many years.
“I leaned on nurses when I needed to. I felt anxiety and worry, and even doubt on some days. I smiled, I cried and I held many hands.
“I was there to see Veterans recover from covid and I was with them when they passed. I left there knowing that I made a difference



Nurses like Sarah Mulcahy are hardly recognizable when they put on all of the protective gear required to attend patients. Mulcahy is Registered Nurse at the Fargo Veterans Administration. When needed she chose to deploy to the St. Cloud facility to help other nurses who were overwhelmed during the covid outbreak.


and I did my absolute best nursing,” continued Mulcahy.

Sarah Mulcahy and her husband, Patrick, celebrated their 25th wedding anniversary in December, 2020. “We have four wonderful daughters that we adore,” said Sarah.

Grace is a junior nursing student at Jamestown University. Nicole is a sophomore at Moorhead State working on her early childhood education degree. Ashlyn is a senior and Elisabeth is a freshman at Barnesville High School.

“In March when the virus starting spreading, our family was like all others, cautious and mask wearing,” stated Mulcahy. “Our children are older and they quickly adapted to the new school and social expectations without much challenge. We just stayed home and spent quality time together. Our circle was small, but it was okay.”

Sarah was humbled and touched when one of the nurse assistants presented a poem that he had written on the Fargo nurses the last day at St. Cloud. The nurse assistant didn’t know what else to share so he gave of himself and wrote the attached poem.
“I will share this as it reflects our



DEPARTMENT OF VETERANS AFFAIRS
St. Cloud VA Health Care System
4801 Veterans Drive
St. Cloud, MN 56303-2099

To Sarah:

THANK YOU!!!

Bold and caring are those hands and feet,
With golden hearts of love and compassion,
That came to care and rescue our beloved veterans in crisis,
Many are called but Few were chosen like you,
To deliver caring and healing services to the dying veterans,
With integrity and ethical knowledge, you served the vets,
You have touched and inspired us to take pride in our noble
To give and not count the cost, to heal and shield the heroes
The fallen heroes of wars and victims of Covid-19 Pandemic
Touched and inspired by your example and dedication,
We will fight the good fight of sacred work of caring with love
While caring you laughed and cried, and we with YOU bonded
As you say sayonara Florence Nightingales, we will miss you
We need you to light the world on fire and dispel the darkness

This poem was given to Sarah Mulcahy on her last day of deployment to the St. Cloud Veterans Hospital. The writer of the poem was a nurse assistant. He stated, “I didn’t know what to get you and I knew I wanted to do something. I couldn’t sleep last night and so I thought I would do some writing. This is what came out.” Sarah shared this with our readers because it reflects the journey that the nurses, assistants and other medical personnel shared together.

journey together,” said Mulcahy.
Sarah Mulcahy feels very strongly that mental health matters. “I have made it my goal this year to bring awareness to mental health, she stated. “Mental health is hard. It’s hard because we can’t see it, but it’s there. It’s my job not to judge. It’s

my job to lift the fallen, to restore the broken and to heal the hurting, and to just be there,” concluded Mulcahy.



The Mulcahy family adapted to the restrictions that covid placed on work and school. They are, left to right, Pat, Ashlyn, Grace, Nicole, Sarah and Elisabeth Mulcahy.



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