

Bucket Fillers



News to Fill Your Bucket

April 3, 2020

There Are Bucket Fillers All Around Us

For most of us, the current and ongoing COVID-19 crisis will mark one of the most dark and troublesome times of our lives. If you happen to know someone on the front lines, you have surely heard the serious concerns and the many challenges that these brave men and women are facing. Long hours, lack of supplies and harrowing work environments are their reality for the current and coming weeks. Some are even physically separating from their families, for fear of exposure.

How can we support them? What can a bucket filler do during a time like this? We didn't have to look very far for inspiration. We see bucket fillers of all types, lending a hand, their time and their talents to assist. We are humbled by these acts of kindness and want to share them with you, with the hope that these stories will provide some much-needed light during this dark time:



Image: ABCNews.com

Residents in Vancouver cheer loudly, ring bells, and clang pots and pans, from their apartment balconies, for medical workers while they make their shift change. This movement has spread into other cities such as New York, Atlanta, and Detroit after neighbors realized how uplifting and encouraging it was to the professionals to be appreciated.

Karen Eveleth of Colorado trained her dog, Sunny, to deliver groceries to her high-risk neighbor, in an effort to prevent her neighbor's exposure to the virus.



Image: CNN.com

Chris Waba, a teacher in South Dakota, grabbed his white board and drove to a



Image: CNN.com

student's house to help her with math. He sat outside her window, on her front porch, giving her a one-on-one math lesson, helping her work through her problems.

These are just a small handful of stories about people doing simple acts of kindness to fill the buckets of those around them. There are so many other stories that we could share about nursing home residents sewing face masks for healthcare workers, small-town distilleries making hand sanitizer for the front line workers, and local police picking up groceries and medical supplies to be delivered to at-risk residents in their communities.

In that very moment when, you decide to focus on others and how you can help, you are practicing love in action. Despite overwhelming circumstances, financial loss, or even personal inconvenience, the people that make up these wonderful stories decided to be bucket fillers. To those amazing people, we want you to know that we see you – the world sees you - and we want you to know that the world needs more people just like you. Thank you!

Stay safe, healthy, and keep filling buckets!

Sandy

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