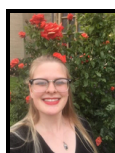


# First Blush of June

Editors Note: Pamlico Rose is collaborating with Washington College in Chestertown, MD on a summer internship program. Coralie Milnes and Kim Leonard are supporting our many efforts for the next two months. Kim is in Washington working in the Gardens and providing help on local projects. Coralie is at home in Maryland working on social media and spearheading our Ride for Rose Haven: Supporting Women Veteran bicycle and motorcycle rides and Healing Vet Weekend events through outreach. In a month, they switch places, and roles and Coralie goes south to Washington and Kim heads north to her home in Baltimore. We are deeply grateful for their passion and help.



## Coralie's Perspective

By Coralie Milnes

When I was first introduced to Pamlico Rose, it was through my art professor at Washington College. She recommended this internship to me because she thought that my interests in art and psychology matched well with the organization. After looking over the application page, I was inclined to agree.

At this point I still did not fully know what Pamlico Rose was all about... until I started to explore the website, watch the YouTube videos, and frequent the Pamlico Rose Facebook page. I really began to understand the holistic approach that this organization is taking to help female veterans heal and reintegrate into society. Without accounting for all aspects of wellness from the



physical, the emotional, and the spiritual, there are gaps in care and healing that can lead to further difficulties later on. I am extremely thrilled that Pamlico Rose is implementing a holistic approach to healing through their Total Life Fitness program (TLF) and that I get to be a part of it.

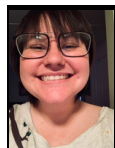
On a more personal level, a few of my family members are military veterans. They both have struggled with their mental health, and have shared with me these struggles, and the difficulties they faced getting the care they needed from the VA. Unfortunately, they were both under-served in the care that they received.

Seeing non-profit organizations like Pamlico Rose working towards filling this gap in care and catering to a vulnerable military population like female veterans is inspiring to see. It gives me hope that current and future military veterans will get the care that they deserve.

Being an artist myself, I also appreciate the use of art in healing at Rose Haven. I believe that art is a fantastic medium for self-expression, regardless of artistic skill or ability. Verbally discussing military experiences can be difficult, and art is an avenue through which these feelings and experiences can be shared. The art itself can even pave the way to continued sharing of experiences after its creation, fostering connection and communication between the veterans who visit Rose Haven. I am looking forward to getting to see the gardens in person in July and the beautiful artwork that has been created within.

*Coralie is currently digitally interning with Pamlico Rose, and is looking forward to working in person in the gardens in July and August*





## Kim's Perspective

By Kim Leonard

My scholarship coordinator at Washington College reached out to me, recommending an internship at Pamlico Rose. I had never heard of Pamlico Rose before, so I ventured onto the website. What really caught my eye was the beautiful scenery;



the wonderful flowers and walkways especially. When I read their mission statement and cause, I really felt drawn to Pamlico Rose. Here was a nonprofit organization focused on caring for female veterans, with an emphasis on those suffering from addiction. I had to go there and help them in their mission for complete wellness among veterans.

As a rising senior at Washington

College, I am preparing for my future outside of college. I am majoring in psychology, focusing specifically in the clinical counseling area. My dream career is counseling individuals within the juvenile system in my hometown of Baltimore, MD. Pamlico Rose uses different healing activities that individuals can partake in to reduce their stress and anxiety, such as art therapy and garden work. These are both activities in which I would be able to integrate into the lives of those in the juvenile system. They are ways to reduce stress without having to speak about their issues – which even I find hard to do, so it would be a nice tool. Also, they are things that can be done in a confined, restricted space such as a juvenile center.



I will be spending June and early July working at Pamlico Rose. I have learned many tools already such as brick laying, how to use a saw, and the different treatments herbs and vegetables receive, even though it is only my first week here. I hope to take home so many more skills that I can use in my life and future career at the end of this experience!



*Kim is currently  
interning on site with  
Pamlico Rose, working  
in the gardens through  
June and July.*

For further information on Pamlico Rose and the Rose Haven Center of Healing Contact: Robert Greene Sands, Pamlico Rose CEO [robert@pamlicorose.org](mailto:robert@pamlicorose.org), Kaitlyn O'Donnell, Pamlico Rose VISTA Community Resource Associate [kaitlyn@pamlicorose.org](mailto:kaitlyn@pamlicorose.org), or Coralie Milnes, Pamlico Rose intern [coralie@pamlicorose.org](mailto:coralie@pamlicorose.org).