

Employee Wellness Spotlight



October 2017: Meet Marcia!

Meet Marcia Parsons, Chief Probation Officer for Monterey County's Probation Department. Marcia has been with the County for 30 years, working in a variety of capacities in the department and was appointed as the County's first female Probation Chief nearly three years ago.

Her passion for her work and the relationships she's developed with her staff keep her energized and driven. When asked how she maintains a healthy-work-life balance, she says "I tend to not to take work home with me. Once I hit home, its 'me time.'" She also practices self-care by watching what she eats—eliminating fast food and red meat from her diet and eating an abundance of fresh fruits and vegetables.

Marcia keeps active by participating in local races every year and encourages her friends and colleagues to do the same. She has already registered for four local races for the upcoming 2018 race season. She enjoys using her Fitbit to motivate and document her progress. She also enjoys going on runs with her dog when she's home from work.

Her personal goal is to remain the healthiest person she can be. She credits self-discipline as a key to achieving this goal. "Discipline is what gets you started, motivation is what keeps you going. It takes a great deal of discipline to get to the point in running where it no longer becomes a painful chore but a pleasant habit," she says. She goes on to say "the benefits I have derived from running are numerous, not only from a physical health standpoint, but from an emotional/mental standpoint also. Exercise, of any type, relieves stress." Marcia plans to complete the Big Sur Marathon in 2020 when she will be turning 75 years young. Go Marcia!

If you would like to nominate an employee to be featured in our Wellness Spotlight please email Melissa Pouch at PouchM@co.monterey.ca.us.

"Strong legs equal strong heart equals strong mind."

-Marcia Parson

