

pressures in the home while I am here for a visit. I can offer to trim your nails if a person is unable to get to their clinic or to the Senior Center. I can also set up medications. These are just a few of the things that I can offer to do in the home.

Move of the month.

Neck stretching: Side bending range of motion.

Face forward and let your head bend slowly to the side.

Hold three seconds and repeat on the other side.

Repeat 10 times.

Do the exercise slowly and gently.

For an additional stretch, when your head is bent to the side, let it roll slowly forward about 45 degrees and hold it there for three seconds.

Kidney Transplant Update

Again, I want to thank everyone for your continued thoughts and prayers. One of my blood tests called, BK virus is elevated. My doctors recommended that I come in to receive an infusion of IGG(Gamma globulin) weekly until the end of October. This is suppose to improve my immune system. At the end of the treatments they will then consider restarting me on another anti-rejection medication. Pray that this treatment will work. All I can do is take it a day at a time.

Update on AED training.

I have just a few people to go through the AED retraining. I will be scheduling some folks in September yet.

Let me know if you still want to go

through the training. So far we have a number of folks for each of the Masses on the weekends who have gone through the refresher class. I would like to form a list of people who have either a pacemaker or internal cardiac defibrillator or a combination of both. This list will be placed in the cabinet with the AED. It will be helpful for those trained to be aware of who has one of these devices. Call Mary Williams at 437-4810 if you would like that information on this list. I would also like to know who of our parishioners wear a Do Not Resuscitate bracelet. This information will be helpful in an emergency situation. It will be kept private.

Once we are done with our retraining I will give a list of our folks who have been through the training to each of them.

Remembrance Mass & Service.

We again will be offering our November Remembrance Mass and candle lighting to remember our loved ones who have died. This Mass will be on Thursday, November 2nd at 7pm at St. Ignatius. We will read the names of those from this past year who have died. Their names will be written into our Book of Remembrance and will be on display during the month of November. If you would like to light a candle in remembrance of a loved one, please call the office or Mary Williams at 437-4810 so we can add them to our list.

Seasons of Grief- Seasons of Healing Grief Support Group

We will be offering our next grief

support group in October. Our sessions run for four weeks. We are looking at an evening session starting at 7pm. So far Thursday evenings have worked out most times. I was approached by someone today asking when our next group would be offered. Let me know, by calling my number at 437-4810 if you are interested. Our sessions will be from 7-9pm. I will keep you posted.

Food For Thought

The entire day receives order and discipline when it acquires unity. This unity must be sought and found in morning prayer. The morning prayer determines the day.

**- D. Bonhoeffer-
Begin to realize more and more that prayer is the most important thing you do. You can use your time to no better advantage than to pray whenever you have an opportunity to do so, either alone or with others, while at work, while at rest, or while walking down the street. Anywhere!**

