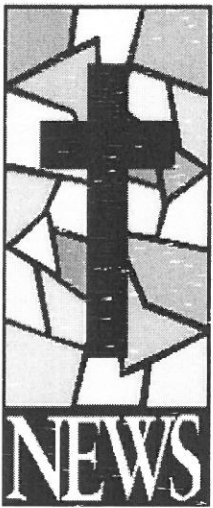


Mary's Parish Nurse News Bulletin

Monthly News Update



Greetings from your Parish Nurse, **Are you prepared for a medical emergency?**

We spend a lot of time trying to stay healthy. We exercise, eat right, and get check-ups and screenings. But how many of us take the time to prepare for a medical emergency, with the right information and equipment handy? Records indicate that about half of all adults ages 65 or older went to an emergency department, according to the CDC. Those odds may make you want to think twice about preparing for the unexpected.

Consider creating a medical emergency bag that you or a loved one can grab in an instant. This might be an actual bag that contains

lists, legal documents, and a small supply of emergency medications or devices. Keep the bag in a familiar spot in your home. Your lists and legal documents can be kept in electronic form on your cell phone or a computer flash drive. Talk to your doctor, your family, and even your attorney about the information and supplies that will meet your personal health needs.

You will need four lists. List 1 should include your current and past medical conditions and surgeries, major illnesses of your immediate family members (parents, siblings, children), and any physical challenges or disabilities (such as vision loss).

List 2 should have the names, addresses, and phone numbers for your health care team, especially your primary care physician and any specialists who treat you.

List 3 should include all of the medications and supplements you currently take. Write down the name, dose, and frequency of each medication or carry a list of your medications.

List 4 should have all of your emergency contacts. Please include more than one person, in case someone isn't available. Include each person's name, phone numbers

and relationship to you. Nowadays most medical practices have electronic records that produce all of this information. Prints outs can be obtained. These are so important - especially if you are traveling away from your area.

Don't forget to include a copy of your Advance directive (which is the umbrella term for your living will or a health care proxy form. These detail the kind of medical care you'd like if you're unable to make your own health care decisions. The proxy is the person you designate to make your health care decisions if you lack the capacity to make them. If you have a chronic condition such as diabetes, you should wear a medical alert bracelet.

When in doubt if you think something is wrong, call 911 to be checked over by the emergency personal.

Blood Pressure Checks

I will be checking blood pressures on April 7th & 8th at St. Ignatius and Holy Redeemer and on April 14th & 15th at St. Mary's. Note the changes.

My Health Update.

Things remain stable with my blood work which is good. Will see the doctors at UW Hospital in mid April. I would appreciate the continued prayers for the health of my new kidney. I always like to remind folks about considering becoming an organ donor. You may help to save a life.

Community Free Meal

Thank you to all who helped at the community free meal on March 20th, whether it was helping to set up, donating the food, serving, helping in the kitchen, and of course cleaning up. It was a nice way for our churches (St. Ignatius & Holy Redeemer) to reach out to the community. We served over 140 meals. Job well done!

Move of the Month

Abdominal contraction.

Starting position: Kneel on all fours with your hands and knees directly aligned under your shoulders and hips. Keep your head and spine neutral.

Movement: Exhale as you tighten your abdominal muscles by pulling them up toward your spine. Keep your spine neutral (no arching your back!). Hold. Release your abdominal muscles and return to the starting position. Do this eight to 10 times, then rest for 30 to 90 seconds. If you can, repeat the sequence.

Tips and techniques:

This is a very subtle movement and your spine should stay still throughout the exercise. Breathe comfortably, exhaling as you pull your abdominal muscles in and up like a zipper.

Health Reminder

Is your home a haven for allergens? Spring is on the way, which means allergy season is around the corner. It's not just springtime pollen that can trigger a runny nose and itchy, watery eyes. Indoor allergens—such as mold, pet dander, and dust mites—can lead to allergy symptoms in some people or make allergy and asthma symptoms worse. Research indicated that the presence of pets and pests (cockroaches, rodents) were the major contributors to high levels of indoor allergens in homes. It is recommended to reduce indoor allergens by sealing entry points for pests, keeping pets out of the bedroom, and making sure each week to wash bedding in hot water and vacuum carpets and upholstered furniture.

Food for Thought

In everything you do
Put God first
And he will direct you
And crown your efforts with success.
-Proverbs 3:6

Giving generously from the heart is extremely satisfying for many reasons, but the most important reason is that it glorifies God. When we give freely, we are acknowledging the abundant, unreserved generosity He has poured out on us, His children. Remember that there are many ways to give. It doesn't always have to be money, but today with our busy, even frantic, schedules, the gift of time is often an even greater sacrifice. No matter how we choose to give, we can always be sure that God is truly pleased and anxious to pour out His

grace on us in return.