
NEWS

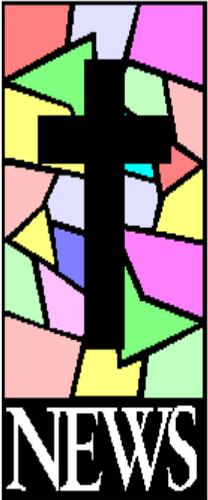
LETTER

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Mary's Parish Nurse News Bulletin

Monthly News Update



Greetings from your Parish Nurse, I hope that most of you were able to spend time with your families this holiday season. The holidays are traditionally a time for family and friends. But plenty of people find themselves alone at this time of the year especially those that live alone, are unable to drive, or live far from grown children. What makes it worse is when you have lost a loved one no matter how long it has been. It takes time and it helps to start planning how you will get through these special times of the year without your loved one. Think about what you've enjoyed from the past and what you enjoy now, and bring those things into your life.

Start creating your new traditions. Now that our holiday celebrations are coming to an end, try to stay connected by reaching out which could mean getting involved in your community and making new acquaintances. Pick up the phone and call friends or loved ones who are far away, or use social media on your smartphone or computer to stay in touch. Here are some more ideas for connecting with others.

1. Invite neighbors over for coffee.
2. Go to a community meal like at our Senior Center or the free meal that is offered on the 3rd Tuesday of each month.
3. Volunteer. Helping others is associated with boosting mood and improving your social life, mental health, and general well-being. Our Senior Center can steer you to many volunteer activities throughout the year. We will need help in March as we are hosting the free meal on March 20th.
4. Sign up for a class. Take a dance, exercise, or adult education class. You'll

learn something new—which is associated with keeping your thinking skills sharp—and maybe make new friends.

5. Join a group. We have many organizations in our community that you could join. We will be offering a group session at our church in January for adults continuing with Fr. Gaitley's new series. Watch the bulletin.

Connect all year through. One way is through AARP who has an initiative to end isolation among older adults, called Connect2Affect. You can check it out at www.connect2affect.org. For other ideas about staying socially connected, contact your local Agency on Aging. Start by going online to the U.S. Department of Health and Human Services at www.hhs.gov/aging and click on "Resources near you."

.Blood Pressure Checks'

I will be checking blood pressures on January 6th & 7th at St Ignatius & Holy Redeemer and at St. Mary's on January 20th & 21st.

Note the changes.

Visits.

If you want a visit from our Priests or myself all you have to do is call the office and leave a message at the office. Father can be reached at his home or through the office. I will offer to check blood 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.

My Health Update.

My kidney biopsy final report showed inflammation in the tissue which could mean early signs of rejection. I do have to go back for another biopsy in January. Am not looking forward to that but it is the only way they can keep an eye on the condition of the kidney. I trust them. They know what they are doing. Continue to pray for me so that I will be able to keep the kidney healthy. I will keep you all posted.

Giving Tree for Christmas

Again, everyone was so generous this year. Both the Community Clothes Closet and The Beacon will be pleased with our donations. If we continue to get more things in over the last week of collecting I may need to ask for help taking the things to the Beacon. It will just depend on the final gifts brought in. I will let you all know the responses from both agencies.

Move of the Month.

Stand up, sit down.

Starting position: Sit in a chair with your hands crossed on your chest or held out in front of you at chest level. Your feet should be flat on the floor, hip-width apart, and directly beneath your knees.

Movement: Lean forward slightly and slowly stand up. Hold.

Slowly sit down with control.

Repeat 10 times.

Tips and techniques:

1. Press your heels into the floor and tighten your buttocks as you stand up to help you balance.
2. Steady yourself before you sit down.
3. Exhale as you stand, inhale as you sit.

Make it easier. Place your hands on your thighs or use a chair with armrests to assist you as you stand up and sit down; do fewer reps.

Make it harder: Modify the exercise by placing your right foot slightly in front of your left one, keeping both feet flat on the floor. Stand up and sit down. Repeat 10 times, and then repeat the exercise with your left leg in front.

Treating inflammation protects the heart.

People with coronary artery disease or strong risk factors for developing it are often treated with statin drugs. Statins were developed to treat high levels of LDL, bad cholesterol, because such high levels increase the risk of coronary artery disease. A large Harvard study found that statins also lowered the risk even in people with normal LDL levels,

Why? Many doctors speculated that the reason might be that statins also reduce inflammation, another contributor to heart attacks and stroke. So a new Harvard study used a novel medication called canakinumab, which attacks inflammation but does not lower LDL cholesterol. The inflammation-fighting medicine lowered the rates of heart attacks, strokes, and death from heart disease. This study supports the theory that the beneficial effects of statins may result from their ability to both lower cholesterol and tamp down inflammation. It also will lead to further study of this new drug as well as other treatments for inflammation.

Seasons of Grief-Seasons of Healing Grief Support Group

Mark your calendars for four Saturdays in January for our next grief support group sessions. Dates are Jan. 6th, 13th, 20th, and 27th. Time: 9-11am. Place; Mt. Horeb Evangelical Lutheran Church. Call Mary Williams at 437-4810 by Dec. 29th to register.

Food For Thought

Teach me, Dear Lord how to be silent in Your presence and how to achieve inner tranquility. Silence my questioning thoughts and let me glow in your love. Amen.
-The ladder of success may now be an elevator—but it's still self-service.
God—forgive me when I want to do my will and not Yours. I know Your way is best, but I do not always have the courage to trust You. Amen.

