

Letters from the Valley of Our Lady

Dear Brothers and Sisters of Saint Michael the Archangel Parish,

This is the last week we will have a special column in our parish bulletin from the Cistercian Nuns of the Valley of Our Lady Monastery. The sisters currently reside in Prairie Du Sac living a life of faith and prayer. We will have the opportunity to have their representatives at all Masses next weekend. But before then, we have the privilege to receive a series of their letters from the sisters that will help us learn their life and background. I ask you to please take the time to read and learn about the Cistercian Nuns and especially about their life of devotion to Christ Our Lord and the Blessed Mother.

Father Chahm Gahng

Vol. XXIII No. 4
November, 2018



Greetings from your Parish Nurse,
November is National Care Giver Month.

If you help a loved one with medications, or go grocery shopping for or with someone, or take a loved one to doctor's visits and help interpret instructions or provide care for a family member in your home or theirs, then you are considered a caregiver. 80% of all care provided to older people in our country is provided by family members. The average length of care is 4.5 years but 30% of caregivers report providing care for more than five years and caregivers age 50+ tend to be caring for elderly parents/grandparents. These are among the most likely to provide care for 20+ years. Being a caregiver can cause stress

Parish Nurse News Bulletin

Mary Williams Monthly Update

for you. Some of the signs of stress can be; exhausted and irritable, often absent from work, often late to work, having difficulty concentrating and feeling distracted, not as productive, paying less attention to details, having difficulty making decisions, feeling depressed and withdrawn from co-workers, being accident prone and decreased passion for work and creative spirit. These are just a few. A caregiver may have to take unexpected days of, use unplanned vacation, sick, and personal days, take a leave of absence, adjust work hours from full to part-time, quit your job or retire early. Because of these a caregiver may develop compassion fatigue which is the cumulative effect of caring for those whose conditions are chronic and irreversible. Symptoms of anger, blaming, depression, reduced sense of personal accomplishments, bottled up emotions, exhaustion, increased irritability, and sleep disturbances are some.

Solutions. Identify boundaries, learn to say no, develop a network-powerful tools for caregiving, be willing to delegate and make self care a priority. There are many resources in Dane County and the first place to look is our own Southwest Dane Senior Outreach center. Who is eligible for services? Any senior adult 60 years

and older can participate. No income and asset requirement to participate, anyone desiring information regarding services for senior adults can contact the Case Management program for information and referral. Our local case managers are most helpful. Just give them a call to find out what resourcing they can help you with. There are so many resources out there that you have no idea exist. Let them help you find the right resources for your situation. You can also use me as a resource. Don't forget the Aging and Disability Resource Center at <http://www.daneadrc.org/> for help. Their phone number is 855-417-6892(toll-free) or 608-240-7400. I also have the list of agencies within Dane County. You're not alone. **The greatest comfort and help is knowing that you are not alone.** Finding others who understand and relate to what you are going through will make a big difference in your ability to care for your aging parent, relative, or friend. Please do not feel that you cannot ask for help. You can!

Blood Pressure Checks

I will be checking blood pressures on November 3&4 at St. Ignatius & Holy Redeemer and on Nov. 25th only at St. Mary's. Note the dates.

Visits

If you would like a visit from Father Chahm or myself, just leave a message at the office at 437-5348 for us. I can be reached at home by calling 437-4810 and you can leave me a message. If you are in the hospital and would like a visit, please let the hospital know which parish you belong to on admission otherwise we cannot get that information when we call in to the Pastoral Care office. If we know that you are in the hospital and ask for your name, they then can let us know which room you are in.

Health Move of the Month

Back Stretch: Child's pose.

Movement: Get on your hands and knees, then exhale. While keeping your hands flat on the floor in front of you, lower your hips backward until your buttocks rest on the backs of your heels and feet. Then, without moving your buttocks, lower your forehead to the floor and extend your arms in front of you, hands still flat on the floor. Hold for a few moments, and then inhale as you come back up.

Health Topic

November is also National Diabetes Awareness Month.

There are two types of Diabetes. Of the two main forms of diabetes, type 2 is far more common, accounting for 90 to 95 percent of all cases. It differs from type 1 in that the pancreas does not stop producing insulin, at least not at the outset, rather, for reasons that still baffle scientists, the hormone simply stops

working properly. As a result, the cells don't get the glucose that they need to do their jobs. The net effect is the same for type 2 as for type 1: the cells are going hungry while the blood has glucose to spare.

Type 2 diabetes produces many of the same symptoms as type 1: fatigue, frequent urination, increased thirst and hunger, unexplained weight loss, blurred vision, and slow wound healing. The difference is that these symptoms tend to develop much more gradually—so gradually that you may have type 2 for years before you notice that something is wrong. The trouble is, the disease can do damage long before it's called out. Type 2 diabetes tends to favor those over age 50 who are overweight and out of shape, but just as type 1 diabetes is cropping up in adults, type 2 is affecting a growing number of children.

People need to be proactive and address this issue with your doctor early on especially if you have a family history of diabetes in your family. There are tests that can be done to diagnose diabetes in you earlier on before you start having some of these symptoms. My daughter was diagnosed with type 2 diabetes at the age of 26. Besides yourself, have your children also tested. Be proactive!

Vacation Time.

I will be on vacation from Nov. 7th through Nov. 19th. Pray that my family and I will have a safe journey. Please call the office if you need a visit from Father Chahm while I am gone.

November All Souls Day Remembrance Service

We will be again remembering all of our loved ones who we have lost within this past year at our November 2nd All Souls Day Mass at 6pm that evening. We will be lighting a candle for each one during our Mass. A special invitation will be sent out to each family who we have had a funeral for within this past year. Parishioners can also request to light a candle for a loved one that night. Just call the office to let us know. Our Book of Remembrance will be on display during the month of November and throughout the year. If you are not aware, Father has set this book on the back altar on the left side.

Food for Thought

Of the five senses given to us, listening is the one most poorly used. And yet it is the key to real communication with others. Often when we ask questions, we have already formulated the answers we expect. When we engage in conversation or listen to music, we often have preconceived ideas of what we are going to hear. Conditioned by habit or limited thinking, our expectations drown out what is new and interesting. We are prisoners of our past experiences and deaf to what is vital and telling in the world. If we are to respond with our best self to the world God presents to us, we must dust off those old eardrums and turn up the volume. We have to pay attention to the pauses between words, the sighs, the tone of voice coming our way. We have to let the sounds of life—the birdsongs, the car horns, the whistling teakettles—get through to us.