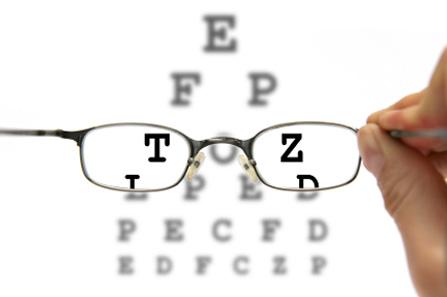
**June 2020 Note from our Parish Nurse**   
                                                                                   
                I have heard O Saint of God, from a certain Christian, that the Master came not "to call the righteous, but sinners to repentance"(Mt.9;13) and that He does not despise even the loathsome  harlot, thieves, and tax  collectors . Much rather He, whom the Cherubim dare not gaze upon associated and conversed with them, instead vouchsafe I entreat thee to confess my sins that I may save my soul through Thee' -St Pelagia *The Lives of the Spiritual Mothers* p460.

Pray all are well and safe as little by little we return to some measure of normalcy during this pandemic. Although it continues to be important to maintain the CDC guidelines as we see other areas of the country continue to  spike and have outbreaks as people don't keep social distancing and not wear protective gear such as masks and gloves and practice good hygiene.

I heard a story once of a man that was in a serious accident in the desert and was praying fervently for rescue and help from our Lord. And a car passed by and asked if he could help and the man said no I'm waiting on a rescue from the Lord so the car passed and then a helicopter passed over and offered first aid and help but the injured man refused saying he was waiting for the Lord to rescue so the helicopter left and the man reposed so when he got to heaven he asked the Lord why didn't you help me and our Lord said I did but you refused the help.

These are very trying times for us all but I think we need to be rational and take advice of the medical personal who have knowledge of the best ways to care for ourselves and in turn care for others.

           I also wanted to share information of taking care of our vision and eye care. It is said our" eyes are windows to the soul", And as Christians the soul as well as our bodies are great gifts of our Lord. It's important to keep good health and address any health issues.



It's important to **have an annual eye exam even if you aren't experiencing any vision problems**.' Early detection and treatment can help prevent and even save your vision as well as living a healthy life.' says Dr Michelle Andreoli, spokesman for the American Academy of Ophthalmology.

**Some Common Eye Diseases**

**AMD or Age related Macular Degeneration** which is damage to a part of the retina that causes loss to central vision.

**Cataracts** occur when there is a breakdown in normal protein in the lens of the eye which naturally happens around age 40, and worsens with time causing cloudy, blurry, or double vision, light sensitivity and trouble seeing at night.

**Glaucoma** is pressure from the buildup of fluid in the front of the eye causing damage to the optic nerve, eye pain, blurred vision and eye redness are symptoms.

**Diabetic Retinopathy** from uncontrolled high blood sugar can damage blood vessels in the retina, symptoms include vision loss, spots or dark floaters and reduced color vision,

**Tips To Help Maintain Healthy Eyes**

Dr Andreoli shared some suggestions to maintain healthy eyes:

1) Don't smoke and avoid secondhand smoke as smoking interferes with the manufacture of a chemical necessary to help you see at night and increases the risk for many other eye disorders such as macular degeneration, glaucoma and cataracts.

2) **Eat a healthy diet** –the foods we eat have a tremendous impact on our eye health too! Foods high in lutein, omega-3 fatty acids or lycopene. Eggs, nuts, carrots, spinach, watermelon, papaya and fish are all eye-healthy choices. Green leafy vegetables, and eggs are high in lutein and zeaxanthin

Having the proper nutrients in the diet has been found to reduce the risk of chronic eye conditions like macular degeneration AMD and cataracts. The Mediterranean diet has been associated with the slowing the progress of AMD.

3) **Cover up with sunglasses and hats** these are more than fashion accessories. They protect your eyes from the sun's ultraviolet (UV) rays which can cause molecular damage and increase the risk for AMD and cataracts.

4) **Exercise**-- we all know is good for mood, metabolism, and overall health but it can also decrease effects of many eye conditions, as well as decreasing the risk of developing other health problems such as diabetes, high blood pressure and high cholesterol—all of which can lead to vision problems.

5) **Keeping you blood sugar in check**. If the blood sugar is too high for too long it can affect the vessels in the eye and lead to blindness.

6) **Reduce computer and screen related eyestrain**. An easy way to remember it is to think 20/20/20. For every 20 minutes of screen time, look 20 feet in front of you for 20 seconds. This allows your eye muscles to rest. [American Optometric Association](https://www.aoa.org/patients-and-public/caring-for-your-vision/protecting-your-vision/computer-vision-syndrome)  Blinking also helps you to re-wet your eyes, which you may have been straining to keep open so you wouldn’t miss anything on your screen!

So remember to schedule a comprehensive eye exam in addition to your yearly checkup.

I pray you have a good fast as we journey to the great feast day of Saints. Peter & Paul. Many years!

And as always, if you have any health issues please see your health care provider.

In Christ, Elizabeth Ashton RN