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ST. MARK OF EPHESUS ORTHODOX CATHEDRAL

PARISH NURSE MINISTRY-JUNE 2022

"If you follow the events of the world, do not lose sight of your inner world, your soul; it is closer to you and dearer to you"

- St. John of Kronstadt

I pray all are well and enjoying our beautiful New England summer. I understand many of you will be traveling this summer. As a church family, please remember our fellow parishioners in your prayers for safe and enjoyable travels.

One important consideration whether you travel or stay home is to **keep your medical information available and handy**. If you have a medical emergency at home or away, it's critical to have your medical information such as medication doses and medical tests results available.

- One suggestion is to keep all records in one place, including information such as your healthcare providers and their contact information, medications, and relevant medical diagnosis and tests.
- Consider using visual aids for medications, including a list of medications you take, information about them, and a photo of them.
- Get up to date on essential documents including an advanced healthcare directive, which spells out the level of care you want if you become incapacitated; these details can be discussed with your healthcare provider.
- In the event of a medical emergency, it's also important to have your medical information and family phone contacts prominently displayed, like on a refrigerator or someplace that emergency personnel would notice.
- If you are a senior, it's also important to have a medical alert device which can be worn around the neck or wrist so if there's a medical emergency such as a fall, the device automatically alerts emergency personnel to check on you. You can also find out about this information from your healthcare provider. And as always, if you feel any unusual medical issues, please contact your doctor.



I'll be having a blood pressure check July 17 after church during coffee hour in the church hall.

We continue to work on our family history project. There's a box for the family history project downstairs in the hall; hopefully soon we can begin sharing stories. Our ancestors went through so much that we might have our lives and our freedom and our faith.

Happy and Blest summer!

In Christ,

Elizabeth Ashton, RN