

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 from the Pastoral Care office. Better yet, let the office know that you are in the hospital. 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.

Hearing Loop System

Just another reminder that our Hearing Loop system is up and running. I have heard many good comments from those folks who have hearing aids and have had them adjusted by their audiologist so they are able to use the system. Please consider having your hearing aids adjusted to the system. I have tried the system out with the portable hearing piece. I have been finding myself not hearing as well yet don't feel that I need to have hearing aids yet. The portable piece works very well but the company suggests that your purchase your own ear piece to be safe. Staff will be meeting with a representative from the company so that we can better help you to decide what would work best for each person. Check out the pamphlet that is in the narthex also. The system does work.

Health Move of the Month- Squat

Movement:

Modify a squat by standing up straight with your feet hip-width apart, hinging forward at your hips, and bending your knees to lower

your buttocks only six inches. Place your hands on your thighs for support. Return to the starting position. Repeat 10 times.

Drop Off Box for medication disposal coming soon.

Our Mt. Horeb Police Department will soon become a designated drop off station for medication disposal. At this time they are not completely set up so wait until you see notices being posted in our local newspaper and on their Web site. I recently asked at the department when they will be able to take old meds. The drop off box will be stationed in their front lobby with instructions for disposal when they are ready.

A big Thank You to all the ladies of our CCW who helped organize, set up and helped that day of our Spring Vicariate held on April 25th.

Happy Mother's Day to all of our mothers in our parish. May you have a wonderful day with family.

Food for Thought

It's okay—and even admirable—to relax alone from time to time, as long as you do things with your family as well.

There are two kinds of recreation: planned and spontaneous. Make time for both.

When it comes to recreation, the best things in life are usually free (or at least relatively cheap).

Don't take your recreation—whatever it is---too seriously. (If you do, you probably play golf).

It's okay to be good at the things you enjoy doing outdoors. Just don't try to be perfect.

Quotes taken from, "God is in the Small Stuff for your Family".



Greetings from your Parish Nurse, I want to visit with you about Chronic Kidney Disease. As you all know I had a kidney transplant 2 years ago but prior to the transplant I was diagnosed with Chronic Kidney Disease/ end stage kidney disease. This disease can do damage before you know you have it. Kidney disease explained. Healthy kidneys filter blood to remove impurities and waste products, which are excreted in urine. They also maintain the pH(acid/alkaline) balance of the body's fluids, adjust fluid balance, release hormones that regulate blood pressure and red blood cell production, and convert vitamin D into its active form. When kidney function worsens, waste products build up in the bloodstream and the body's

Parish Nurse News Bulletin

Mary Williams Monthly Update

chemistry goes awry. Over time, CKD can lead to complications such as anemia, bone loss, edema (excess fluid in tissues), high blood pressure, and heart disease. Eventually it can give rise to kidney failure or end-stage renal disease. At that point the only options to treat CKD are a kidney transplant or dialysis. Rising rates of CKD are mostly driven by diabetes and high blood pressure. Other factors associated with a higher risk of CKD include: obesity, smoking, cardiovascular disease, African-American, Hispanic, or Native American race or ethnicity, a family history of CKD, and older age.

Tests that spot trouble are blood and urine tests. If you have diabetes, high blood pressure, heart disease, or a family history of kidney disease, you should be tested for CKD. The earlier kidney disease is diagnosed, the sooner you can treat it to slow its progression. Talk with your doctor about how often you should be tested.

Symptoms of CKD are fatigue, trouble concentrating, confusion, increased or decreased urination, nausea, vomiting, poor appetite, headaches, easy bruising, dry, itchy, or numb skin.

How can we protect our kidneys? The following strategies can both help prevent kidney disease and slow its progression. Manage your blood

pressure. This is done with the help of your doctor. Control your glucose levels. If you have diabetes, check your blood sugar as often as your doctor recommends, and take your diabetes medication as prescribed. Get regular physical activity. Limit salt intake. The DASH diet has been shown to reduce blood pressure significantly. Maintain a healthy weight. Don't smoke. Create a tailored eating plan with a dietitian knowledgeable in CKD diets and nutrition. Get regular blood tests. Regularly check your blood pressure and, if you have diabetes, your glucose levels so you and your doctor know your treatment plan is working. Keep your immunizations current as kidney function declines, risk of infection increases. Have your kidney function regularly monitored. Be knowledgeable and talk with your doctor.

Blood Pressure Checks

I will be checking blood pressures on May 11th & 12th at St. Ignatius & Holy Redeemer and on May 18th & 19th at St. Mary's. Note the dates.

Visits

If you would like a visit from Father or myself, leave a message at the office at 437-5348 for us. I can be reached at home by calling 437-4810 and leave me a message. If you are