

# HOPE'S HEALTH HERALD



from your

Summer 2015

*Health Ministry Team*  
*Hope Lutheran Church, Plant City*

## HURRICANE PREPARATION AT HOPE

For the last 7 or 8 years we have had a plan in place to assist our members who will need to evacuate in the event of a hurricane. The whole point is to keep everyone safe and to experience the loving "family" of Hope in action. We not only connect other people to Jesus but we are also "connected to Jesus" as part of His family.

You have probably seen the forms placed in the bulletin that need to be completed and sent in to the church office so that we can accomplish our goal of reaching out to those in need. All members who live in a mobile home will need to evacuate if there is an order issued by the National Weather Center. If you live in a low-lying area or other evacuation zone, this will apply to you also.

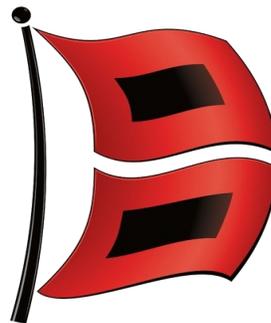
We need everyone's cooperation. **For those who need to evacuate** here's what you do:

1. Complete the form indicating your needs and turn them in either to the church office, to Pastor or to Joyce Van Matre as soon as possible.
2. Bring blankets, towels, clothing, important documents, all medications and insurance cards, bottled water, emergency telephone numbers, area maps, flashlight, and cell phone if you have one (don't forget to have it fully charged and bring the charger with you).

3. On the lighter side, bring some games to play (cards, monopoly, etc.) and books to read, snacks and nonperishable food.
4. Secure your home before you leave.

**For those who are generously offering their home as a "host home"** here's what you do:

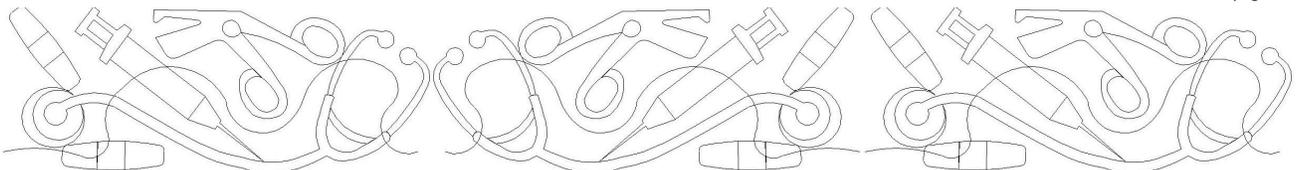
1. Contact the family you have been paired with for evacuation. Make sure they know how to get to your home. If you need them to bring extra pillows or bedding let them know this in time for them to be prepared.
2. Be prepared with all of the items listed above for the evacuees for your family as well.
3. Secure your home. If roads are closed leading to your home be sure to communicate this to the evacuees. Listen to the TV or battery operated radio for updates.



**Hurricane  
Preparedness**

**Are YOU Ready?**

Continued on page 2...



*Staying Healthy at Hope!*

Continued from front page...

4. Be sure to complete the form offering your home as soon as possible. Thank you in advance for your "brotherly love" to others!

## Know What to Do When a Hurricane WATCH Is Issued

- ◆ Listen to NOAA Weather Radio or local radio or TV stations for up-to-date storm information.
- ◆ Prepare to bring inside any lawn furniture, outdoor decorations or ornaments, trash cans, hanging plants, and anything else that can be picked up by the wind.
- ◆ Prepare to cover all windows of your home. If shutters have not been installed, use precut plywood as described above. *Note:* Tape does NOT prevent windows from breaking, so taping windows is not recommended.
- ◆ Fill your car's gas tank.
- ◆ Recheck manufactured home tie-downs.
- ◆ Check batteries and stock up on canned food, first aid supplies, drinking water, and medications.

## Know What to Do When a Hurricane WARNING Is Issued

- ◆ Listen to the advice of local officials, and leave if they tell you to do so.
- ◆ Complete preparation activities.
- ◆ If you are not advised to evacuate, stay indoors, away from windows.
- ◆ Be aware that the calm "eye" is deceptive; the storm is not over. The worst part of the storm will happen once the eye passes over and the winds blow from the opposite direction. Trees, shrubs, buildings, and other objects damaged by the first winds can be broken or destroyed by the second winds.

- ◆ Be alert for tornadoes. Tornadoes can happen during a hurricane and after it passes over. Remain indoors, in the center of your home, in a closet or bathroom without windows.
- ◆ Stay away from flood waters. If you come upon a flooded road, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car and climb to higher ground.

## Know What to Do After a Hurricane Is Over

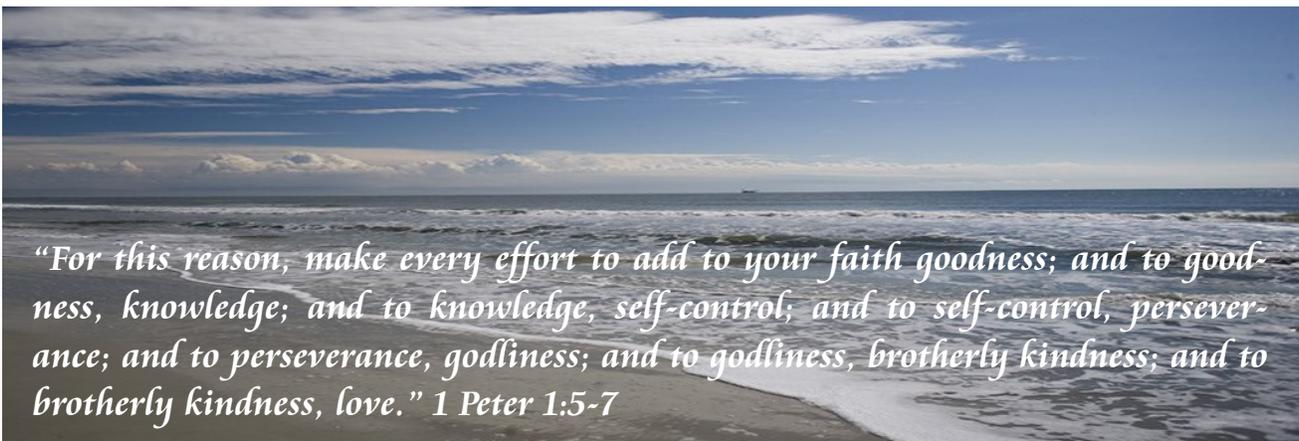
- ◆ Keep listening to NOAA Weather Radio or local radio or TV stations for instructions.
- ◆ If you evacuated, return home when local officials tell you it is safe to do so.
- ◆ Inspect your home for damage.
- ◆ Use flashlights in the dark; do not use candles.

Remember...

- \* Power Outage Safety
- \* Food Safety
- \* Chainsaw Safety
- \* Portable Generator Safety
- \* Water Treatment

These are only temporary measures to keep everyone safe. Once the threat of the storm has passed, there will be a period of assessment of the damage prior to getting back to your home. We expect this to be 3 or 4 days or a week at the most.

*Right now, we at Hope are in need of 8 to 10 more "Host Homes" to accommodate those who need to evacuate. If you have questions please do not hesitate to call me, and I will do what I can to answer them for you.*  
—Joyce Van Matre, RN



*"For this reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love." 1 Peter 1:5-7*



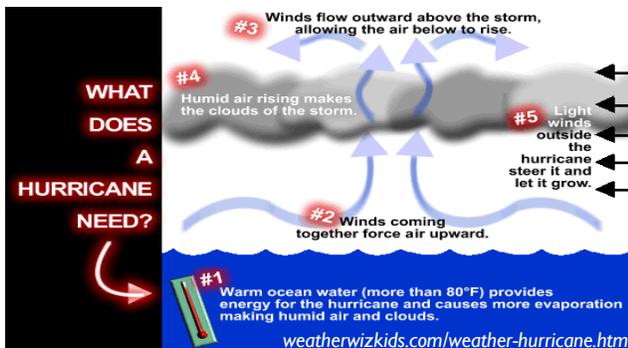
## What is a hurricane?

A hurricane is a huge storm! It can be up to 600 miles across and have strong winds spiraling inward and upward at speeds of 75 to 200 mph. Each hurricane usually lasts for over a week, moving 10-20 miles per hour over the open ocean. Hurricanes gather heat and energy through contact with warm ocean waters. Evaporation from the seawater increases their power. Hurricanes rotate in a counter-clockwise direction around an "eye" in the Northern Hemisphere and clockwise direction in the Southern Hemisphere. The center of the storm or "eye" is the calmest part. It has only light winds and fair weather. When they come onto land, the heavy rain, strong winds and large waves can damage buildings, trees and cars.



## How do hurricanes form?

Hurricanes only form over really warm ocean water of 80°F or warmer. The atmosphere (the air) must cool off very quickly the higher you go. Also, the wind must be blowing in the same direction and at the same speed to force air upward from the ocean surface. Winds flow outward above the storm allowing the air below to rise. Hurricanes typically form between 5 to 15 degrees latitude north and south of the equator. The Coriolis Force is needed to create the spin in the hurricane and it becomes too weak near the equator, so hurricanes can never form there.



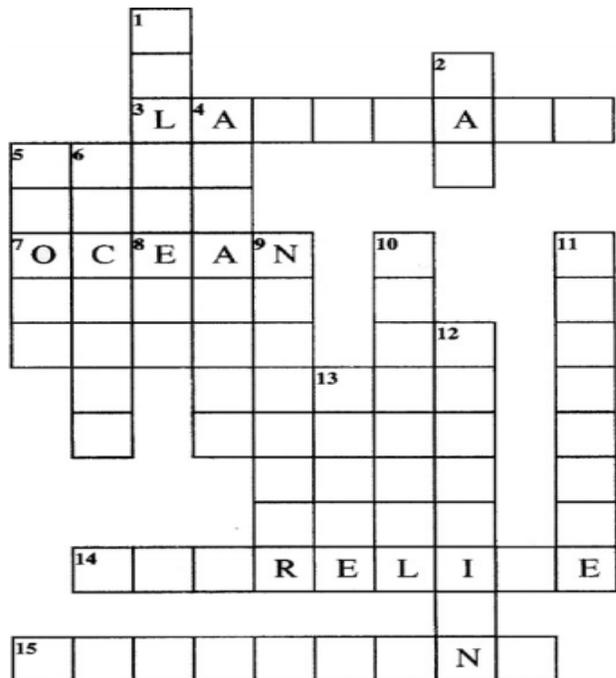
### ACROSS

- Point at which a hurricane hits land
- The Atlantic and Pacific are \_\_\_\_\_(s).
- A boundary line between land and water.
- strong tropical cyclone with wind speeds of at least 74 miles an hour; usually produce a lot of rain

### DOWN

- Body of water; partly surrounded by land.
- The fifth month of the calendar year.
- The 2nd largest ocean.
- violent weather- rain, snow, wind, sand
- The ocean on the west side of the United States of America
- A calm area at the center of a hurricane.
- This month comes right after October.
- Of weather or climate; hot and humid as in the tropics.
- is the force pushing on a surface or area.
- A transformation in which every point moves along a circular path around a fixed point.
- a wave action caused by hurricanes and storms at sea

TROPICAL	OCEAN	MAY
ROTATION	STORM	EYE
ATLANTIC	LANDFALL	HURRICANE
PACIFIC	SURGE	GULF
PRESSURE	NOVEMBER	SHORELINE



[www.ready.army.mil](http://www.ready.army.mil)

## OSTEOPOROSIS: KNOW THE RISK FACTORS

Bone health is a concern for many Americans and justifiably so, as statistics suggest that one in two women and one in four men over the age of 50 will suffer from an osteoporosis-related bone fracture at some point in her or his life. Loss of bone density is a natural part of aging, attributed to the shift in protective hormones like estrogen and testosterone. Even though many people are proactive about their bone health, the number of osteoporosis-related bone fractures in the US continues to rise.

For years, healthcare professionals have educated Americans on the known risk factors of osteoporosis. According to the National Osteoporosis Foundation, that list includes:

- being female
- being older than 50
- having gone through menopause
- having a small, thin body frame
- having a personal history of height loss, bone fractures
- taking corticosteroids, prostate cancer medications, and anti seizure drugs regularly
- Smoking
- living a sedentary lifestyle
- eating a diet low in bone-building nutrients
- consuming an excessive amount of alcohol (i.e. having more than one drink/day for women and more than two drinks/day for men)

Recently, 3 medical centers published new studies that suggest additional factors that may contribute to lower bone density:

**Vasomotor symptoms:** A study at the university of Buffalo Clinical Center concluded that women who reported moderate to severe vasomotor symptoms (hot flashes and night sweats) during and after menopause had a lower bone density in their hips and the femur, and a higher risk for hip fractures when compared to women who did not struggle with these symptoms.

**Sleep Apnea:** Researchers at the Chi Mei Medical Center in Taiwan believe that they may have identified sleep apnea as a risk factor. Research showed that depriving rats of sleep interfered with their bone formation, a component of the bone remodeling process that involves the removal of mature bone

from the skeleton and replacement with new bone tissue. Experts are already anticipating that the study results on humans will be similar, as sleep apnea ( and possibly other causes of sleep deprivation) seems to affect bone turnover and metabolism.

**Greater impact of Male smoking:** National Jewish health findings suggest that middle-aged to older males who smoked were more likely than female smokers same age group to develop osteoporosis and spinal fractures. These findings are significant because they could lead to the development of bone screening guidelines for men and maybe earlier treatment for smokers.

*MDVIP newsletter, April, 2015*



### EATING A BONE-HEALTHY DIET

*There are some foods that are a better choice when you are facing a calcium shortage in your diet. The easiest form of calcium is to drink milk. A single 8-ounce cup of milk, whether skim, low-fat, or whole, has 300 milligrams of calcium. When women reach age 51, the amount of calcium they need jumps to 1200 mgs. per day.*

*Some foods you may not have considered to be high in calcium are:*

- ◇ Sardines
- ◇ Salmon
- ◇ hard cheeses
- ◇ greens
- ◇ fortified cereals
- ◇ Soy foods
- ◇ Nuts and seeds



*Other important things to know are the fact that salt can actually interfere with your body's ability to hold onto the calcium instead of excreting it in your urine. A low salt diet can be a positive move, but check with your doctor first before you make this change. And do not forget to take a walk in the sun, because Vitamin D is so important for the calcium to be absorbed by the body. Supplements of Vitamin D can be taken if you are not able to get outdoors often.*

*WEGMD, Osteoporosis*

## FACTS ABOUT OSTEOPOROSIS—TAKE THE QUIZ

1. You can feel your bones getting weaker. *True or False?*

When you have osteoporosis, you can't feel your bones getting weaker. You probably won't know it has happened until it's too late. You could break a bone in a fall, but it also might happen from just bumping into furniture or even sneezing. You're also more likely to get fractures in your spine. You can find out if you have osteoporosis by getting a bone density test, which measures how much bone you have in your hips and spine.

2. To absorb Calcium you need this: *Vitamin A, Vitamin D, or Potassium?*

Vitamin D, which you can get from the sun and from food, is important to bone health. Your body can't absorb calcium without it. Fatty fish like wild tuna and salmon are good sources of it. Some drinks like milk and orange juice have it added to them. Your doctor can help you know if you're getting enough vitamin D.

3. Your body takes calcium from your bones when you don't get enough in your diet. *True or False?*

Your body needs calcium to function. When it doesn't have enough, it pulls calcium from your bones. Not getting enough calcium can lead to bone thinning and raises your chance of fractures.

4. Your bones start to thin when you reach your: *30s, 40s, or 50s?*

Your bones are living, growing tissue that store calcium and other minerals. Up until about age 30, your body will build bone tissue faster than you'll lose it. After age 35, the process starts to reverse. Bones break down quicker, and that leads to a higher chance of osteoporosis.

5. If you are over 50, exercise will not help your bone health. *True or false?*

It can't help build new bone at that age, but exercise can help slow bone loss and can also build or maintain muscles. If you have osteoporosis, try to exercise for 30 minutes most days. Look for opportunities to move throughout your day, whether it's gardening, a short walk, or dancing to your favorite song. If you have a teenage child, encourage her to exercise. Pre-teen and teen years are the best time to build up your bones.

6. Who is most likely to get osteoporosis: *Men, Women, or Teens?*

About 80% of people with osteoporosis are women. Women's bones are smaller and thinner than men's. Women going through menopause are more likely to get osteoporosis. The hormone estrogen, which helps protect bones, drops when women reach menopause.

7. Which is the best exercise for your bones: *Walking, Cycling, or Swimming?*

You may have heard that weight-bearing exercises help strengthen your bones, but that doesn't mean you need to lift barbells. Any exercise that you do with your feet on the ground forces your bones to support your weight. And that helps your bones. Walking, jogging, hiking, climbing, aerobics, tennis, and weight training are good options for most people. But check with your doctor first.

8. To get enough calcium for one day, you would need: *2 cups of milk, 1 cup of yogurt and a cup of kale, or all of the above?*

Most adults need at least 1,000 mg of calcium a day. Dairy is a good source, but green veggies like kale, turnip greens, and bok choy also are high in calcium. Children and teens ages 10 to 20 need more calcium: at least 1,300 mg a day.

9. If your mom had osteoporosis, you might too. *True or False?*

Family history does play a role, just like your age and gender. But there's a lot you can do to protect your bones and keep them strong:

- Drink milk.
- Eat foods high in calcium and vitamin D.
- Exercise regularly.
- Get plenty of fruit and vegetables.
- Be mindful of how much alcohol you drink.

10. Which of these gives you the most calcium: *a cup of low fat milk, a cup of low fat cottage cheese, or a cup of low fat yogurt?*

It's no secret that dairy products are calcium powerhouses, but yogurt has a slight edge over milk. An 8-ounce cup of yogurt gives you about a third of your calcium requirement for a day.

WEBMD, osteoporosis

## FEMALE-SPECIFIC STROKE SYMPTOMS

Every year, more than 137,000 Americans die from a stroke; 60% are women. Women and men share some of the same risks of having a stroke, but there are also some warning signs that are specific to just women.

Some of the female risk factors are: pregnancy, migraine headaches, birth-control pills, and hormone replacement therapy all add a higher risk for women. There is another unusual risk for women and stroke: **Hiccups**. An early warning sign of an impending stroke can be chest pain and hiccups in women!

Other female stroke symptoms can include dizziness, headaches, numbness over the entire body that is more severe on one side. They might have some chest pain also, which may lead them to think of heart disease or indigestion.

The risk factors that women share with men include: smoking, high blood pressure, and a sedentary lifestyle. Confusion, trouble speaking or understanding, sudden trouble seeing, sudden difficulty walking or loss of balance and coordination.

Seeking early medical intervention is crucial. There is a 3 hour window when the brain clot will respond to medication to return blood flow to the brain before permanent damage is done.

*Medline Plus: <http://www.nlm.nih.gov/medlineplus>*

## Ear Advice Worth Hearing

If you have a buildup of wax in your inner ear, don't use a cotton swab to clean it. Cotton swabs can push earwax deeper into your ear canal resulting in hearing loss or damage to your eardrum. The eardrum is delicate and can be ruptured by just the slightest pressure when using a swab. Even the Q-Tips® website advises only using their product "around the outer ear, without entering the ear canal."

The outer ear (the part that can be seen) does need cleaning now and then. For that, you can use either a cotton swab or a little soap, water, and a washcloth.

Ear wax is actually in your ear for protection. It helps to keep dust and dirt away from the eardrum. For most people, the ear canal does not need to be cleaned because your ears clean themselves. While you are washing your hair or showering, water gets in the ear canal to loosen accumulated wax. Then, every motion of your jaw (eating and talking) helps move the old earwax out of the opening of your ear. In addition, the skin in your ear canal naturally grows in an outward, spiral pattern. As your skin sheds, ear wax moves along with it. Eventually, the wax will loosen and fall out on its own while you are asleep.

If you feel the need to clean your ears, try this: In each ear, put several drops of a mixture of one part white vinegar, one part rubbing alcohol, and one part tap water at body temperature. Then wipe with a tissue.

*Source: Concordia Health Plans, 2015/WebMD and Huffington Post*

*"Recently I have been learning that life comes down to this: God is in everything. Regardless of what difficulties I am experiencing at the moment, or what things aren't as I would like them to be, I look at the circumstances and say, "Lord, what are you trying to show me?"*

*(Catherine Marshall)*

## NEW BLOOD PRESSURE GUIDELINES

As you already know, high blood pressure can be a serious health problem. It can lead to health risks including heart attack, stroke, heart failure, kidney failure and other organ damage.

As we age, we are at particular risk. Over half of adults older than 65 and 80% of those over 75 have high blood pressure. Many adults have uncontrolled high blood pressure which means they are not being treated adequately or at all.

So, what exactly is blood pressure? It is the amount of force exerted on artery walls to keep blood flowing. Several organs and body chemicals help control pressure and keep it from falling or rising too much.

You already know that there is a high number (called systolic) that measures the pressure in your arteries when your heart beats. The low number (called diastolic) measures the pressure between heart beats. The goal is to keep the pressure in range to prevent damage to your heart, kidneys, and brain.

**New guidelines for older adults put the accepted range at 150/90.** If you are a diabetic or have kidney disease, the acceptable range is 140/90. You may want to speak with your doctor about these guidelines specific to your health, because some treatment options have changed also.

*From Our Savior, Sheboygan, WI (Parish Nurse)*



**And remember that the nurses in our congregation take blood pressures every 2nd Sunday of each month—it is a painless way to keep track of your numbers!**

## 6 Symptoms of Women's Heart Attacks

When a heart attack strikes, it doesn't always feel the same in women as it does in men. Women don't always get the same classic heart attack symptoms as men, such as crushing chest pain that radiates down one arm. Those heart attack symptoms can certainly happen to women, but many experience vague or even "silent" symptoms that they may miss.

These six heart attack symptoms are common in women:

- Chest pain or discomfort. Chest pain is the most common heart attack symptom, but some women may experience it differently than men. It may feel like a squeezing or fullness, and the pain can be anywhere in the chest, not just on the left side. It's usually "truly uncomfortable" during a heart attack, says cardiologist Rita Redberg, MD, director of Women's Cardiovascular Services at the University of California, San Francisco. "It feels like a vise being tightened."
- Pain in your arm(s), back, neck, or jaw. This type of pain is more common in women than in men. It may confuse women who expect their pain to be focused on their chest and left arm, not their back or jaw. The pain can be gradual or sudden, and it may wax and wane before becoming intense. If you're asleep, it may wake you up. You should report any "not typical or unexplained" symptoms in any part of your body above your waist to your doctor or other health care provider, says cardiologist C. Noel Bairey Merz, MD, director of the Barbra Streisand Women's Heart Center at Cedars-Sinai Medical Center in Los Angeles.
- Stomach pain. Sometimes people mistake stomach pain that signals a heart attack with heartburn, the flu, or a stomach ulcer. Other times, women experience severe abdominal pressure that feels like an elephant sitting on your stomach, says cardiologist Nieca Goldberg, MD, medical director of the Joan H. Tisch Center for Women's Health at NYU Langone Medical Center in New York.
- Shortness of breath, nausea, or lightheadedness. If you're having trouble breathing for no apparent reason, you could be having a heart attack, especially if you're also having one or more other symptoms. "It can feel like you have run a marathon, but you didn't make a move," Goldberg says.

- Sweating. Breaking out in a nervous, cold sweat is common among women who are having a heart attack. It will feel more like stress-related sweating than perspiration from exercising or spending time outside in the heat. "Get it checked out" if you don't typically sweat like that and there is no other reason for it, such as heat or hot flashes, Bairey Merz says.
- Fatigue. Some women who have heart attacks feel extremely tired, even if they've been sitting still for a while or haven't moved much. "Patients often complain of a tiredness in the chest," Goldberg says. "They say that they can't do simple activities, like walk to the bathroom."

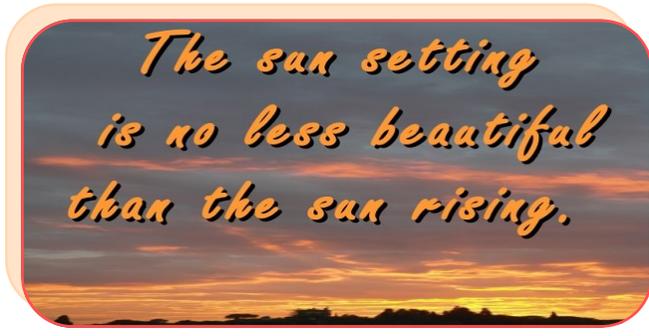
Not everyone gets all of those symptoms. If you have chest discomfort, especially if you also have one or more of the other signs, call 911 immediately.

If you feel heart attack symptoms:

- Don't delay getting help. "Women generally wait longer than men before going to the emergency room," says Rita F. Redberg, MD, MSc, FACC, director of Women's Cardiovascular Services for the UCSF Division of Cardiology in San Francisco. Even if you think your symptoms aren't that bad or will pass, the stakes are too high.
- Don't drive yourself to the hospital. You need an ambulance. If you drive, you could have a wreck on the way and possibly hurt yourself or someone else.
- Don't have a friend or relative drive you, either. You may not get there fast enough.
- Don't dismiss what you feel. "Don't worry about feeling silly if you're wrong," Goldberg says. You have to get it checked out right away.

"People don't want to spend hours in an emergency room if it isn't a heart attack," Bairey Merz says. "But women are actually good at deciding what is typical for themselves and when to seek health care."

*WebMD By Lisa Fields WebMD Feature Reviewed by James Beckerman, MD, FACC*



*The sun setting  
is no less beautiful  
than the sun rising.*

# TEN TRAVEL TRIP- TIPS FOR ELDERS



Careful planning done in advance can provide a wonderful chance to enjoy your parents on the trip of a lifetime, or allow them the independence of fulfilling their dream to a foreign land. Either way, there are 10 important steps to take:

## 1. Research and Plan Ahead

Whether you will travel together or your parent will be solo, planning, reserving and confirming must be accomplished sooner rather than later. When the destination is resolved with target dates, research airlines, Amtrak, buses, cruise lines. For air and land transportation, seek the most direct and shortest travel times.

If there is a choice of three airlines, for example, enroll your parent in the no-cost frequent flier program for each. This should give you access to the lowest fares and possible benefits at the airport and aboard the flight, as well as for requesting special services.

Know that once very common, most senior discount fares are history except for Southwest Airlines and Amtrak. To find other senior-special offers, go online to [SmarterTravel.com](http://SmarterTravel.com).

## 2. Request and Reserve Special Services

Request seat assignment in the rows designated for disabled travelers. And, importantly, request cost-free wheelchair service at every airport origination, connection and arrival location. If there is meal service aboard, advise the reservation system of any dietary needs.

If traveling alone, ensure your parent will have human assistance from the counter, through security, to the gate and then to aboard the aircraft. If staffed by an airline employee, there is no cost for wheelchair or assistance. If staffed by Red Cap-type personnel, you or your parent will be expected to tip for that assist. If you are traveling together, you can offer to handle the wheelchair. If you don't make and confirm all of these requests at the time of reservation, the airline, train

or bus line has no obligation to make them available on check-in or while en route.

## 3. Prepare Documentation

A government passport is accepted as the highest level of identification by federal TSA security officers. If you or your parent do not already have a passport, consider applying for such months prior to your travel. Your local post office will have the application forms; or you can go online to access the information and forms. Official photographs are available at AAA offices and at many large drug and department stores. Personal photos are not acceptable. Two copies of the photograph must be sent with your application.

Request copies of prescriptions and/or statements of medical conditions from each physician and medical treatment center.

Make at least four photocopy sets of the passport, driver's license, Medicare and insurance cards, travel tickets and itinerary, boarding pass (if secured in advance online), plus any physician prescriptions and/or statements. One complete set is placed in your parent's hand-carry bag, another in his or her roll-aboard luggage. One set is forwarded to family at the arrival destination, and one is left at home.

## 4. Be Practical When Packing

Pack light. For a person traveling with at least some limitation, aim to pack everything necessary in a roll-aboard suitcase plus a medium-size over-the-shoulder carry-on. Do not check the roll-aboard as luggage, as in-cabin flight staff will gladly stash it in the overhead rack. Such will save a lot of time at the final destination airport.

All prescription and over-the-counter medications should be placed in a one quart zip-lock freezer bag, including also copies of any prescriptions and/or physician statements in the hand-carry bag. Do not place the pill combinations separately into a separate plastic box as "the next combined dosage." Such will never get through security. Enclose also any medical appliances such as extra braces or first-aid needs.

If Mom or Dad is toting gifts to relatives, do not wrap them. Place the items in the roll-aboard luggage.

## 5. Think about Safety, Security and Comfort

There are thieves everywhere and, particularly, in high-traffic travel centers. Mom should not carry a purse but, instead a money belt worn under a

# TEN TRAVEL TRIP- TIPS FOR ELDERS *continued...*

blouse or a neat Passage Wallet hidden under her coat by a neck cord. Dad should not carry a wallet in his back pocket but, instead, the same Passage Wallet from the neck cord or as a hidden wallet tucked into his pants and secured by a cord to his belt.

Advise Mom or Dad, if traveling alone, always to keep their carry-on between their feet when standing, or with the shoulder strap looped around the leg of a chair when seated.

## 6. Arrange Medication Management

Most mature adults take five or more medications once or even several times a day. The transportation staff has no obligation regarding the medical dosing of your parent. The best alternative is to provide your parent with an alarm watch, or a smart phone with an alarm system.

## 7. Plan for Security Checkpoints

If Mom or Dad is in a wheelchair at transportation centers, access to and through TSA (transportation security administration) security may actually be quicker than through the long line of other travelers.

Brief your parent (or state to the TSA, if you are traveling together) about any medical condition that would set off alarms, such as surgical hip and knee implants. To avoid unwanted delays, get a physician's statement about the implanted steel and make sure the senior has that documentation with them. Oftentimes, personnel will ask the elder to step aside and perform a wand screening, rather than passing through the sensors. If your parent is in a wheelchair, security will use a wand while he or she is seated.

Dress your parent in easily-removed (but safe) walking shoes. Security will probably want them removed. Present, if pertinent, any physician statement regarding your Mom or Dad's medical condition or limitation.

Before traveling, explain to Mom or Dad that the security process is vital to her or his safety.

## 8. Consider Destination and Travel Options

The world of travel is open to just about everyone. If you and your spouse are planning to take your elderly parents on the adventure, start a discussion to learn of their travel wishes. If they if they would like to have you share in the adventure. Pick a place that all are interested in and find airline tickets through airlines that are the most accommodating to any health/mobility issues.

## 9. Consider Tours and Cruises

There are thousands of tour and cruise possibilities. Tours and cruises offer a unique service, in that they are totally planned, operated and staffed to deliver the promised program and destination discovery. Several tours operators, including Accessible Journeys and Flying Wheels, specialize in "accessible lifestyle vacations," which cater to those with special needs and disabilities.

Cruise and tour accommodations are priced on a per-person basis based on double-occupancy. Therefore, if choosing a tour or cruise, travel with your Mom or Dad to provide caregiving assistance while in the room and during non-programmed times. A cruise or tour may be the ultimate escape and very civilized adventure.

## 10. Ensure Those at the Destination are Prepared

If your parent is flying solo to visit other family, schedule a telephone conference with your relatives to go over the caregiving support your elder needs. Advise of your approach in assisting Mom or Dad, so that they do not assume to take the domineering and dictating role. Advise of your parent's favorite foods and activities so that they can try to be accommodating during the visit, making it all the more "like home" for Mom or Dad. And, importantly, advise of the medical and medication regimen that must be followed. Also make sure that they have all important legal documents with them should an emergency arise (for example, if you are listed as their agent for the Advance Directive, be certain this information is with them should something happen).

On the day of travel, arrive at the airport or other transportation two hours early, to visit with your parent without pressure, share a meal or snack, review the travel plan and itinerary and, importantly, to use the wheelchair-capable restroom shortly before heading to the gate. The latter should reduce the need for your parent to access the small restroom during travel.

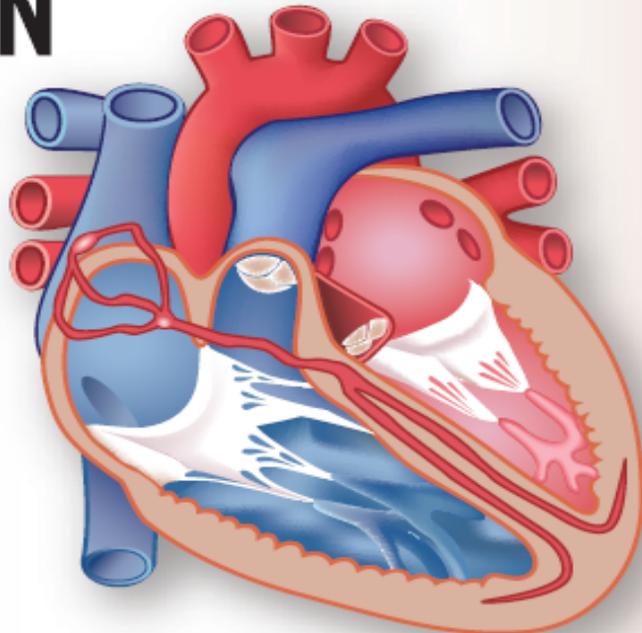
*Resource: agingcare.com*



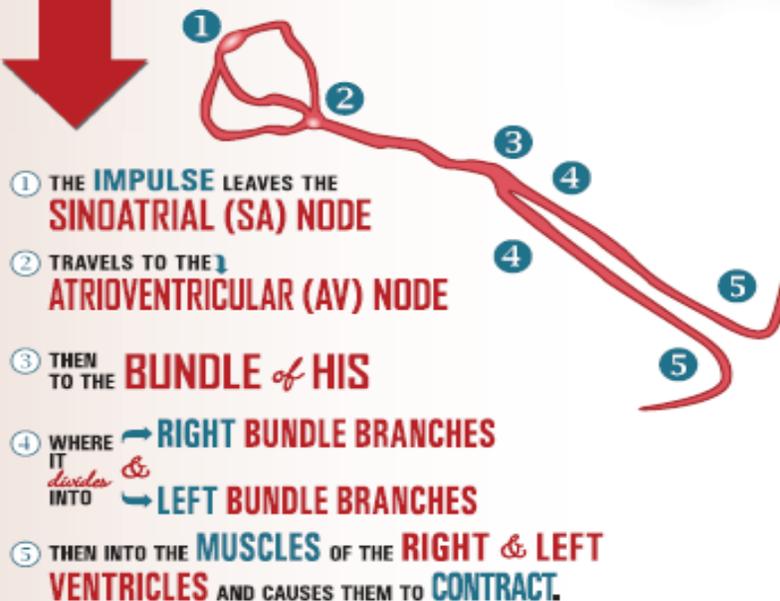
# AN Incredible MACHINE

## THE CONDUCTION SYSTEM

⚡ IT'S ELECTRIFYING!



THE HEART'S RHYTHM IS CONTROLLED BY AN ELECTRICAL IMPULSE



THE SINIOATRIAL NODE IS CALLED THE HEART'S NATURAL PACEMAKER

THE BUNDLE of HIS WAS NAMED AFTER THE SWISS CARDIOLOGIST, WILHELM HIS, JR., WHO DISCOVERED THESE MUSCLE FIBERS IN 1893.

THE AVERAGE HEART *beats* → **about 70 TIMES** PER MINUTE  
AND FIBERS OF THE SA NODE *contract* →

TEXAS HEART INSTITUTE  
at St. Luke's Episcopal Hospital



©2012

## MOVEMENT BURNS CALORIES

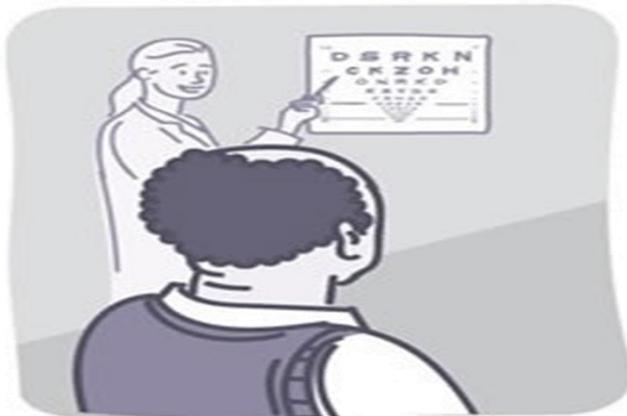


You don't have to be an athlete to benefit from regular physical movement. Modest amounts of physical activity can dramatically improve your health and well-being. Start with small, specific goals such as walking 10 minutes a day, 3 days a week and slowly build up from there.

Take advantage of TV time to move your body by incorporating the Commercial Workout in your viewing. The workout can also be a fun way for your kids to burn off some energy and calories at the end of the day. Follow these guidelines, or make up your own:

For every:	Do:
Car commercial	20 waist twisties (twist side to side)
Fashion/shopping commercial	10 lunges
Food/restaurant commercial	10 jumping jacks
Jewelry commercial	10 squats
Travel commercial	Plank for as long as you can
Hair care/beauty commercial	30 seconds of pretend jump roping
Movie trailer	Balance on each leg for 15 seconds
TV show promo	30 high knee lifts
Soda commercial	March on the spot for 30 sec.
Fitness commercial	20 arm lifts over your head
All others	Drink some water

Source: [Sparkpeople.com](http://Sparkpeople.com) (Steve Gruenwald, Concordia Health Plans)



## Keep Your Vision Healthy

### *Learn About Comprehensive Dilated Eye Exams*

People of all ages should have their eyesight tested to keep their vision at its best. Children usually have vision screening in school or at their pediatrician's office. Adults, however, may require more than vision screening.

Even if your vision seems fine, the only way to know for sure that your eyes are healthy is to get a comprehensive dilated eye exam. When you should start getting such exams depends on many factors, including your age, race, and overall health.

Growing older puts you at risk for glaucoma, age-related macular degeneration, and diabetic retinopathy—the most common cause of vision loss from diabetes. These eye diseases tend to arise without any warning at their earliest stages. By the time you notice vision loss, it usually can't be reversed. Timely treatment may let you keep more of your vision longer.

“Yearly comprehensive dilated eye exams starting at age 60 are the most effective and thorough way to detect eye diseases while we can still minimize vision loss,” says Dr. Paul A. Sieving, director of NIH's National Eye Institute.

If you have diabetes, high blood pressure, or a family history of eye disease, you may need yearly comprehensive dilated eye exams earlier. African Americans have a higher risk and an earlier average onset of glaucoma compared to whites, and so are advised to have comprehensive dilated eye exams every 1 to 2 years starting at age 40.

A visual field test gauges the scope of what you're able to see. Looking straight ahead and with alternating eyes covered, you'll respond each time you see a light or the examiner's hand held at the periphery of your vision. A screen or apparatus might also be used. Loss of peripheral vision may be a sign of glaucoma, which damages the optic nerve responsible for carrying visual messages from the eye to the brain.

A visual acuity test detects how well you see at various distances. Looking at an eye chart about 20 feet away, you'll read aloud the smallest letters you see, first with one eye covered, then the other. The results can help assess disease progression or response to treatment, and may reveal a need for low-vision aids.

Next, the eyes are dilated by placing drops in each eye to widen the pupil, which allows more light to enter the eye. A magnifying lens is used to examine the tissues at the back of the eye, including the retina (light-sensitive tissue), the macula (the central region of the retina required for straight-ahead vision), and the optic nerve. Damage to these areas may be a sign of diabetic retinopathy, glaucoma, or age-related macular degeneration.

Tonometry measures the eye's interior pressure by sending a quick puff of air onto its surface. High intraocular pressure is a risk factor for the optic nerve damage associated with glaucoma. *NIH News in Health, May 2015*

# The Path of Peace: Jesus Leads; I Follow

*Proverbs 14:30: "A heart at peace gives life to the body."*

**Isaiah 9:6: "For to us a child is born, to us a son is given, and the government will be on his shoulders, and He will be called Wonderful Counselor; Mighty God, Everlasting Father, Prince of Peace."**

**Psalm 29:11 "The Lord gives strength to his people, the Lord blesses his people with peace."**

*John 14:27: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."*

**Romans 8:38-39: "For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."**

**1 Peter 5:10-11: "And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power forever and ever. Amen."**



PSALM 29:11, NRSV



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