

Parish Nurse Notes

May, 2018



You Are Invited to a Book Discussion

May 8th, 5:30 p.m.
*The Readers of Broken
Wheel Recommend*
by Katarina Bivald



...A heartwarming reminder of why we are booklovers, this is a sweet, smart story about how books find us, change us, and connect us.

Georgia Steeber will review the book.

Food will be provided by Carla McGreevey, Pat Ward and Pauline Hartung.

Join us for an evening of food, great discussion and fellowship!

Let's Encourage our College Students during Finals Week

We would like to encourage our College Students with a card and gift certificate during finals week.

If you would like to be a part of the gift, there will be a basket in the narthex Sunday May 6th. Finals can be a stressful time and we hope to encourage our students and let them know we are cheering them on!



May is full of loveliness....

"Enjoy the little things, for one day you may look back and realize they were the big things." (Robert Brault)



Left: Pastor Mariah. **Right:** Dean Anderson and Jean Doden. Pastor Mariah led Good Friday Worship Service at Friendship Manor. Judy Patsch shared scripture. Several Church of Peace Members (residents and non residents of Friendship Manor) attended the service.

Join us...

For
Coffee and Conversation
at Friendship Manor
Extended Dining Room

Tuesday, May 22, 2018
10:00 a.m.



Nancy's Notes



Hi Everyone,

What can I say about April! Maybe I won't say anything and put my bets on May. Apparently, April snows are not what May flowers need but what we need to know is how dangerous blood clots or VTE can be.

This is a growing health issue that can sneak up on you if you're not looking or expecting it.

What is a blood clot? Another name would be deep vein thrombosis or DVT. It usually occurs in a deep vein, often in the lower leg, thigh, pelvis or arm. Now some signs that you may have a situation is when swelling occurs along with pain and redness of the skin. However, the darn thing may occur without any symptoms.

What if it is not treated or noted? The pesky thing can decide it doesn't like living in your leg and move to your lungs where it's warm and moist. If this happens, it will be a most inhospitable renter. It will block bronchioles and will become a pulmonary embolism. Whoa! This vagabond traveler will cause chest pain, difficulty breathing, coughing, coughing up blood, and irregular heartbeats. Emergency! Seek medical treatment. The intruders need to be treated immediately with medication or rarely surgery.

Are you at risk? Yes if you've had surgery, hospitalization, pregnancy, or cancer. And, there's the genetic syndrome, a family history of blood clots. I might add sitting for long periods of time, especially when traveling, is also suspect.

So for more info go to National Blood Clot Alliance (NBCA).

I remain

Walking a wee bit more

Nancy O.

The Bridge Builder

An old man, going a lone highway,
Came, at the evening, cold and gray,
To a chasm, vast, and deep, and wide,
Through which was flowing a sullen tide.
The old man crossed in the twilight dim;
The sullen stream had no fears for him;
But he turned, when safe on the other side,
And built a bridge to span the tide.
"Old man," said a fellow pilgrim, near,
"You are wasting strength with building here;
Your journey will end with the ending day;
You never again must pass this way;
You have crossed the chasm, deep and wide-
Why build you the bridge at the eventide?"
The builder lifted his old gray head:
"Good friend, in the path I have come," he said,
"There followeth after me today
A youth, whose feet must pass this way.
This chasm, that has been naught to me,
To that fair-haired youth may a pitfall be.
He, too, must cross in the twilight dim;
Good friend, I am building the bridge for him."
Will Allen Dromgoole

Comic Relief

People were asked to submit actual quotes from real-life managers. Here are the winners.

"As of tomorrow, employees will only be able to access the building using individual security cards. Pictures will be taken next Wednesday, and employees will receive their cards in two weeks." (Fred Dales, Microsoft Corp.)

"What I need is an exact list of specific unknown problems we might encounter." (Lykes Lines Shipping)

"E-mail is not to be used to pass on information or data. It should be used only for company business." (Acct. manager, Electric Boat Co.)

"This project is so important we can't let things that are more important interfere with it."
(Ad/Marketing Manager, UPS)

"Doing it right is not an excuse for not meeting the schedule." (Plant Manager, Delco Corp.)

Kansas Parish Nurse Resources, Mary 2018

Blood Pressure Screening



May 20, 2018

Room #2

9:00-10:30 a.m.

Healthy Snacks will be available