



THE HEALING PLACE

Health Ministry Team

"wholeness of body, mind and spirit"

Spiritual Leaders

Father Joyle Martinez
Father Felipe Paraguya

Chair

Clara Heimericks, RN

Members

Eleanor Banya, RN
Grace Bati, RN
Paz Cajucom, RN
Dana Dinh, RN
Carmela Encina, RN
Romy Encina, RN
Rose George, RN
Norv Latreille
Lottie Munsayac, RN
Judy Niedzwiedz
Monica Parker, LVN
Ramona Parks, RN
Bernie Silla, RN
Chinnamma Uralil, RN
Mary Uwhuba, RN

Regular Meetings

Second Wednesday of each
month, 6:30 pm
Religious Education Bldg,
Rm #3

Membership

You need not be a medical professional. If you are interested in the Health Ministry please call Clara Heimericks at 916-689-3932 or the rectory at 916-381-5200.

CPR

(Cardiopulmonary Resuscitation)



What is CPR?

Cardiopulmonary resuscitation (CPR) is a lifesaving technique useful in many emergencies in which someone's breathing or heartbeat has stopped. The technique entails one or more persons performing chest compressions on a patient to provide oxygen and blood to the heart, brain, and lungs.

Why is it Important?

When a person's breathing or heartbeat has stopped, and they have gone into cardiac arrest, the lack of oxygenated blood can cause brain damage in only a few minutes. A person may die within eight to 10 minutes.

Nearly 383,000 out-of-hospital sudden cardiac arrests occur each year in the United States, and 88 percent of those occur at home. When a person goes into cardiac arrest CPR can provide extra time to hold on until the emergency medical assistance arrives..

Why Should You Learn CPR?

- Four out of five cardiac arrests happen at home.
- Many victims appear healthy with no known heart disease or other risk factors.
- If called to perform CPR in an emergency the life you save is likely to be someone at home; a family member or friend.
- Anyone working in a health care setting or with children.

Where Can You Learn CPR?

At the CPR Class on Sunday, February 8 at 1 pm in the parish hall. \$25 per person (includes certificate). This class will be presented by Jill de Diego and Cori de Diego of the American Heart Association. Class limited to 30 — call Clara at 916-689-3932 for more information or to register.

Join us and learn to save a life!

Upcoming Health Ministry Events and Activities:

Sun, Feb 1—Free Blood Pressure Screening—8:30-12:30 parish hall

Sun, Feb 8—CPR Class, 1pm, parish hall, \$25, Call to register

Sun, Mar 1—Free Blood Pressure Screening—8:30-12:30 parish hall

C P R CLASS Sunday, Feb 8

**American Heart
Association
CPR Class**



**Sunday, Feb 8 — 1 p.m.
Parish Hall**

**Presented by: Jill de Diego and
Cori de Diego**

\$25 (includes certificate)

Class limited to 30

Call Clara To Register:

916-689-3932



Sponsored by the St. Paul Health Ministry—*"Wholeness of Body, Mind, and Spirit"*