



THE HEALING PLACE

Health Ministry Team

"wholeness of body, mind and spirit"

Spiritual Leaders

Father Vicente Teneza
Father Felipe Paraguya

Chair

Clara Heimericks, RN

Members

Grace Bati, RN
Paz Cajucom, RN
Dana Dinh, RN
Carmela Encina, RN
Romy Encina, RN
Norv Latreille
Patti Morrow, RN
Hank Morrow, RN
Lottie Munsayac, RN
Judy Niedzwiedz
Monica Parker, LVN
Ramona Parks, RN
Bernie Silla, RN
Rhonda Vrchoticky, RN

Regular Meetings

Third Thursday, 7pm
Mobile Home

Membership

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

We are Like the Disciples

As we have journeyed through the sacred liturgy of Jesus' death, resurrection, and assumption over these last few weeks we have heard time and again how difficult it can be to communicate — how difficult it can be to accept a new truth — how difficult it can be to open our minds and hearts to new thoughts.

We see the disciples struggle through this time, some with more ease than others, and it reminds us how human they are, and how much like them we are today.

We can appreciate, to some extent, the confusion, the conflicts, and the uncertainty they felt. It's the way most of us feel when faced with new realities or difficult decisions in our own lives.

While no new realities or difficult decisions we face in our mortal lives will be as monumental as the glorious story we have beheld over the last month, we struggle nonetheless with great problems. And a good part of that struggle comes from communication — or, rather, a lack of it.

Communication

It's amazing that in this world of instant communication and constant connectedness we should have a

problem with communication, but it is so.



While we may post and tweet and talk constantly throughout the day sharing the minutia of our lives, there are some things — important things — that we will not share. One of those things is:

how you would like to live the last days of your life.

The reasons we find it difficult to talk about this can be many; fear, confusion, doubt, even our cultural backgrounds can keep us from sharing this important information.

- We might be confused about what it really means.
- We might be afraid others won't agree with us.
- We might be afraid to say some things out loud because of a misplaced fear that it could "cause something to happen."
- We might just find it too difficult to even **think** about, let alone talk about it with someone else.

Not Just For The Elderly

This is not a subject just for the elderly members of our parish; the subject is just as relevant for people of any age. We all know that accidents can happen at any time; that you can be a victim of violence at any age; that there are no age limitations on illness or injury.

For many of us, death is an uncomfortable subject, yet it's a subject that deserves your attention, particularly in light of advances in medical technology over the past few decades. The question of how you would like to spend the last days of your life is much more important now that it was 50 — 40 — 30 or even 20 years ago.

This is an important subject for all of us and the St. Paul Health Ministry wants to help you get started.

Medical Decisions When They Count Most

Answering questions about how we want to spend the last days of our lives can be an incredibly freeing and liberating experience. Knowing that you are comfortable with your quality of life decisions, that your spiritual and religious views are known and understood, and that others in your life can be spared the burden of agonizing and guessing over what decisions you might

have made, allows you and your family the freedom to savor each day of life as God has meant for us to do.

Free Workshop

You are invited to join us on Monday, May 14, 2012, at 6:30 p.m. in the parish hall for a free workshop on how to make medical decisions when they count most.

At this free workshop you will be asked to consider:

- Do you know who you want to make medical decisions for you if you can't?
- Are you confident that the people close to you know your treatment preferences?
- Are you concerned about the health of a family member or close friend, but unsure how to talk about what lies ahead?

And, you will learn:

- Ideas for talking with your family members about these issues.
- Advance directives—what they are and how to complete them.

- POLST—a new California law that helps patients and their doctors discuss and document treatment choices.

Everyone attending the free workshop will receive a packet of materials, including a free advance directive.

The Health Ministry is partnering with the Sacramento Area POLST Coalition, a non-profit, regional coalition of healthcare professionals and community members encouraging early planning for important medical decisions to bring this important workshop to you.

Please mark your calendar and plan to join us on Monday, May 14th at 6:30 in the parish hall.

Refreshments and door prizes will be available. Come and let us help you make medical decisions when they count the most!

Upcoming Health Ministry Events and Activities:

Mon, May 14—Medical Decisions When They Count Most—Parish Hall—6:30—7:30 p.m.—FREE

Sun, Jun 3—Blood Pressure Screening Clinic 8:30—12:30 Parish Hall—FREE