



# 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  
Lottie Munsayac, RN  
Judy Niedzwiedz  
Monica Parker, LVN  
Ramona Parks, RN  
Bernie Silla, RN  
Rhonda Vrchocticky, RN

### Regular Meetings

Third Monday, 6:30 pm  
Campaign Office  
Classroom #4

### 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.

## DISTRACTED DRIVING— ONE TEXT OR CALL COULD WRECK IT ALL

### What Is Distracted Driving?

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety.

There are the three types of distracted driving:

**Manual**—*taking your hands off the wheel*

**Visual**—*taking your eyes off the road*

**Cognitive**—*taking your mind off driving*

Some things that cause distracted driving include:

- Texting
- Using a cell phone or Smart Phone
- Eating/drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Watching videos
- Using a navigation system
- Adjusting a radio, CD player or MP3 player

Texting or using a cell or smart phone is considered the most

dangerous type of distracted driving because it involves all three types of distractions—it takes your hands off the wheel—it takes your eyes off the road—and it takes your mind off your driving.

### Is Distracted Driving a Fad?

Did you know that "*distracted driving*" was recently the word of the year according to Webster's Dictionary? This is no passing fad. Distracted driving has become a trend with deadly, real consequences.

For anyone who thinks they can talk on their phone, text, apply make-up, or do any other distracting activity while driving, it's time for a crash course in reality from the National Highway Traffic Safety Administration (NHTSA):

- In 2010, 3,092 people were killed in crashes involving a distracted driver and an estimated additional 416,000 were injured in motor vehicle crashes involving a distracted driver. (NHTSA)
- Drivers who use hand-held devices are four times as likely to be involved in a serious crash. (Insurance Institute for Highway Safety IIHS)
- Nine percent of fatal crashes in 2010 were reported as distraction-affected crashes. (NHTSA)
- Eleven percent of all drivers under the age of 20 involved in fatal crashes were reported as dis-

tracted at the time of the crash. This age group has the largest proportion of drivers who were distracted. (NHTSA)

While those numbers may sound like just statistics, they're anything but. They could be parents, children, neighbors and friends from right here in St. Paul Parish.

There are too many sad tales of deaths and injuries that could have been prevented had drivers been paying attention to the road instead of someone or something else.

### **If It's So Dangerous, Why Do People Do It?**

So, why do so many people participate in this dangerous behavior? With more technology now than ever, driver distractions have risen to unprecedented levels.

We live in a world where people expect instant, real-time information 24 hours a day, and those desires don't stop just because they get behind the wheel. Drivers simply do not realize – or choose to ignore – the danger they create when they take their eyes off the road, their hands off the wheel, and their focus off driving.

People often say, "*I can do two things at once.*" "*I've memorized where the num-*

*bers are on my phone, so I don't have to look.*" Or, "*Sending or reading one text is pretty quick – that should be okay.*" They couldn't be more wrong.

For those who think they can do two things at once, think about this:

According to a study by Carnegie Mellon, driving while using a cell phone reduces the amount of brain activity associated with driving by 37 percent. Can you really afford to lose that much brainpower?

And, if that doesn't get your attention, perhaps this will:

Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, *the equivalent of driving the length of an entire football field, blind.* (IIHS)

Driving is an activity that requires your full attention and focus in order to keep yourself and others safe.

### **What Can You Do About it?**

This is not an abstract problem that affects "*others*"; this affects us right here in St. Paul Parish. No one is immune from the dangers of distracted driving. So please remember: One text or call

could wreck it all.

Gather your family together and take the pledge to end distracted driving.

The fight to end distracted driving starts with you. Make the commitment to drive phone-free today.

Together, as a family, read the following pledge; then ask each member to follow these guidelines every time they are in a vehicle:

### **The Pledge**

*I pledge to:*

- ***Protect lives by never texting or talking on the phone when driving.***
- ***Be a good passenger and speak out if the driver in my car is distracted.***
- ***Encourage my friends and family to drive phone-free.***

### **Upcoming Health Ministry Events and Activities:**

► **Sun., June 2, Blood Pressure Screening—parish hall—8:30 am to 12:30 pm**

► **June 22/ 23, Celebration of Life for Those Touched by Cancer weekend — all Masses**