



# 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.

## The Gift of Life

As we prepare for our Lenten journey, we look forward to the gift of new life that has been promised to us. We reflect on the epiphany of Jesus' transfiguration and the great gifts of repentance and salvation. We think of Luke's parable of the Good Samaritan and we are called to see how we can relate these events to our every day life.

One way to relate might be to think of the ways we can follow the life Jesus wants us to lead. Are there any things we can do in our ordinary lives to give the gift of life to others? There are many gifts of time and talent we can and should give, but something even more tangible might be the gift of blood.

### St. Paul Knights of Columbus Semi-Annual Blood Drive

Each year the St. Paul Parish Knights of Columbus sponsors blood drives where parishioners can give the gift of life to others. The next drive is scheduled for Sunday, March 11th – 8:30 a.m. to 1:00 p.m. Let's make it a community event!

### Who Can Donate?

Contrary to what many believe, almost anybody can donate blood.

You need to be in generally good health, be at least 17 years old (16

with parental consent), weigh at least 110 pounds, and have a photo ID card. Young people, in particular, are in demand as donors. Why? For the most part, they're healthier than other age groups and thus more able to give. They can donate blood for a lifetime. If, in fact, you begin donating blood at age 17 and donated every two months until you reached 76, you would have donated **48 gallons of blood!** That's a lot of lives saved!

### But I Can't Donate Because...

Now, before you say you can't give blood because ...

- You're on allergy or other medications
- You've had cancer
- You've had chemotherapy
- You have high blood pressure
- You're taking diet pills

... let me tell you that even if all those **were** the case, you probably could **still** safely donate blood.

Does this mean that everybody can be a blood donor. **No.** You **cannot** give blood if you:

- have had hepatitis after age 10,
- have or had heart problems (high blood pressure under control is OK),

- are pregnant or have been within the last 6 weeks,
- are taking antibiotics for infection (unless used for preventive reasons),
- have AIDS or are at risk for AIDS,
- have had leukemia or myeloma. (Most other types of cancer are acceptable if you're symptom free one year after your last treatment).

### Why Should I Give Blood?

- Over 4 million people in this country will need a blood transfusion this year.
- Of all of us who are possible donors, only 5% give blood.
- Every three seconds someone needs blood. (one—two—three—Donate!)
- A complex heart surgery may use as much as six pints of red blood cells and six pints of platelets.
- A liver transplant patient may use as much as 40 pints of red blood cells, 30 pints of platelets, 25 pints of plasma.
- 20% of all donated blood recipients are children.
- One out of every 10 people entering a hospital needs blood.
- Some people think that only

the "rare" types of blood are needed for donation; the fact is that the most rare type of blood is the one that isn't available when it's needed.

### If I Decide to Donate What Will Happen?

- Giving blood is safe, easy, and it takes about an hour. You will have a 20 – 30 minute registration and interview; you'll be asked a series of confidential questions, your temperature, blood pressure and blood count are checked.
- Once it's determined that you can safely donate, a needle will be inserted into your arm and about one pint of blood will be removed – this takes about seven minutes.
- Then you'll spend about 15 more minutes resting – and you'll be provided with some complimentary juice and snacks.

### What Happens to My Donated Blood?

- Your whole blood is separated into three components, (red blood cells, plasma, and platelets) and will be used to benefit accident victims, burn and trauma victims, surgery patients, cancer patients, sickle cell patients, leukemia patients, premature infants, hemophilia patients and others.
- The people who need blood come in all ages and from all

ethnic and economic walks of life. Chances are you know people who have received a blood transfusion.

### Have Faith – Give the Gift of Life

Donating blood, like our faith, should be a product of lifestyle, not of crisis. In the one hour you spend to donate, you can provide blood products that may save up to three lives. When was the last time you spent such a productive and rewarding hour? Join our parish community in giving the gift of life. See you at the Knights of Columbus Blood Drive, March 11th, 8:30 am – 1:00 pm in the parish hall.

### Last Minute Reminders

- Bring a photo ID, such as a driver's license.
- Drink plenty of fluids and eat a good meal within four hours before giving blood.
- Encourage a friend to give with you!

### Upcoming Health Ministry Events and Activities:

**Sun, Mar. 4—Blood Pressure Screening Clinic 8:30—12:30 Parish Hall—FREE**

**Sun, Mar. 11—K of C Blood Drive 8:30-1:00 Parish Hall**