



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

Eleanor Banya, RN
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 Vrchoticky, RN

Regular Meetings

Second Wednesday, 6:30 pm
Religious Education Bldg
Room #3

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.

Infectious Disease and Antibiotic Resistant "Super Bugs"



What do you think of when you hear the term "*infectious disease*"? Do you think it's something associated with nefarious people, dirty environments, and risky behavior. Well, perhaps, but make no mistake – you are at risk too.

"*Infectious disease*" (sometimes called "*communicable disease*") can be caused by common bacteria, viruses, fungi or parasites which are all around all of us. We might come in contact with them in some of the most mundane ways. For instance, any one of us could be exposed to such a disease while at school, work, church, or any other social function, and even in our own homes.

Weren't These Types of Diseases Common in the "Dark Ages"?

Well, yes they were – there was the black plague, the bubonic plague, and others that come to mind. And, while we're not talking about that level of infectious diseases here, what we're facing can

be pretty frightening as well. You'd think that in our modern world, what with all the new technology that surrounds us, we might be safer than those who lived in less "*enlightened*" times. But, conversely, sometimes our progress actually increases our risk.

How Can Progress Increase our Risk?

Over the last 50+ years there's been a marked increase in the use of antibiotics to treat any number of conditions. This has resulted in the growth of "*super-bugs*", viruses which are resistant to antibiotics.

Also, we are exposed to greater risk to both virus and bacteria in the sharing of new technology, e.g., cell phones, keyboards, computers, notebooks, reading devices; things we didn't share even 15 years ago.

Food preparation and distribution systems have also changed drastically over the years, which has greatly increased our risk of exposure.

What Can We Do To Make Ourselves Safe?

Here are some simple tips you can follow:

► **Cover your nose and mouth with a tissue** every time you cough or sneeze, and throw the used tissue in a wastebasket. If you don't have a tissue, sneeze or cough into your sleeve, not your hands.

► **Wash your hands often**, especially after coughing, sneezing or using the restroom. Use soap and warm water and rub your hands together for about 20 seconds, making sure to scrub all the surfaces. Rinse your hands under clean, running water and dry them with a paper towel. No soap and water available? Alcohol-based hand sanitizer can inactivate most germs.

Germ Farm



► **Practice safe food handling.** Most food poisoning is caused by bacteria, viruses and parasites, rather than toxic substances. Raw foods are the most common source of foodborne illnesses because they are not sterile. When food is cooked and left out for more than two hours at room temperature, bacteria can multiply quickly. Stay away from sponges in the kitchen; they can be the perfect breeding ground for disease-causing bacteria.

► **Get a flu shot.** A yearly flu vaccination is the single best way to lower your chances of getting the flu. If you get the vaccine but still get sick, the vaccine can make the bug milder.

► **Protect yourself in the workplace.** Avoid close contact with co-workers who are obviously ill, and if you're sick, stay home and keep your germs to yourself.

► **Keep your work areas clean.** You may be surprised to know that your office toilet is probably 400 times cleaner than your desk. You may eat at your desk, and if you do, those little crumbs that lodge between the keys of your computer keyboard will encourage the growth of bacteria and could attract mice, insects, and bugs. (Yecch!) You may not see them, but they will be there.

Even if you don't eat at your desk, your fingers come in contact with all kinds of germs over the course of a work day, and those germs end up on your phone, keyboard, and your work areas.

To stay healthy, keep your keyboard crumb-free, wash your hands with soap and water or alcohol-based hand sanitizer often — especially before you eat — and clean your entire work area regularly with disinfectant wipes.

► **Don't Share So Much.** And warn your kids about sharing too. I know this sounds counter to what we usually hear in church about sharing with our fellow man, but we're talking about germs and super bugs here.

Here are some things we should be cautious about sharing:

- cell phones, computers, keyboards, e-readers,
- ear buds, ear phones,
- water bottles,
- foods, utensils and cups,
- combs and hairbrushes,
- hats, caps, and hoodies.

So, feel free to share in all the spiritual ways that Jesus teaches and, to keep you and your family safe, share this newsletter with your family and friends.

Upcoming Health Ministry Events and Activities:

Sept 8—Blood Pressure Clinic
8:30 am—12:30 pm in the Parish Hall

Oct 2— Super Bug Workshop
Wednesday evening 6:30 pm
Religious Education Center, Rm 1

Oct 13—Blood Pressure Clinic
8:30 am—12:30 pm in the Parish Hall