
NEWS

LETTER

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Greetings from your Parish Nurse,
Given the fact that we are dealing more with the flu season and the new virus spread threat, is it safe to be flying on an airline? Given the high cost of changing plane tickets, many people fly even if they're sick. There are times when you should delay your trip—or abort takeoff altogether—because of medical complications that can result from the decreased air pressure and oxygen in a plane, along with other physiological stresses of flying. Some airlines may require a medical certificate from your doctor stating that it's safe for you to

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Mary Williams Monthly Update

fly if you have a medical condition or contagious disease that could lead to an in-flight illness or injury or significant risk to fellow passengers. Here are some basic guidelines for common conditions. Consult with your doctor at least one month before traveling if you've had any recent surgery, injury, or illness; have had or are at risk for blood clots; or have an unstable or chronic condition (heart or lung related). It is generally not advised to fly for about two weeks after a heart attack. If you have a recent electrocardiogram, carry a copy of it with you. If you have an implantable cardioverter-defibrillator or a pacemaker, remember to bring your related wallet identification card. As far as chronic lung disease who use oxygen, can fly with supplemental oxygen, though others, such as those with active pneumonia or unresolved pneumothorax (a collapsed lung), should not fly at all. For those folks who have had a recent stroke, you should consult your doctor to

assess your ability to fly safely. If you have had a history of blood clots in the past, this could put you at risk of an in-flight blood clot in a deep vein in the leg. Consult your doctor about ways to minimize your risk, such as taking frequent walks up and down the aisle. If you have a severe middle ear infection, an active sinus infection, nasal polyps, or recent nasal surgery, you shouldn't travel by air. If in doubt, see an ear, nose, and throat specialist to clear you for flying. When in doubt, consult your doctor just to be on the safe side. You can also contact the U.S. Transportation Security Administration (TSA) for policies for people with disabilities and medical conditions by calling 1-855-787-2227. For tips for travelers with disabilities, medical devices, and medical conditions, you can visit the TSA's website at www.tsa.gov/travel/special-procedures.

Blood Pressure Checks

I will be checking blood pressures March 7th & 8th at St. Ignatius and Holy Redeemer and on March 14th & 15th at St. Mary's. Note the dates.

Visits

If you would like a visit from Father or myself, leave a message at the office at 437-5348 for us. I can be reached at home by calling 437-4810 and leave me a message. When in the hospital let them know which Parish you belong to on admission otherwise we cannot find out through the hospital. If we know that you are in the hospital and ask for your name, they then can let us know which room you are in. We are still missing people in the hospital.

Health Tidbit.

When you cannot drive yourself to a doctor's appointment or even to the store there are more choices out there to help you. A recent study showed that more than 900 individual nonprofit rideshare services and three for-profit rideshare companies available for older adults in the United States. The rides weren't just for doctor or grocery store visits. Also appealing: about two-thirds of the rides were free and about a third of the services provided help in and out of the vehicle. Contact your local Area Agency on Aging (<https://www.health.harvard.edu/aaa>) to find groups that offer rides for older adults. In our

community, contact our senior center at 437-6902 for an RSVP driver or other avenues.

Community Free Meal in March.

We will be hosting and serving the Free Community Meal in March. We are planning on serving casseroles again plus desserts. We would like to try serving breakfast casseroles this time along with some of our most favorite ones. The date is March 17th. We will be placing a sign up board in the narthex with recipes and what help we will need. We will need help setting up the tables and chairs, serving the meal and clean up. We will be able to set up after 4:30pm. Serving time is from 5:30 till 6:30pm with clean up to follow. We accept donations of money to offset making the casseroles.

Food for Thought

We will be offering a couple of opportunities for reflection on different topics during Lent this year. Please consider signing up for a session on Sunday evening by calling Joe and Patsy Byrnes or call Thaddeus about the book sessions on Monday evenings. These are posted in our bulletin as to when they start. Remember:

- Be a student of life.
- In every new and difficult situation, ask yourself: What can I learn from this?

- The more you learn about God, the more you will learn about yourself.
- Most of life's most important lessons can only be learned outside of the classroom.

Come and spend time with fellow parishioners this Lent and give more time to God.