

## Open Letter to My Fellow Parishioners,

Last Saturday, I was at a conference. We had just had lunch and everyone was walking back to the church for another session. With no warning, a woman fell to the ground in cardiac arrest. Fortunately, there were several nurses near her who started CPR right away. I helped the woman from her church who was walking with her to go through her purse looking for any medical information, medication or an emergency contact. We found nothing.

Unfortunately, the woman later died at the hospital. The point I am making is that anyone can have a medical emergency at any time and be unable to tell others helpful information. If you have a medical condition, does anyone else know? Do you take any medicine? Do you have medication or food allergies? Do you have an implanted device, like a pacemaker or a defibrillator? Does anyone know who your doctor is? Do you keep this information in your purse or wallet? Do you have a medical alert tag to speak for you? Do you have an I.C.E. number in your cell phone? (This is the phone number that an emergency response worker would look for under "I" in your phone. It stands for **In Case of Emergency**). If called, this person should be able to tell health information about you when you can't.

**AND**, have you made a will? Does anyone know where it is? Have you told anyone your last wishes? Who knows what you want said in your obituary?

Take the time now to do these things. Like you and me, this woman left home never thinking she wouldn't return. I keep thinking about her poor family. Hopefully, they weren't left in their shock and grief to put the pieces together.

Janice Paige

*Would you like to learn how to help someone in a medical emergency? Are you interested in learning how to do CPR or use an Automatic Electronic Defibrillator (AED)? Are you willing to help a fellow parishioner in need? If so, please complete the form below and drop in the basket at the back of the church. You will be contacted.*

I am willing to help in a medical emergency.

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

I usually attend:      St. Athanasius Church                      St. Benedict's Church  
Saturday evening Mass      Sunday morning Mass                      Sunday evening Mass

Please complete the form below and place in your wallet or purse for emergency use to speak for you when you can't speak for yourself.

\_\_\_\_\_  
Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

In case of emergency, call: \_\_\_\_\_ Tel. No. \_\_\_\_\_

**I am Catholic. IN CASE OF A LIFE-THREATENING EMERGENCY, PLEASE CALL A PRIEST.**

My medical conditions are: \_\_\_\_\_

My Medications are: \_\_\_\_\_

I am allergic to: \_\_\_\_\_

My doctor is: \_\_\_\_\_ Tel. No. \_\_\_\_\_