

AUGUST

HEMECARE HERALD

CHRISTIAN
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August brings the last days of summer and the beginning of school for many students. This year I will be taking my last child to college. Who ever thought this day would finally come? Sometimes things seem like they will never really happen and then lo and behold, the time has arrived. As an adult, I think of time as being precious. Each minute is a gift. What am I supposed to do with this gift? I am to worship God with it. How do I do that? By making the world a better place to live in. How do I accomplish that? With love. Love is where it all begins and ends. Am I always successful? No, definitely not. That is where prayer comes in. I find myself asking, begging God, to help me be more like Him. To be a sign of His love to others. It is a constant struggle and I often fall short of the mark. Below is an excerpt I'd like to share with you from Grace for the Moment.

Time Slips By

As we get older, our vision should improve. Not our vision of earth, but our vision of heaven. Those who have spent their life looking for heaven gain a skip in their step as the city comes into view. After Michelangelo died, someone found in his studio a piece of paper on which he had written a note to his apprentice. In the handwriting of his old age the great artist wrote: "Draw, Antonio, draw, and do not waste time."

Well founded urgency, Michelangelo. Time slips. Days pass. Years fade. And life ends. And what we came to do must be done while there is time.

I pray that I am using the time God has allotted me well and in a fashion that is pleasing to Him.

In His Service, Chris

National Education Campaign Launched to Educate Older Adults about the "MUSTS" of Safe Medicine Use

The National Council on Patient Information and Education (NCPIE), a non-profit coalition of more than 100 organizations working to improve communication on the appropriate use of medicines, recently launched *Medication Use Safety Training for Seniors (MUST for Seniors)*, a national education awareness campaign to promote safe and appropriate medicine use among America's older adults.

Medicines are important therapeutic tools for living well in later life, but there are also risks, especially among older adults, who take more medicines than any other age group in the United States," said Ray Bullman, Executive Vice President, NCPIE. "The MUST for Seniors program encourages older adults and their caregivers to learn about the medicines they use, be active partners in their health care, and routinely talk about medicines with their healthcare providers."

Studies reveal that most older Americans live with at least one chronic condition (e.g., arthritis, heart disease, diabetes), take multiple medicines, consult several healthcare providers and use more than one pharmacy. The convergence of these factors, in addition to age-related changes that affect the way certain drugs work in the body, as well as important communication gaps about medicines between patients and their providers, sets the stage for potentially serious drug-related problems, including additional illness, hospitalization and even death.



MUST for Seniors is an interactive program designed to give older adults and caregivers the tools and information to avoid medication misuse, recognize and manage common side effects, and improve medicine use, knowledge, attitudes, and skills to avoid medication errors. Older adults and caregivers can attend a MUST for Seniors workshop in communities across the country or access the educational workshop materials online and download a variety of useful materials at www.mustforseniors.org.

A study in the September 10, 2007 issue of the *Archives of Internal Medicine* finds the number of serious injuries and deaths reported to the U.S. Food and Drug Administration from medicines more than doubled from 1998 to 2005, further underscoring the need for public education about safe medicine use. When taken as directed, medicines can treat or delay the onset or progression of many chronic conditions, and greatly improve patients' quality of life—an increasingly salient issue among the nation's aging baby boomers.

(From Caring Right at Home)



BIRTHDAY WISHES



Blessings on your special day!

MARGE KUHLMAN-AUGUST 5
JOSEPH GIBSON-AUGUST 15
VIRGINIA FUGGER-AUGUST 21
LEE THOMAS-AUGUST 27



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WHAT'S WRONG NOW?

My friend, an ex-Marine Aviator wanted to show off his new twin-engine plane. I was riding along as he put it through its paces. Suddenly, we were caught in a violent thunderstorm, with lightning crashing all around us.

Next, we lost the radio and most of the instruments.

As we were being tossed around in the sky, George said, "Uh-oh!" Fearing the worst, I asked, "What's wrong now?"

George replied, "I got the hiccups. Do something to scare me."

*Thanks to Pastor Tim for this joke!
<http://www.cybersalt.org/cleanlaugh>

