

HEALTH MINISTRY

Diane Haig

“Losing a Spouse or Parent” – You may be overwhelmed with grief, but these are notifications and legal steps that should not be postponed:

1. Make funeral and burial arrangements.
2. Obtain several copies of the death certificate.
3. Gather relevant documents such as the will; trusts, stock, bank account and annuity statements, and insurance policies.
4. Contact the Social Security Administration (if the deceased was an eligible recipient).
5. Send a notification and death certificate to the director of health services (if the deceased was a Medi-Cal recipient) within 90 days after the death.
6. Notify any life insurance companies of the death.
7. Contact the trustee of any trust and/or the attorney who prepared it.
8. Contact the executor of the will and/or the attorney who prepared it.
9. Call the administrator of the decedent’s pension plan.
10. Notify the decedent’s banks and financial institutions.
11. Contact credit card companies.
12. Be sure that insurance or Medicare claims have been processed before paying any medical bills.

Family Net Cable network will be offering an *educational program* starting in October, 2003. Frank Jordan of “Healthy, Wealthy & Wise” will have Dr. Jordan Rubin on his television show offering educational talks and advice.

Lutheran Health Ministries will kick-off its *Fall Health Festival* on Sunday, October 19. The Pastors from all (5) congregations will be preaching a similar sermon. Our Parish Nurse, Marcia Potter, will write part of the sermon. Our members will be asked to complete a health survey on that Sunday. The festival will go for (5) Sundays with various events offered at one of the LHMF churches and will culminate on November 26 at our Thanksgiving Eve worship service to be held at Salem. Please watch for more information in the bulletin.

Penny Power for July/August - \$36; YTD - \$172.50. Thanks for your support of the Parish Nurse ministry!