

HEALTH MINISTRY

Diane Haig

Storing Your Medication Properly: Outdated and improperly stored medication can be dangerous, and in some cases, deadly. Make it a habit to regularly clean out your medicine cabinet, at least once every six months.

1. Never store your medications in the bathroom, which is a haven for moisture. Moisture hastens the deterioration of medications.
2. Medications should be stored in a cool dry place, high up on a shelf and away from the light. Heat and light will also deteriorate medications. Never store medications in the car. Some medicines may need to be refrigerated. Ask your pharmacist how to properly store your medicines.
3. Check the expiration dates on all prescription and non-prescription medications. Time will also deteriorate them. Certain drugs, such as tetracycline, become toxic compounds past their expiration date. Most drugs will lose their potency, so it's best not to take them past their expiration date.
4. Dispose of old medications properly. Throw them in the trash, stored in childproof containers and/or sealed plastic bags. DO NOT flush medicines down the toilet - remnants of the medicines may seep into the water supply.

Health Ministry News: The **Chair Massage Therapy** is schedule for the second Sunday – March 14. If you are interested in learning more about chair massage or want to sign-up, call Diane in the church office or Mark Carvalho 909/681-5465. The massage program is “helping people help themselves.”

LHMF “5K Walk” Update: Approximately \$6,000 has been raised for Lutheran Health Ministries! We thank everybody who supported this fundraiser. It was a great event!

LHMF Receives Grant from the ELCA Foundation: \$27,000 grant from the Berge (Child Welfare) Mission Endowment Fund was received to start an Intergenerational Mentoring: A Church and School Partnership Ministry. We are thankful for this grant and for our church/school partnership within LHMF and the ELCA Foundation.

SEEKING PROGRAM COORDINATOR: Need to fill immediate part-time (16 hr/wk) Program Coordinator for Lutheran Health Ministries of the Foothills. LHMF has been awarded a grant to further develop an Intergenerational Ministry, a partnership between church and school. Successful candidate will have 3-5 years of academic or teaching experience and some project management. Will report to Program Administrator. Must be computer literate with good Internet and email skills; effective oral and written English; multi-tasking, interpersonal skills which are appropriate and necessary to work across age, ethnicity and functions; able to make decisions based on expected goals and objectives; can gather input from others who are affected by decisions and can structure a work plan. Work environment is within the PreK-6th grade levels in the school. Coordinator responsibilities will be to recruit volunteer elder-mentors from congregations, set-up and coordinate volunteer training, facilitate weekly and monthly schedules, assist with communications between participating schools and agencies, write basic reports, interface with teachers, volunteers and staff, assist Project Team with structuring the curriculum, and assist with activities that help to grow relationships between school age children and older adults in the churches, school families and members of the community. Position is grant dependent. **To apply, please email current resume/credentials with cover letter to: Salem_Nurse@yahoo.com. Faxed resumes accepted to the attention of: Marcia Potter, RN, Parish Nurse and Program Director.**