



Medication Lists

No matter what your age or health condition, if you take any medications (prescription or over the counter) it is important to have a current medication list that you carry with you in the event of an emergency as well as for your routine checkups with your family physician or any specialist that you see.

1. Know your medications:

- ✓ Prescription medications, including pills, liquids, injectables, inhalers, ear/eye/nose drops, medicated patches, creams, ointments, suppositories
- ✓ Over the counter drugs such as allergy medications, cough and cold medications, laxatives, pain relievers, antacids
- ✓ Vitamins, minerals, supplements, herbals, homeopathic medications, traditional medicines
- ✓ Medication samples



You should know the following about the medications you are taking:

WHAT? What are you taking (the name of the medications) and the dosage?

WHY? Why are you taking them (what condition or diagnosis do you have)?

WHEN? When should you take them (morning, evening, how many times a day?) How long are you supposed to continue taking them?

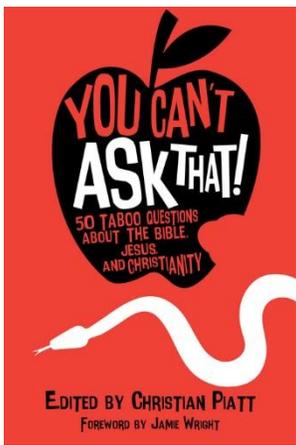
HOW?

- × Do they need to be taken with food or on an empty stomach?
- × Are they safe to use with the other medications you are taking (including non-prescription)?
- × Are there any foods/beverages (such as milk, grapefruit, alcohol) that you need to avoid while taking these medications?
- × Is it safe to operate equipment or drive after you take them?
- × What are some common side effects to watch out for?

2. Record your medications: It's important to have a medication list that describes all the medications you are taking. Keep your record in a place that is easily seen and is close to your medications and carry a list in your purse or wallet. You may wish to have a family member also have your current list.

3. Regularly review and update your medication list. Each and every time you visit with your physician or pharmacist, be sure to have your list with you. Before you leave your appointment, make sure you can answer "yes" to each of these questions:

- Have I discussed each one of my medications?
- Do I understand the instructions on how and when to take them?
- Do I know why and for how long I should take each medication?
- Do I have an updated medication list?
- Do I know how to get help if I have questions or concerns about my medications?



Prairie Faith Fall Bible Study begins on Tuesday, September 13, 2022 at 6:30 p.m. at Bethlehem in the library and will run through mid-December. Pastor Jon will lead the discussion, loosely based on the book **“You Can’t Ask That! 50 Taboo Questions About the Bible, Jesus and Christianity.”** It’s not necessary to purchase the book; a question list will be provided, and each week new questions will be selected by those who are in attendance that evening. Examples of questions include: *“How do we reconcile the Old Testament command for vengeance (eye for an eye) with Jesus’ command to turn the other cheek and love our enemies?”* *“What happened during the ‘missing years’ of Jesus’ life, unaccounted for in the Bible?”* *“If all Christians basically believe the same thing, why do they have so many different denominations? And if there are so many denominations struggling to survive, why don’t they just combine with other ones?”* *“Is the Christian God the same God as the God of Islam and*

Judaism? If not, what’s the difference? If so, why have three separate religions?” Or bring your own questions!! Feel free to bring a friend—a person does not need to be a Lutheran to attend!

Being with a friend in great pain is not easy. It makes us uncomfortable. We do not know what to do or what to say, and we worry about how to respond to what we hear. Our temptation is to say things that come more out of our own fear than out of our care for the person in pain. Sometimes we say things like ‘Well, you’re doing a lot better than yesterday,’ or ‘You will soon be your old self again,’ or ‘I’m sure you will get over this.’ But often we know that what we’re saying is not true, and our friends know it too.

We do not have to play games with each other. We can simply say: ‘I am your friend, I am happy to be with you.’ We can say that in words or with touch or with loving silence. Sometimes it is good to say: ‘You don’t have to talk. Just close your eyes. I am here with you, thinking of you, praying for you, loving you.’



By Henri J.M. Nouwen



Our Father, each day is a little life, each night a tiny death; help us to live with faith and hope and love. Lift our duty above drudgery; let not our strength fail, or the vision fade, in the heat and burden of the day. O God, make us patient and pitiful one with another in the fret and jar of life, remembering that each fights a hard fight and walks a lonely way.

Forgive us, O Lord, if we hurt our fellow souls; teach us a gentler tone, a sweeter charity of words, and a more healing touch. Sustain us, O God, when we must face sorrow; give us courage for the day and hope for the morrow. Day unto day may we lay hold of Thy hand and look up into Thy face, whatever befall, until our work is finished and the day is done. In His name we pray. Amen.

Prayer of Joseph Fort Newton (1876-1950)



(Source: For All the Saints-A Prayer Book for and By the Church)



The parish nurse ministry serves the community, regardless of any church affiliation. Feel free to call or email to: schedule a confidential appointment to discuss your health/wellness questions, schedule transportation to a medical/dental/counseling appointment if you need a ride, request a prayer shawl for someone in the community going through a difficult time, locate community health resources, request other parish nurse work, or discuss your ideas for the health ministry! 😊

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785-769-4731 (leave a message, please)