



Health Notes...

File Of Life!!

The Rochester Servant Event volunteers took approximately 70 "Blessings Baskets" to homes this past week. Several baskets included a **FILE OF LIFE** packet. The Health Cabinet has provided these packets for our members. If you did not receive one, contact Jan Dicke, 507-358-4751, or Kathy Zarling, 507-398-7036, Parish Nurses.

The FILE OF LIFE is a personal medical home file, which is prepared for emergency first responders. The FILE OF LIFE means faster help for citizens in emergencies. The FILE OF LIFE has the medical history and medications the individual is on so treatment can begin at once. It also has important information of your family members who you want to be notified in an emergency—it will also give the name of your church.

The FOL has a magnet, which can be attached to the refrigerator for quick access. It can be taken with you when going to your health care provider as a reference to the names of medications that you are taking. If you become unconscious, it will be available with your Driver's License.

"The File Of Life saved a lot of time when my husband had his heart attack!" This is a quote from a member who had completed File Of Life on their refrigerator!

The information should be checked every 6 months to be certain current information is available. If the packet or the information inside is worn, you are welcome to pick up a replacement packet.