



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Caring For Yourself: A Gift To Those You Love

- Keep your immunizations up-to-date.
- Obtain a Medical ID for Caregivers. If you were hurt and could not speak, who would know to help your loved one? If you were wearing a specially designed “I am a family caregiver” bracelet, pendant or dog tag, the answer is EVERYONE. American Medical ID and the National Family Caregivers Association are partnering to promote the use of medical identification jewelry for family caregivers because it provides freedom for caregivers who want confidence that their family member's health will be attended to in the event they are unable to do so.
<http://www.americanmedical-id.com/extras/nfca.php>
- Register for/Search the **Safe and Well Listings** provided by the American Red Cross. Disasters often make it difficult to stay in touch with loved ones. The [Safe and Well website](#) is a central location for people in disaster areas in the United States to register their current status, and for their loved ones to access that information. It helps provide displaced families with relief and comfort during a stressful time. [Safe and Well](#) is available 24 hours a day, 365 days a year and is accessible in both English and Spanish. Check it out at:
<http://www.redcross.org/find-help/contact-family/register-safe-listing>
- Remember, it is important every day, even in the midst of chaos, to take a moment to breathe deeply. Breathe in God's love and comfort for you. Breathe out your love and peace into the world.

“If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath—our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us.” Wayne Mueller

Thank you, Family Caregivers, for all you do!