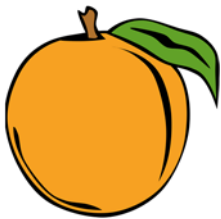
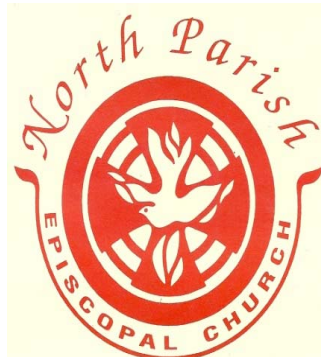
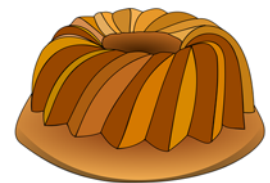


**NORTH PARISH
NEWSLETTER
JULY &
AUGUST 2019**

**THRU THE HANDS OF GOD -
ONE HAND HELPING ANOTHER
(NORTH PARISH'S MISSION STATEMENT)**



**NORTH PARISH
PEACH FESTIVAL
Wednesday, August 21st**



**St. John's Episcopal Church
13th & Market Streets
Ashland, PA
6:00 p.m. – 8:00 p.m.
Tickets - \$5.00**



**Come enjoy peaches, ice cream, baked good and a beverage.
Eat in or take outs available.
For tickets, see Bonnie Hynoski, Lois Hewes
or call the church office at 570-429-7107.**



**Volunteers are needed to set up, bake treats, to sell tickets and to clean up.
If you cannot make a baked good, monetary donations would be greatly appreciated
to offset the cost of the peaches.**

**If you can help set up and peel peaches, please arrive at the church the day of the festival by 9:00
a.m. Baked goods can be dropped off at that time. If you can help that evening, please arrive by
4:30 p.m.**



SAVE THE DATE



**ASHLAND PIONEER DAY – AUGUST 17, 2019 – 10 AM – 5PM
Higher-Ups Park, Ashland PA**

**There will be food booths, craft vendors, coal mine tours and steam train rides.
This is a great community, family friendly event and North Parish will be
participating – Watch your bulletins for more information.**



JULY MEMORIALS

WINE AND WAFERS: In memory of Alfred D. Roberts, Jr. and his birthday by Bob & Kay Ann Kalbach.
In memory of Raymond Umlauf by Susan Noble and Family.

BULLETINS: In memory of Betty Noble by the Hynoski Family.

SANCTUARY CANDLES: In memory of Beverly Hess by Carol Jones.
In memory of Edith Hoffman by the Ulceski and Strunk Families.
In memory of Ann Hesse by Roland Price and Mary Makely.

JULY/AUGUST NEWSLETTER: In memory of John and Anna Umlauf by the Umlauf Family.

AUGUST MEMORIALS



WINE AND WAFERS: In memory of George and Naomi Amour by Carol Jones.
In memory of Helen Weber, Florence and Charles W. Weber by Wayne Weber.

BULLETINS: In memory of Donald Milton Lippincott by Diane Waldner Lippincott.
In memory of Rose Mary and Charles A. Weber by Wayne Weber.

SANCTUARY CANDLES: In memory of Anna Mae Krebs by Bob and Kay Ann Kalbach.
In memory of Cole Joshua Lauver by the Hynoski Family.
In memory of Dale and Harry Weber by Wayne Weber.

JULY/AUGUST NEWSLETTER: In memory of John and Anna Umlauf by the Umlauf Family.



2019 MEMORIALS AVAILABLE:

Bulletins: September

Newsletters – September/October; November/December

If you are interested in memorials please contact the church office by phone (570-429-7107) or send a note to the church secretary:

Shannon Mozdy, North Parish, P.O. Box 487, Frackville, PA 17931 OR

You can also give your memorials to your church treasurer:

Holy Apostles – Marsha Dudash, St. John's – Elaine Ulceski

The donations for monthly memorials are as follows:

Wine & Wafers - \$10.00; Bulletins - \$10.00; Newsletters - \$10.00; Sanctuary Candle - \$5.00



Fred Rabbits
Alfred Roberts
Bob Shannon
Charlotte Smith
James Spieles, Jr.
Judith Wright

VESTRY MEETING – Saturday, August 10th
10:00 a.m. – St. John's, Ashland



K D S S \ # E I J W K G D \ #

JULY BIRTHDAYS

1 – Joseph Scheuren
4 – Judy Fishburn
Abbey Javid
6 – Lillian Dailey
Russell Leshner
9 – Gerry Salata

13 – Lauren Snyder
14 – Abrahm Scanlan
15 – Laura Goodman Jenkins
20 – Holly Frantz
21 – Dylan Harkins
22 – Mackenzie Androshick

23 – Zachary Leshner
Susan Noble
Joshua Scheuren
27 – Stephen Hynoski
Hannah Lippincott
29 – Diane Waldner Lippincott

AUGUST BIRTHDAYS



1 – Anthony Javid
3 – Enrique Ortiz, III
4 – Nancy Davis
9 – Sally Leibig
10 – Robert Davis
15 – Benjamin Hynoski

16 – Amanda Marie Jacobs
18 – Lois Hewes
20 – Matthew Foerster
21 – Roland Price, Jr.
Earl Donatti
24 – Ann Hanson

24 - Jack Dudash
26 – Taryn Harris
29 – Darren McGlone
31 – Peter Umlauf

If your birthday is listed incorrectly or it is not included on the birthday list, please notify the church office. Thank you.



All articles for the SEPTEMBER/OCTOBER NEWSLETTER should be submitted to our Parish Secretary, Shannon no later than Wednesday, August 7th. Volunteers are needed on Thursday, August 21st at 1:30 p.m. at Holy Apostles, St. Clair to help fold the newsletter.



THANK YOU to the family of the late Bob Jones, Sr. for preparing such a delicious Mother's Day breakfast. Good food and fellowship was enjoyed by those who were able to attend. Thank you!

THANK YOU to everyone who volunteered their time, gave donations, baked treats, purchased tickets or helped in any way at our Strawberry Festival. The profit will be available in the church bulletin soon.

MARCH 2019 FINANCIAL REPORT

North Parish Receipts

General Account		
	March	\$ 5,607.00
Year to Date Gen. Receipts		\$ 10,172.27
Transfer in from M&I		\$ 5,000.00
Transfer M&I Year to Date		\$ 10,000.00

M&I Account

	March	\$ 1,338.86
Year to date		\$ 1,540.80

Memorial Account

	March	\$ 1.00
Year to date		\$ 22.90

Balances

General Account	\$ 4,894.29
M&I Account	\$ 38,257.71
Memorial Fund	\$ 11,796.12



Temp. Restricted Fund

North Parish Receipts

General Account		
	April	\$ 3,823.00
Year to Date Gen. Receipts		\$ 13,995.27
Transfer in from M&I		\$ 3,000.00
Transfer M&I Year to Date		\$ 13,000.00

M&I Account

	April	\$ 1,110.91
Year to date		\$ 2,651.71

Memorial Account

	April	\$.97
Year to date		\$ 23.87

Balances

General Account	\$ 5,523.71
M&I Account	\$ 36,368.62
Memorial Fund	\$ 11,797.09

Temp. Restricted Fund



APRIL 2019 FINANCIAL REPORT

North Parish Disbursements

General Account		
	March	\$ 7,465.89
Year to Date Exp.		\$ 50,485.24

M&I Account

	March	\$ 5,000.00
Year to date		\$ 10,000.00

Memorial Account

	March	\$ -
Year to date		\$ -

North Parish Disbursements

General Account		
	April	\$ 7,193.58
Year to Date Exp.		\$ 57,678.82

M&I Account

	April	\$ 3,000.00
Year to date		\$ 13,000.00

Memorial Account

	April	\$ -
Year to date		\$ -

SUNDAY SERVICES:

St. John's Episcopal Church

Market & 13th Streets

Ashland, PA 17921

Sunday Service: 9:00 a.m.

Coffee Hour following service



Holy Apostles' Episcopal Church

307 E. Hancock Street

St. Clair, PA 179701

Sunday Service: 11:00 a.m.

Children's Sunday school: 11:00 a.m.

Please note there will be NO services at any of the Episcopal Parishes in Schuylkill County on July 21st due to the Annual Outdoor Worship and Picnic at the Pavilion on the Island Park, Schuylkill Haven, PA.

NEWS FROM MARION C. PRICE TRUST FUND

Postural Hypotension or orthostatic hypotension is a form of low blood pressure that causes lightheadedness or dizziness when you stand up from sitting or lying down or straining on the toilet. Other symptoms include: blurry vision, weakness, confusion, nausea and fainting. Symptoms usually last less than a few minutes.

Orthostatic hypotension is usually caused by dehydration, low blood sugar, being overheated or lengthy bed rest as well as medications such as diuretics, antidepressants or medicines to lower your blood pressure.

Frequent orthostatic hypotension can be a signal for serious problems, such as:

- Dehydration-Fever, vomiting, not drinking enough fluids, severe diarrhea and strenuous exercise with excessive sweating can all lead to dehydration, which decreases blood volume.
- Heart problems-Some heart conditions that can lead to low blood pressure include extremely low heart rate, heart valve problems, heart attack and heart failure. These conditions prevent your body from responding rapidly enough to pump more blood when standing up.
- Endocrine problems-Thyroid conditions and diabetes damages the nerves that help send signals regulating blood pressure.
- Nervous system disorders-Parkinson's disease can disrupt your body's normal blood pressure regulation system.

It is important to tell your health care provider about any episodes of lightheadedness or dizziness that you experience. Persistent orthostatic hypotension can cause serious complications, especially in older adults. These include:

- Falls. Falling down is a common complication in people with orthostatic hypotension.
- Stroke. The swings in blood pressure when you stand and sit as a result of orthostatic hypotension can be a risk factor for a stroke due to the reduced blood supply to the brain.
- Cardiovascular diseases. Orthostatic hypotension can be a risk factor for cardiovascular diseases and complications, such as chest pain, heart failure or heart rhythm problems.

What can you do to manage your orthostatic hypotension?

- Do not stop taking any of your medication without first discussing with your health care provider.
- Keep a record of your symptoms, when they occur, how long they last and what you are doing at the time to report to your health care provider.
- Get out of bed slowly. First sit up on the side of the bed, then stand up.
- Take your time when changing position, such as when getting up from a chair.
- Make sure you have something to hold on to when you stand up. Do not walk if you feel dizzy.
- Drink 6-8 glasses of water or low-calorie drinks each day – unless you have been told to limit your fluid intake.
- Avoid very hot baths or showers.
- Try sleeping with extra pillows to raise your head.

Falls- Every second of every day, an older adult falls. Many of these falls cause injuries, loss of independence and in some cases, death. Falls can be prevented. Tell a health care provider immediately if you have fallen or if you are worried about falling or seem unsteady. Take the following steps to prevent falls:

- Keep an updated list of your medications, including over-the-counter medications and supplements.
- Have your eyes checked by an eye doctor at least once a year. Replace eye glasses as necessary.
- Have your health care provider check your feet once a year. Discuss proper footwear.
- Keep floors clutter-free. Keep objects off the steps. Coil or tape cords and wires next to the wall. Remove small throw rugs.
- Add grab bars in the bathroom-next to and inside the tub and next to the toilet.
- Have handrails on both sides of staircases. Have a light switch installed at the top and bottom of the stairs.
- Never use a chair or step stool. Keep things you use often on the lower shelves.
- Put in a night light. Some nightlights go on by themselves after dark.

Walking- If you have decided it is time to start walking for health, fitness and weight loss, you've already taken the first step. Walking is an effective, natural way to achieve the daily physical activity amount recommended for weight management and good health, but you need to know the rules of thumb of pedestrian safety:

- Walk facing traffic when walking on the side of the road.
- Cross safely – look both ways before crossing any street. At controlled intersections, it is wise to cross only when you have the pedestrian crossing light.
- Unless you are on a sidewalk separated from the road or in a wide pedestrian or bike lane, walk in single file, this is especially important on a road with curves or where traffic has only a split second chance of seeing you before hitting you.
- Share the road or path with bikes and runners.
- Wear bright colors when walking in the daylight and reflective or light-colored clothing at night.
- Do not text, chat or play games on your phone when walking. Keep the volume down when listening to music with your earbuds or headphones.
- Be aware of stranger danger. Choose your walking path frequented by other walkers, joggers or runners. If you see someone suspicious, be prepared to alter your route or go into a store or public building to avoid them. Carry your cell phone.
- Know when to stop walking. Heat sickness, dehydration, heart attack or stroke can strike walkers of any age. Stop immediately and call 911 with any signs of a medical emergency.

Dear Members of North Parish,

On behalf of the Marion C. Price Trust Fund and myself I would like to thank you for your very generous donation of \$300.00. We appreciate your continued support for the Marion Price C. Price Trust Fund and the Parish Nurse Program.

Sincerely,

Kathy Burda

R.N./Parish Nurse - Admin. MPTF