

Soaring Through Setbacks Monthly Newsletter

Words of motivation and inspiration featuring Cheryl Perlitz



MAY 2007

Hi to all of my newsletter friends,

Life is always changing - of that I am sure.

We can anticipate and prepare for some of those life altering changes, but how can we be ready for the unexpected ones?

In this newsletter I will address some simple things we can AND MUST do to help ourselves if disaster strikes, and we end up in a crisis medical situation unable to speak for ourselves.

In addition, I have included some fun and easy survival tips using your cell phone as a life preserver.

I hope you all are enjoying the sun, breeze, and beauty of rebirth that spring brings.

Love,
Cheryl

An important survival tip - the little card that may save your life



At the very beginning of the book [The Road Less Traveled](#), author M. Scott Peck makes this simple statement: 'life is difficult'.

I'll say it is. It's not only difficult, it's unpredictable. Those difficulties often present themselves as sudden unpredictable changes that alter our lives in a split second - health problems, death of a family member, financial crises, relationship problems, and car accidents, just to name a few.

We have no way of anticipating some of these changes, but we can prepare ourselves so that when they happen, we at least have a fighting chance of survival. We owe it to our loved ones and friends to do what we can.

I learned an important survival tool from an old high school friend whose life changed drastically in a split second when the car he was traveling in was hit by a truck. Gordy was unconscious,

and near death. The others with him were injured and unable to speak for him.

In his wallet he carried a small green card that proved to be his lifesaver. On this card was his complete medical history, including his doctor's name and telephone number, family contact information and medications he was taking. ER doctors stated that this small card saved his life. They were able to contact his doctor immediately while they were treating him and contact his wife within minutes.

What a simple thing - just a piece of paper.

I don't know about you, but this is just the kind of thing I say I will do, but never quite get around to it. Maybe deep down inside I don't think it will happen to me, or maybe I get a little too busy doing things I think are more important. In my head I have always said that my driver's license is quite enough, but it isn't.

Why not take a few minutes now to save precious seconds later?

WHAT THE CARD LOOKS LIKE. This card should be the size of a credit card with some color on it so it stands out. It must contain a list of your medications, your blood type, list of any medical issues, physicians phone number and phone number of relatives. It's not a bad idea to laminate it and make sure that it is updated as your situation changes.

*Include all medications. If you are on blood thinners, high blood pressure medication, drugs to treat allergies, or any other medications - say so. Those medications could affect your medical condition, and may react with what they want to give you. That information may also help the physicians to make a diagnosis.

*Include any medical conditions you have. Don't forget to mention diabetes, heart conditions, or any other ongoing physical condition. If you are pregnant, say so.

*Include any 'false parts'. If you have knee or hip replacements, a pace maker or a glass eye, mention it.

*Don't be reluctant to include information that you are embarrassed about. For example, if you are on antidepressants, or have an addiction, say so.

*Don't forget to include allergies of any kind. Medical personnel know what is clinically significant just by looking at you, but they don't necessarily know if you will react to medications you may be allergic to unless you tell them.

*Include past surgeries. If you are recuperating from surgery or have had surgery in the past few years, include it.

*Include phone numbers of any doctors, or hospitals that can offer important information.

*Especially include current contact numbers and addresses of relatives or friends that need to be notified.

*Include your blood type.

*Include insurance information.

[Click on this link](#) to get an emergency card you can simply fill out, print, fold in half and put in your wallet.

Great cell phone emergency tips



* Cell phone emergency numbers

The Emergency Number worldwide for Mobile is 112.

If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you. Interestingly this number 112 can be dialed even if the keypad is locked. Try it out.

* Use your cell phone to unlock your car (I tried this and it really works)

Does your car have remote keyless entry? This may come in handy someday. Good reason to own a cell phone. If you lock your keys in the car and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. It saves someone from having to drive your keys to you.

Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other "remote" for your car, you can unlock the doors (or the trunk).

* Use hidden cell phone battery power

Imagine your cell battery is very low. To activate, press the keys *3370#. Your cell will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you charge your cell next time.

*How to disable a stolen phone

To check your Mobile phone's serial number, key in the following digits on your phone: * # 0 6 #. A 15 digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. If your phone is stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. NOTE: Verizon does not use SIM cards. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either.

* How to get information numbers free

Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when

they don't have to. Most of us carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial: (800) FREE 411, or (800) 373-3411 without incurring any charge at all. Program this into your cell phone now.

Update on the Haiti project

THANKS to all of you who have sent donation checks for purchase of vitamins for Doug's Haiti kids. I have purchased vitamins, and betadine packets and sent them to Father Paul, who is the program coordinator. He will hand carry them to Haiti on his monthly visits, and divvy some up to others who are visiting there with him. (it is unsafe and impractical to send anything there, so they need to be hand delivered). By mail, you will receive a tax donation form with the amount of your donation from Father Paul.



THANKS AGAIN - Your donations are always welcome and appreciated!

Please send donation checks to Cheryl Perlitz - 131 Rutgers Ct. - Glenview, IL 60026



Quote of the Month

"It is better to be prepared for an opportunity and not have one, than to have an opportunity and not be prepared"
Whitney Young

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