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# How to Protect our Families in American Healthcare

## By Chaplain Paul Vescio

These are some basic health care tips that I have learned the hard way over the years. I pray that what I share here will in some way help to prevent the heartache, sadness and pain that my family had to go through in having to deal with these countries broken health care system.

Be positive all the time around your loved one's who is suffering in a hospital or nursing home or care center. Do not allow doctors, nurses or staff to say anything negative about your loved one's medical condition in front of them. Speak only positive words do not complain or argue in front of your loved one. The word of God teaches that by our faith we are healed, the mind has incredible healing power and when positive suggestion, thoughts, prayer, comfort and love are applied there lies in some cases great physical healing and in most cases Spiritual healing, inner peace and comfort. Make it very clear to doctors, nurses and staff they are not to talk about your loved one's medical condition in front of them unless it is positive news and positive words of encouragement...

### 1 Corinthians Chapter 13 Love

Be your loved one's medical advocate monitor what drugs they are being given, how much and when. All too often our loved ones are loaded up with anti-depressants, psych medications and other drugs in order to keep our loved one's calm and docile, unless your love one is freaking out they do not need that stuff. What they do need is compassionate, affordable, safe, excellent, high quality, proper medical care plus fresh air, good company, prayer, the word of God, exercise, physical therapy, good healthy food and lots of love...

Make a Medical Journal to write down as much of your loved one's medical care, treatments and medications as you can. This way if mistakes

are made you have a written record to keep track of and cross check things. If your loved one is in a coma or semi coma or at risk of falling out of bed tell medical staff to place mattresses on the floor on each side of the bed and to check often when family members are not there so has to make sure that your loved one has not fallen out of bed.

1 If your loved one is placed in a group home make sure that the food that they are serving is healthy many group homes cut cost by serving residents, cheap, unhealthy foods.

2 When placing your loved one in a group home or assisted living center make sure that the staff are big enough and strong enough to lift up your loved one if they take a fall. All too often the staff at night is limited and are not physically able to lift a heavy person back up after the person has fallen. The group home or care center has to call the fire department to come and help lift your loved one back up and that takes time.

3 If your loved one suffers from dizziness or has trouble keeping their balance or has problems standing or walking etc then demand that every time that your loved one has to go to the bathroom for any reason that they have assistance to help them keep their balance most people who are older with health problems fall in the bathroom and wind up breaking a hip or other bones and die from those injuries.

4 Have Medical Directives, Power of Attorney, Medical Power of Attorney a Will and or a Living Revocable Trust drawn up in order to protect your loved ones and your family from having to go through a lot of grief... Google these things and learn how to follow through with creating these important documents...

5 Proverbs 3:5-6

6 Play Christian music in your loved one's room this helps to create a positive atmosphere in the room, Have positive programs on the TV this also helps in creating a positive atmosphere in their room... Lets face it having shows that show people fighting and arguing creates negative energy, it's a very simple law of nature that negative energy disrupts and kills life while positive energy helps to enhance and gives life... John 14:27

Prayer and sharing the word of God is very healthy and it brings about inner peace....Read the Word of God and share it with love its that simple

don't argue over it just enjoy it together as a family... Amen Also please pray for medical staff, nurses and Dr.'s pray that they administer care with all of the fruits of the Spirit in a loving, caring, compassionate manner, offer them prayer, they are only human too and it really makes a big difference when we show them appreciation, and the compassion and the love of Christ each day... 2 Corinthians 1:3-7

1 Know your body and know your illness do not go into America's health care system like a naive little child, America's health care is built on profit and greed as soon as you or your loved ones enter the hospital the primary care physician will most likely order a series of tests performed by an army of specialists, my advice is be selective, be smart, be careful, again know your body and know your illness you have the right to refuse any treatments or tests... Their argument is better safe than sorry, I say if we are educated, we are an equal and if not we are victims... Psalms 23

2 If your family gets stuck with high out of pocket medical costs then when discharged from the hospital get a copy of your complete hospital bill, then search online for a highly experienced Patient's Advocate near you, Patient Advocates will scan through your entire hospital bill with a fine tooth comb and find all the overcharges so you will not have to pay them... Let's say you are stuck with \$10000 dollars in out of pocket costs, a good Patient's Advocate will find the overcharges let's say those over charges amount to \$2000 dollars than by law you do not have to pay for any over charges that they find. Patient Advocates will charge a fee of around \$250.00 or more, or they will charge a percentage of the total charges that they save you. Hospitals add over charges to your bill, no one checks because insurance picks up most of the bill, That's The Great American Health Care Machine at work.

3 Again, I cannot stress enough the importance of journaling your loved one's medical care. All too often patients are over medicated, or they are given the wrong medications, or given the right medications to close together or at the wrong time causing adverse reactions. Knowing what medications your loved one is being given, how much and when can save their lives if staff makes a mistake.

4 When placing your loved one in a nursing home, or rehab or group home it is very important to make sure that there are enough staff scheduled day

and night to prevent other residents from coming into your loved one's room and disturbing them. Psalms 91

Remember if we are educated, we are equals and if not we are victims.

Philippians 4: 6-7 Be anxious for nothing but in everything by prayer and supplication with thanksgiving let your request be known to God; and the peace of God which surpasses all understanding will guard your hearts and minds through Christ Yeshua, ( Jesus)...Amen

1 The company of a loving, caring, compassionate friend or family member is very comforting when confined to a hospital or care center. In the Book of Job we read that after Job lost everything his three friends sat with him without speaking a single word for seven days and seven nights. Sometimes someone just being there means the most to us when we are suffering. JOB 2:11-13

2 Wash hands often and do not pick up anything with your bare hands if it falls on the floor, wear gloves, wipe down room often, wipe down anything that falls on the floor that you intend to keep. Place disposable cloths and wipes in your loved one's room for you to use in order to keep the room clean and to help prevent infection. Do not visit a care center, hospital, rehab, nursing home, Hospice etc. if you are sick, even having a small cold can be fatal to patients who are suffering with respiratory illnesses ... Demand that Doctors, Nurses and Staff disinfect their hands before entering into your loved one's room.

1 James 5:13-16 Is anyone among you suffering? Let them pray. Is anyone cheerful let them sing psalms. Is anyone among you sick? Let them call for the elders of the church and let them pray over them. Anointing them with oil in the name of the Lord. And the prayer of faith will save the sick and the Lord will raise them up and if they have committed sins they will be

forgiven. Confess your trespasses to one another that you may be healed.  
The effective fervent prayer of a righteous man avails much.

### Isaiah 41:10

Fear not for I am with you, be not dismayed for  
I am your God. I will strengthen you, Yes, I will help  
You, I will uphold you with My righteous right hand...

Proverbs 3:5-6 Trust in the Lord with all your heart, lean not on your  
own understanding in all your ways acknowledge Him and He shall  
direct your paths.

John 14:27 Peace I leave with you, My peace I give to you not as the  
world gives do I give to you, let not your heart be troubled neither let it  
be afraid.

Thank You Abba Father for always being there for our family, Thank You  
Holy Spirit for guiding us through the darkness and helping to lead us  
safely into the light. Thank You Christ Yeshua for Your forgiveness and  
Love in helping us to grow and to cope as we walk with You on the path  
of life. Thank You God for without you we are equated as nothing.  
Thank You for our salvation and our family and the love we share and  
Thank You for always being there. In Christ Yeshua's Holy Name I  
pray...Amen Love Paul

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## LaTribuna Christian Publishing Announces Christian Visitation Through Skype For Care Center Patients.

LaTribuna Christian Publishing CEO Chaplain Paul Vescio is quoted saying, “I look forward in being able to visit with the patients online through Skype. This is a true blessing to be able to visit the patients where I serve as a Volunteer Community Chaplain. Because of the corona virus outbreak all Clergy, volunteers and all family members who were visiting the patients are now locked out. Being able to visit online will help in lifting up the patient’s day and will be an absolute blessing for all those who participate in this program.”

LaTribuna Christian Publishing supports volunteerism in reaching out in helping others. During this very difficult time in our nation’s history we at LaTribuna Christian Publishing recognize the importance of helping others.

Chaplain Paul was also quoted saying, “Being able to see the patients through apps like Skype is very effective in sharing the word of God with others. A video visit is the closest thing to a real in person visit we can get. Patients need four key elements in achieving good health and in maintaining good mental health. People need good physical care, good loving care, good spiritual care and they need to eat a healthy diet with proper exercise. If one or two of these important elements are missing from a patient’s healthcare, then the patient suffers greatly. The Bible teaches us to treat others as we ourselves would want to be treated and to love thy neighbor as thy self. I can think of no better way of putting this important teaching into practice than to reach out to those around us and lend a helping hand.”

The Health and Science Journal. Family has a significant role in hospital treatment of patients since it can provide effective psychological and emotional support to patients undergoing treatment in a hospital. Additionally, the above role of family is not only significant for adults but also for children and pregnant women, who need their husbands during their childbirth. Consequently, the medical and nursing staff needs to maintain a continuous contact with parents and relatives of patients and provide them with the appropriate information concerning the condition of their patient and the progress of the therapeutic program. This can make them capable of providing effective psychological support to their patient.

LaTribuna Christian Publishing is also very pleased to announce the publication of Chaplain Paul's newest book on Amazon titled, Victory Over Suffering Through Christ Our Lord. The book includes the testimonies of very powerful men and women of God who suffer dearly and who have achieved great victory over suffering through their faith and trust in Christ our Lord.

Chaplain Paul was also quoted saying, "It is very sad that family and Clergy are being denied access to see the patients in most hospital settings. Family provide the loving care we all need, and Chaplains and men and women of faith provide the spiritual care, both are needed in helping to maintain good mental health. Our elected officials need to hear our concerns about these very important healthcare issues. And I pray that families who have been affected by this virus will be comforted and healed and that the corona virus will come to a speedy end, in Christ Yeshua's Name I pray Amen"

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# O Lady Liberty

by Chaplain Paul July 4<sup>th</sup> 2009

O Lady Liberty who used to shine O how you used  
to shine so bright with awe, dignity and delight,

O but now I ask you what has happened O sweet  
Lady Liberty, has our government truly traded  
honor for lust and honesty for disgust?

O Lady Liberty when you were young our nation  
was a shining light chasing away the darkness of  
the night.

O Lady Liberty you flew like eagle and dove, O but  
now fallen from air heavy in debt and sunk with  
despair.

O Lady Liberty we see your torch shine, please help  
us to put all of this greed and corruption behind.

O Lady Liberty we look to Our Lord Christ Yeshua's  
light to lead us back on a path of what we know  
to be right.

O Lady Liberty we stand and we pray that our nation  
will stand back on the path of righteousness  
someday, for out of the darkness and into the day I  
can't help but to ask our nation to pray,

O Lord please help fix our broken health care and  
heal our sick, and replace greed and corruption  
with love and compassion, Amen.”

O Lady Liberty of iron and copper, of torch and of  
flame, of beauty and strength, of wisdom and peace  
let our great nation look upon you and see the pain in  
your eyes and the tears that flow like rain because of  
our nations sorrowful pain.

O Lady Liberty many have bled, sacrificed and have  
died, it's high time we as a nation stand up and turn  
back the tide.

O Lady Liberty what you're telling is so true, “People  
of America stand up and do what you know in your  
hearts to be right, before this precious land of ours  
vanishes right before our very sight!”

I ask you do you love liberty from sea to shining sea  
and are you willing to lay down your life for the sake  
of liberty? For so many have done before when  
adversity and war came knocking at America's front  
door.

Now inscribed on Lady Liberty are these few  
precious words for all to see “Give me your tired your  
poor your huddled masses yearning to breathe free”  
this is a poem I faithfully call O Lady Liberty...

(verse written by Emma Lazarus)

Now the Lord is the spirit and where the spirit  
of the Lord is there is Liberty.

( 2.Corinthians 3:17 )