

“Help, I have fallen and cannot get up”

Likely you have seen the commercial showing a person on the floor saying,

“Help, I have fallen and cannot get up.”; The purpose of the commercial is to help people be safe in their homes and obviously to sell fall alerts. These are amazing pieces of equipment and can make a huge difference in helping people stay safe.

Following hip replacement surgery and having challenges with my leg and foot, Sara Meyer suggested I might consider ordering a fall alert. As one who is not bothered by much and generally not afraid of things, I realized I was fearful of falling. Living alone, I understood I was vulnerable to falls. My children asked what I wanted for Christmas, I told them my concerns and they ordered a Phillips Lifeline Alert as a gift. As I was expressing my gratitude, they thanked me for asking for the fall alert before they told me I needed it. It is comforting to know that should I fall, a signal goes immediately to the company and they check to see if I have fallen or need help, will notify 911 for assistance and notify my children.

One reason for bringing up the subject of fall alerts is because a friend died recently. He fell in his bedroom, crashed onto his face, was unable to get up and did not have a phone with him. Unfortunately, he lay on the floor for 6 days before his brother, who had been unable to reach him, went to check on him. He was admitted to ICU for a number of days before being transferred to a rehab facility. 2 days later, he died.

I truly believe, had he had a fall alert he would have had immediate help and the outcome likely would have been very different.

If you live alone, please consider protecting yourself by researching and ordering a fall alert. Included is a Prayer for Those Who Live Alone

A Prayer For Those Who Live Alone

I live alone, dear Lord,

Stay by my side,

In all my daily needs

Be Thou my guide.
Grant me good health.
for that indeed, I pray,
To carry on my work
From day to day.
Keep pure my mind,
My thoughts, my every deed,
Let me be kind, unselfish
In my neighbor's need.

Spare me from fire, from flood,

Malicious tongues,
From thieves, from fear,
And evil ones.
If sickness or an accident befall,
Then humbly, Lord, I pray,
Hear thou my call.
And when I'm feeling low,
Or in Despair,
Lift up my heart,
And help me in my prayer.
I live alone , dear Lord,
Yet have no fear,
Because I feel Your Presence
Ever near. Amen.

In peace, Deacon Kimball