

Personal Reflection – December 6, 2022

Find Your Martha

At this time last week, I was in *screaming pain*: I could not stand or sit or walk without pain. I discovered that I have a herniated intervertebral distortion. Wow! Medical language frightens me.

In such pain, whom did I call? Martha, the Director of the Palliative Care Unit of Raleigh Transitions (Hospice). She said, “I know you do not want to hear this Jane, but you must go to the Emergency Room (ER) where they can do imaging to discover what’s causing such pain.” I did as Martha directed, thanks to my friend Mary who had said to me the day before: “What can I do?”

Mary and I sat in the ER for five hours! They did an x-ray and gave me a prescription for pain medicine. Dr. Christine diagnosed the cause of the pain and told me to call Dr. Bradley, a back and spine specialist. The team at Health Park Pharmacy delivered 3 oxycontin pills which did the job – moving the pain from screaming to ouch! I will see Dr. Bradley today (Tuesday the 6th) thanks to my sister Joan, who will drive me there.

It takes a team to raise an old lady: Martha, Mary, Dr Christine, Joan, Bradley, a team at the pharmacy... How many more?

Find your Martha, who answers her own phone and who knows you! **Find your team – friends who ask: “What can I do”** – and celebrate your response.

My vulnerability deepens daily...and so does my peace.

--Jane Vella