

Lola's Life Lessons: Session 2

One of my favorite proverbs is:

“Kung ano ang ginawa mo, ay siya ring babalik sa’yo.”

Translation: The act of self goes back to self.

My *tatay* (father) used to say this proverb all the time. He believed that the choices we made early on in life would affect our future. Making the best choices may not be the easiest path to take, but we have the power to move our lives in the right direction. Last year, my youngest son in Manila had a heart attack. The hospital said we were lucky that Santiago’s friends called the ambulance right away.

I was shocked when I heard the news. The only thing I ever wanted in life was for my family to be safe and healthy. I felt it was my fault, and maybe I should have taken better care of him when he was younger. But the doctor told us that there are some things we cannot control and others that we can control.

So, our family made changes to those things that we can control, like being prepared in case of an emergency. We learned the heart attack signs, and we keep all of our emergency cards by the phone. The entire de la Cruz family—even the children—knows that calling 9–1–1 immediately can save a life. Always remember, “the act of self goes back to self.”

A Time To Reflect...

Think about your daily routine. What choices have you made to lower your risk and your family’s risk of a heart attack? What are some new choices that can help you and your family act in time to heart attack signs?

(Use this space to write down your thoughts for this week’s session.)