

TO YOUR HEALTH

Volume 25, Number 5



May 2020

Do They Know My Wishes?

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During these challenging times, when so many of us feel helpless and immobilized, there are some tangible, important steps each of us can take right now to be prepared for what tomorrow may or may not bring.

Thinking about what we would want for care and communicating our wishes to our loved ones is something everyone, regardless of their age, should be doing during the current pandemic. If you were very ill and not able to speak for yourself, does your health care decision maker know what you would want? Each and every one of us should be having these crucial discussions (before an emergency) with our families, health care providers and loved ones about how we would want to be treated should we contract the virus. These are not easy things to think about, but here are some questions to ponder that can get us started determining our own wishes for care.

If I were to get very sick, what matters the most to me?

Who is my medical decision maker? Have I communicated my wishes to them recently?

How much does my family know about my priorities and wishes?

What gives me strength in my life?

What abilities are so critical to me that I can't imagine living without them?

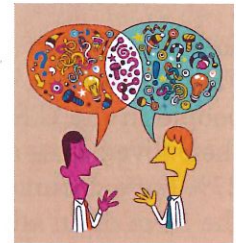
If I were to become sick, what would I be willing to go through for the possibility of gaining more time?

What are my biggest fears about my health?

The Conversation Project, in conjunction with bestselling author Dr. Atul Gawande's *Ariadne*

Labs, have created a resource called, "*Being Prepared in the Time of COVID-19.*" They recommend that each of us do these things:

- Pick your person to be your health care decision maker (often known as a Health Care Proxy or agent.)
- Have a talk with your health care decision maker to make sure they know what matters most to you. The Conversation Starter Kit can help you get ready to talk to others about what matters most. (copies are available in the Clinic and online at <https://theconversationproject.org/starter-kits/#conversation-starter-kit> .)
- Fill out an official form naming your health care decision maker.
- After you talk to your loved ones about what matters, talk to your health care team.
- Think about what you would want if you became seriously ill with COVID-19. Ask yourself questions like these:
 - If I became very sick with COVID-19, would I prefer to stay where I live or go to the hospital?
 - If I chose to go to the hospital, would I want to be put on a ventilator?
 - Do I have any other questions or concerns to bring up with my friend/family/provider?



When speaking with your health care provider, ask if completing a MOLST form would be appropriate so others know what treatments to use or avoid if you become very sick.

In a recent Washington Post opinion piece written by three Emergency Room physicians

titled, "Want to help save hospitals from being overwhelmed? Fill out that medical directive now," the authors urge us all to reopen conversations about end-of-life preferences before we are in the throes of life-threatening illness. They encourage us to record our preferences on paper and have them ready for communication with our doctors. With current concerns about infection limiting access of families to patients in hospitals, we may not be able to have these conversations when patients are in for treatment. In their words, "...everyone needs to think about these questions. No one is immune." People over the age of 75 are in the highest mortality rate from COVID-19.

In a 2017 report from the Kaiser Family Foundation and The Economist, just 56% of people in the U.S. have had a conversation with their loved ones about end-of-life wishes. Only 27% have documented their end-of-life wishes in the form of an advance directive and less than 20% discussed those wishes with their healthcare provider. This can leave families with making life and death decisions in an emergency. In the absence of advance directives, the default approach for medical teams is aggressive, invasive treatment in the intensive care unit (ICU).

In the end, having advance directives in place and communicating them to our loved ones is a gift we can give them, taking the onus off of them to make life or death decisions on our behalf should an emergency arise.

At Carleton Willard, we are committed to caring for our Residents with compassionate care, throughout an illness that we have always provided. We want to be helpful to you in thinking about this and we are here for you if you need to discuss your wishes for care. Please reach out to Susan Cusson, Marcia Feldman or Judi Tabor in the Clinic if you have questions or concerns.

Everyone should be wearing a mask at all times when outside of their home. During outside activities, walks, mailbox visits as well as when purchasing items from General store and Victoria Café. Please keep our community safe.

Coronavirus

How To Properly Wear A Face Mask



DON'T
wear your mask
below your nose



DON'T
wear your mask
low on your nose



DON'T
leave your chin
exposed



DON'T
wear your mask
under your chin or
temporarily remove
it in public



DON'T
let your mask hang
loosely with gaps
around your face



DO
wear your mask up
to the top of your nose
and under your chin;
snug and without gaps

♥ ♥ Heroes work here ♥ ♥

It is with immense gratitude that we share how deeply impressed and proud we are of ALL the staff at Carleton-Willard Village. From the nurses and CNAs caring for the Residents in the nursing center, Ross Worthen, and Llewsac Lodge, to the Activities staff, Housekeeping, Clinic Staff, the Learning in Retirement team, Facilities, Dining Services, Rehab, Receptionists, Administrative staff and the entire team who remain professional, compassionate, skillful and courageous. They have risen to the occasion and put in tremendous efforts above and beyond their normal duties to keep everything running as smoothly as possible during this unfathomable situation. We are deeply appreciative of these heroic efforts.

OUR THANKS TO YOU!

We sincerely appreciate the efforts and sacrifices made by Residents. We are thankful for all your kind words and continued support as we navigate these uncharted waters. This is an extraordinary feat we are trying to overcome and together we grow stronger. Your support and willingness to help are an inspiration to us all, and a reminder that if we band together, we can overcome any challenge.