

Linda Cooper: Seniors at Home Advance health-care decisions: The conversation

In the last column, we talked about Advanced Directives. The Advanced Directive is the tool that you, or your POA for health care, use to explain your wishes to your physician when needed. It is also a good document for you to think through your wishes and discuss them with your family.

Compassion & Choices is the nation's oldest and largest non-profit group working to improve care and expand options for the end of life. They have an excellent resource guide called Good to Go which has wonderful advice on having that conversation about your end-of-life wishes. You can get a PDF version of the guide at compassionandchoices.com. Search "good to go resource guide."

The section in the guide called "The Conversation" discusses what to talk about, who to talk to and when to have the conversation. They encourage you to either plan to initiate a conversation at a family gathering or to take advantage of a spontaneous opportunity. You should think about if it would be better to talk to individual loved ones alone or to arrange a group chat. In either case, have copies of your Advance Directives to hand to them to help guide the conversation.

Talk to them about what medical treatments you want in various situations. Explain your concerns and your values. Tell them who you would like to be your health care POA, and who you would like as a backup if needed.

All of this will be in their copy of your Advanced Directives which they can read and review and keep on file. This document is especially written for this purpose. It is primarily a discussion document.

What it is not, is an order for EMTs, emergency room personnel or hospital personnel to abide by your written directives should you need to be resuscitated or have life-sustaining measures put in place. In addition, emergency medical personnel are not required to follow the orders of a DNR which was signed in an institution.

EMTs are required only to regard two other forms which are available in most states, including Pennsylvania. These are the out-of-hospital DNR and the

POLST, or Pennsylvania's Orders for Life Sustaining Treatment. Both must be signed by you (or your health care POA) and by your physician.

Both DNRs cover only CPR; the POLST covers every other type of life-sustaining measures, such as "feeding tubes." Most physicians will not sign an OoH DNR or a POLST unless the patient is in an "end-stage medical condition."

The OoH DNR form enables the patient to wear a wristband or carry the DNR wallet card. The POLST form is printed on bright pink paper and is kept with the Advanced Directives, usually in a place easily found by EMTs in the home.

You can find more information

on POLSTs at POLST.com and there is a very good website about Pennsylvania's OoH DNRs which you can find by searching "Out of Hospital DNR Pennsylvania."

For their sake, and for yours, start the conversation with your loved ones.

Linda Cooper is part of Be HomeCare, a home care agency serving Bucks County and committed to helping seniors live healthy independent lives. For reprints of these articles, or a copy of our series on hiring a home health care firm, please send an email to the author. She can be reached at lindacooper@behomecare.com or 267-429-0438.

Wells Fargo gives Housing Link \$10,000

Wells Fargo has made a \$10,000 grant to the Bucks County Opportunity Council for the Bucks County Housing Link, the

central point of information, assessment, and referral services for all Bucks residents experiencing a housing crisis.

The Housing Link is a collaborative program between the Bucks County Opportunity Council, the Bucks County Housing Group, Family Service Association of Bucks County and the Keystone Opportunity Center. It includes a call center and several assessment centers which serve all persons experiencing a housing crisis in Bucks County.

The Housing Link, accessed by phone at 1-800-810-4434, screens callers with a brief interview to determine the household's basic eligibility for housing assistance and refers them to the nearest regional coordinated assessment center or to the Diversion program for people not needing immediate shelter.

Last year, the Housing Link screened over 5,200 phone calls and helped over 40 percent of those phone calls avoid entering the homelessness system.

Visit bcoc.org or call the Opportunity Council at 215-345-8175.



Newcomers give

Jennifer Lapioli, Newcomers Club of Central Bucks treasurer, presents a check for \$250 to Bridget Leary, founder and president of The Giving Tree. The Newcomers Club donated to the nonprofit, which is dedicated to the charitable education of children. The donation will be used by a service group who will put together Crafts for Fun Bags. The bags will be sent to The College Settlement of Philadelphia, which operates camp programs for financially disadvantaged children from the Philadelphia area.



From right, Brian Formisano, Wells Fargo area president for Bucks County, delivers a \$10,000 check to Bucks County Opportunity Council staff, Erin Lukoss, executive director, and Joe Cuzzo, director of development.

On the Spiritual Side

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Hiroshima Day Peace Vigil set to honor victims

The BuxMont Coalition for Peace Action, Doylestown Friends Meeting and The Peace Center are sponsoring a Hiroshima Day Peace Vigil to honor those killed in the bombing of Hiroshima, Japan, and to continue their calls for nuclear disarmament.

The vigil will take place from 10 a.m. to noon Aug. 6, at the corner of State and Main streets in Doylestown.

Aug. 6 marks the 71st anniversary of the dropping of the first atomic bomb on Hiroshima. The bomb dropped by American forces was the first deployed atomic weapon.

The initial explosion killed 90 percent of the city's population, 80,000 civilians, and tens of thousands more civilians died within the first couple months after the bombing of radiation exposure. The primary justification for the

bombing was an attempt to end the ongoing war between the United States and Japan.

Four years after the bombing of Hiroshima, the Geneva Conventions established the standards of international law for humanitarian treatment during war. Within these articles, the rights and protections of non-combatants was created in The Fourth Geneva Convention relative to the Protection of Civilian Persons in Time of War.

Only the United States is the only nation to have used nuclear weapons in combat, eight other nations (Russia, United Kingdom, France, China, India, Pakistan, Israel and North Korea) have a nuclear weapons stockpile. Among all nine countries, the planet has some 15,000 nuclear weapons.

Repeated nuclear disarmament efforts in both the United States

and worldwide, led to the Treaty of Non-Proliferation of Nuclear Weapons (NPT). This treaty aims to "prevent the spread of nuclear weapons and weapons technology, to promote cooperation in the peaceful uses of nuclear energy, and to further the goal of achieving nuclear disarmament and general and complete disarmament." Visit armscontrol.org for information.

Barbara Simmons, executive director of The Peace Center, traveled to Hiroshima and Nagasaki, where she interviewed approximately 100 survivors of the Atom Bomb. They were children at the time; their experiences and stories were "harrowing and very painful to hear."

Today, these survivors share their stories with children in Japan to ensure future generations will continue to work toward peace. It is called the Never Again Campaign.

"Their stories transformed me, and reaffirmed my belief in knowing nuclear weapons make the world a very unsafe place," Simmons said. "If we want a peaceful planet we must learn from history. We must disarm; otherwise we encourage other countries to increase their stockpiles – or create the drive to make their own nuclear weapons."

Today Hiroshima has become a beacon of light for world peace and nuclear disarmament. The Hiroshima Peace Memorial Museum in Hiroshima, which opened in 1955, gives people an opportunity to learn of the outcome of the bomb attack and consider what peace really means.

The 2012 Hiroshima Peace Declaration states "Determined never to let the atomic bombing fade from memory, we intend to share with ever more people at home

and abroad the hibakusha desire for a nuclear-weapon-free world." Visit wagingpeace.org for information.

Every year people from around the world gather in vigils to remember those killed by nuclear warfare and to renew their calls for nuclear disarmament. One of these

vigils is in Doylestown.

The group will fly eight large "Abolish Nuclear Weapons" banners and pass out origami peace cranes to those passing by. All are welcome to join the vigil.

For information, contact Jenny Isaacs at 267-221-7604 or jenny.isaacs@gmail.com.

FOOD VENDORS

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Worship Directory

SALEM UNITED CHURCH OF CHRIST

Sunday, August 7, 2016

No matter who you are or where you are on life's journey, you are welcome here.

9:30 a.m. Worship/Communion

Pastor Michele Schenk

www.DoylestownSalemUCC.org • 215.348.9860

186 East Court St. Doylestown



At the 2015 baptisms for Point Pleasant Community Baptist Church, from left, Deacon Buck Walter, Shannon Lawley, Deacon Robin Glenn, Eli Mergott, Deacon Chip Mergott, the Rev. Brenda Egolf-Fox, pastor, and Deacon Sue Glenn.

Point Pleasant Baptist holds river baptisms, picnic

Point Pleasant Community Baptist Church will again witness baptisms by immersion in the Delaware River at 10:30 a.m. Sunday, Aug. 7.

The church tradition of baptism in the Delaware River began well over 150 years ago. Notably, on Christmas morning of 1878, there were 50 people were baptized in the Delaware River.

The baptism ceremony on Aug. 7 will include an outdoor Communion Worship Service led by the Rev. Brenda Egolf-Fox, pastor. The community is

invited. The church and community will gather at Dee and Johnny Walter's home on the river, and all are invited to participate in a covered-dish picnic following the service.

From the intersection of Point Pleasant Pike and River Road (Route 32), cross the new bridge and turn right onto Byram Road. Turn left at Walters Lane. Drive through the gate at end of Walters Lane, park, and walk down to the river. For information, call 215-297-5047. The rain date will be Sunday, Aug. 28.

St. John's Lutheran hosts outreach party

St. John's Lutheran Church, 4 S. Main St., Richlandtown, hosts the Quakertown Community Outreach Block Party Fundraiser from noon to 3 p.m. Saturday, Aug. 13 (rain date Aug. 14).

There will be food, live music, fire company demonstrations, a petting zoo, children's games, a silent auction, bingo, a car show, and a Bounce House.

For information, call 215-536-5027.

To advertise here, contact the Classified Desk at 215-794-1097
