



CA-NV UMC Conference Older Adult Ministry Council



January 2010

OAMC Meeting Focuses on Legal Documents and Services

The OAM Council welcomed Irving Joseph, Attorney and Chair of CA-NV Planned Giving, in their last meeting on November 4th. He spoke to the group about health legal documents that are important for older adults.

Attorney Joseph spent time discussing documents with acronyms like AHCD, POLST, and DNR. Then he explained the roles of DPOA (Durable Power of Attorney) for Health Care and DPOA for Financial/Property. We ended with displays of a not-so-legal wonderful document called 5 Wishes and a card game named Go Wish. This was only a 20-minute talk, yet there was a lot of useful information that can be shared here.

AHCD – Advanced Health Care Directive. The AHCD allows you to do either or both of the following two things to prepare yourself in the event that you become incapacitated: 1) Appoint a health care agent. The AHCD allows you to appoint a health care agent (also known as “Durable Power of Attorney for Health Care” or “attorney-in-fact”), who will have the legal authority to make health care decisions for you if you are no longer able to speak for yourself. 2) Prepare instructions for health care. The AHCD allows you to make specific written instructions for your future health care in the event of any situation in which you can no longer speak for yourself. The AHCD replaces the Natural Death Act and is now recognized as the legal format for a *living will* in the state of California (from

Family Caregiver Alliance, www.caregiver.org; or call 800-445-8106).

POLST - Physician Orders for Life-Sustaining Treatment. POLST, a physician’s order that outlines a plan of care reflecting the patient’s wishes concerning care at life’s end; it complements an Advance Healthcare Directive. Filling out a POLST form is entirely voluntary, but California law requires that the physician orders in a POLST be followed by health care providers. (See www.capolst.org; or call California Coalition for Compassionate Care, 916-489-2222.)

DNR – Do Not Resuscitate. The DNR form was developed for the purpose of instructing emergency medical services (EMS) personnel to forgo resuscitation attempts in the event of a patient’s cardiopulmonary arrest. Resuscitative measures to be withheld include chest compression, assisted ventilation, endotracheal intubation, defibrillation, and cardiotoxic drugs. The form does **not** affect the provision of other emergency medical care, including palliative treatment for pain, dysp-

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OAMC MISSION STATEMENT

HONOR AND ENRICH THE LIVES OF OLDER ADULTS BY SUPPORTING THE DEVELOPMENT OF MINISTRIES (AND SERVING AS A FOCAL POINT FOR INFORMATION AND GUIDANCE) BY, WITH AND FOR OLDER ADULTS.

nea, major hemorrhage, or other medical conditions. (For more information, contact California Medical Association (CMA) Publications, www.cmanet.org; or call 800-882-1262.)

DPOA for Health Care/DPOAHC – Durable Power of Attorney for Health Care. A DPAHC is an advance directive that allows you to appoint a *health care agent* (also known as an *attorney-in-fact*, a *proxy*, or a *surrogate*) to make health care decisions for you in the event that you can no longer speak for yourself. California's Advance Health Care Directive consolidates the DPAHC, the Natural Death Act, and the Directive to Physicians into one form.

DPOA for Property or Financial - Durable Power of Attorney for Property (DPA) is a document that allows you (the *principal*) to give authority to another person (your *agent* or *attorney-in-fact*) to make financial/legal decisions and financial transactions on your behalf. It is called "durable" when, by its terms, it remains effective even if the principle becomes mentally incompetent. Ordinarily, a DPA is effective as of the day it is signed and executed. This means that even if you are competent to make your own decisions, your attorney-in-fact will also have the legal authority to act on your behalf and engage in financial transactions. (Information about DPOAs is from Family Caregiver Alliance, www.caregiver.org; or call 800-445-8106.)

Five Wishes – *Five Wishes* helps you express how you want to be treated if you are seri-

ously ill and unable to speak for yourself. It deals with all of a person's needs: medical, personal, emotional and spiritual. *Five Wishes* lets your family and doctors know: 1) Who you want to make health care decisions for you when you can't make them; 2) The kind of medical treatment you want or don't want; 3) How comfortable you want to be; 4) How you want people to treat you; 5) What you want your loved ones to know. (See <http://www.agingwithdignity.org/index.php> for more information; or call 888-594-7437)

Go Wish Cards – Coda Alliance presents the "Go Wish Game" to give you an easy, entertaining way to think and talk about what's important to you if you become seriously ill. The game is a set of 36 cards, each card with a short statement of things people often cite as being important to them in the last weeks or months of life. To play the game (in the 'solitaire' mode) the individual sorts the cards and ranks priorities about what's important to them, and then discusses or explains to a friend or family member why they made the sort the way they did. (See <http://codaalliance.org/gowishcards.html>; or call 408-267-3922.)

Editor: This information, references and contacts are intended to increase your awareness of available legal documents and services. Please use the contacts provided here for any questions you have or for the products, Five Wishes and Go Wish Cards.

Some Stories About Older Adult Activities

The OAM Council meeting included recollection of stories about some older adults the members know and wanted to share for inspiration. Let us know if you have stories...or if you are the story!

- Pastor Dale Kuruhara's 90-year-old mother who lives in Hawaii and still flies a kite.
- A 101-year-old lady in Chico got a hole in one on the golf course and appeared on the Dave Letterman show to talk about this.
- In Sacramento, a 99-year-old lady is still driving her Jaguar around town after she gave up flying 10 years ago. She started flying two years after Amelia Earhart.
- A 100-year-old in Santa Rosa explains she takes NO meds, has NO glasses and NO hearing aid!

Best Practices Story: St. Mark's Men's Group

Don Reynolds, a Co-Leader of the St. Mark's men's group in Sacramento joined the OAM Council in the past meeting to introduce his group, its focus and history. He explains, "The **Men Growing Old Gracefully** group meets twice monthly to share stories and concerns about our lives and faith, and how they are both transforming and changing as we age."



He says, "Men have a more difficult time in aging and more trouble with retirement. Women are more group oriented and easily

share their thoughts and feelings. A woman could talk intimately with five other women, but a man does well to talk intimately with one other man." This group is doing some groundbreaking work, Don says, because they focus on areas of loss, which may include losing a driver's license and a car to losing cognitive skills with dementia.

The group is unique because the men are acknowledging their aging. To assist with the process of loss in aging, the group uses Elizabeth Kubler-Ross' *Five Stages of Grief*:



Co-Leaders Don Reynolds and Sarge Wright review a reading before their next meeting.

Denial, Anger, Bargaining, Depression, and Acceptance. Men Growing Old Gracefully is mainly a support group, and occasionally they have a meal or a speaker.

Don Reynolds says Co-Leader Rev. Sargent (Sarge) Wright really knows a lot about men, and the group started after a course on aging Sarge offered at the church as its Chaplain. Sarge received a Doctor of Ministry degree from Claremont School of Religion in Claremont, CA. A retired Licensed Psychologist, he has been a Hospice Chaplain at Roseville Hospital and a Spiritual Advisor to Alcoholics and Narcotics Anonymous.

Listening to Legacies Booklet Available!

OAMC announces that the Listening to Legacies booklet is to be sent to all of the churches in the CANV Conference. Funded by a Beulah grant, the booklet can be used by Sunday School teachers and Older Adult Ministry group leaders. This two-session program combines older adults telling their stories and middle-school-aged children learning about the importance of storytelling while developing and practicing interviewing and listening skills.

The program, tested at Sunnyvale and Los Altos churches, was a great success at both locations for older adults and kids. OAMC hopes that churches using the booklet will encourage more intergenerational events and sharing of older adults' legacies, their stories. If your church does not receive a copy of the booklet, please go to the cnumc.org website and from the Ministries toolbar, select Older Adult Ministry to find a link to this document.

CNUMC

Older Adult Ministry Council

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To:



Honor and enrich the lives of Older Adults

Best Practices: The list below has names of churches and their locations whose Best Practices appear on our website. If your church is not on this list and you have Best Practices to share, email susan.harlan@pacbell.net. Email any update information as well!

Asbury Livermore	Asbury	Livermore-Asbury	Livermore	Selma	Selma
Calvary	San Jose	Loomis	Loomis	Sierra Pines UMC	Grass Valley
Cambrian Park	San Jose	Los Altos	LA	Sonoma	Sonoma
Castro Valley	CV	Los Gatos	LG	St. Andrew's	Sacto
Central	Stockton	Lower Lake	Lower Lake	Sparks	Sparks, NV
Clovis	Clovis	Lynnewood	Pleasanton	St. Mark's	Sacto
Crescent City	CC	Mariposa	Mariposa	St. Paul's	Fremont
Crystal Springs	CS	Modesto	Modesto	Sunnyvale-FUMC	Sunnyvale
Downs	Oakland	Montague	Montague	Tice Valley	Walnut Creek
Epworth	Berkeley	Nevada City	NC	Trinity Colusa	Colusa
Eureka	Eureka	New Vision	Millbrae	Valley Faith	Chico
Fortuna	Fortuna	Newcastle	Newcastle	Walnut Creek	Walnut Creek
Gardnerville	G, NV	Paradise	Paradise	Wesley	Fresno
Gilroy	Gilroy	Pine	San Francisco	Wesley	Palo Alto
Grace	Yuba City	Placerville Fed.	Placerville	Willow Glen	San Jose
Grace	Fresno	Quincy	Quincy		
Grass Valley	GV	Redding	Redding		
Jones	San Fran.	Redwood City	Redwood City		
Korean Santa Clara	San Jose	Salinas	Salinas		
La Trinidad	San Jose	San Leandro	SL		
Lincoln	Lincoln	San Ramon Valley	Alamo		
		Santa Rosa-FUMC	Santa Rosa		

**Please Send Us Your
Best Practices!**