

Aging with Grace

December 11tha couple notes

Discussion regarding patient advocacy:

1. How to negotiate prescriptions, what questions to ask during pre/ post health care setting
2. How to negotiate transportation
(all under the definition of chronic verses acute care)

Discussion regarding end of life advocacy:

1. Definition of hospice verses palliative care
2. How can we advocate for family support with neighbors/residents.

The underlying mission of Aging with Grace is to help Cape Meares residents look at the list of questions asking if you can safely stay in our rural environment.

*****group: please add any notes here *****

December 13th Meeting with Melody Ayers MS CFRF at Adventist Health Hospital
(Kathy & Terry)

Melody is the Interim director of philanthropy & volunteers at Tillamook Adventist Hospital. She is also

the Opioid response project director. She has been with Adventist for 30 years.

Melody was introduced to the presentation /education format that the Aging in Grace group has already put into place.

Melody answered questions and presented printed material to support our agenda.

1. Does AH have hospice and palliative care?

Yes with hospice but no with palliative care.

Hospice is available in Tillamook county for low income families. Funding support goes to a 3rd party , not the families.

2. Paperwork for Health Care Power of Attorney was given to our group. It is a free document.

3. POLST (physician orders for life support treatment) was discussed. It is negotiated with a physician.

4. Assisted death; death with dignity is not advocated at Adventist Health. Melody called it “Assisted suicide”.

5. What is the cost of an ambulance ride?

The answer depends on the circumstances of support. A handout was presented regarding ambulance insurance offered by the hospital. \$60.00 per year per household.

6. Helicopter insurance is also available. I didn't get specifics about this insurance. I will send an inquiry to Melody.

7. What happens when a person dies at home?

If a person dies at home and is under the care of the hospice program, the caregiver calls hospice and they take care of everything. If a person dies at home, call 911 to report a non emergency. The medical examiner will be called to pronounce death. Dr. Paul Betlinski is the Tillamook County medical examiner. Mike Waud is the Funeral Home director and person to contact regarding body disposition in Tillamook.

8. "Wellspring" is a service offered by AH that takes care of an adult that needs constant supervision for several hours a day to give caretakers a break. The fee is \$30.00/day. The adult service is located at AH. Admittance needs MD approval. The program provides activities and entertainment and is staffed with trained health care providers.

9. Grief support is available at AH by the chaplain service. Tracy Welch is the contact person.

10. An email from Melody Ayers dated 12/17/24 introduced a 30 minute film offered by Samaritan Evergreen Hospice in Lincoln City titled, "New Rules for End of Life Care". It is something to look into.

11. Melody Ayers was invited by us to attend any of the education opportunities that we have scheduled in Cape Meares in the coming months. A copy of the Cape Meares newsletter was sent to her.

WALK ABOUT WITH DAN HAAG December 12th.

Dan Haag from Tillamook County Visitors association came to Cape Meares and walked around the hood with Spike Klobus, Scott Gordon, and me. I will send our Aging with Grace group a separate email about this walk as I want to include Spike and Scott so they can add anything that I miss.

Terry, please feel free to add any notes to this email. My handwriting /note taking is illegible at best and I let a little bit too much time go by before I revisited them.

Kathy

