

# COACH MESSENGER

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## HAVE YOU BEGUN THE CONVERSATION?

In life, we prepare for almost everything—our education, marriage, a baby, retirement. But we rarely begin the conversation to prepare for the possibility of serious accidents or illnesses, and the impact that can have on us, and those we love. Consider these statistics:

- 90% of people say that talking with their loved ones about end-of-life care is important—only 27% have actually done so.
- 60% of people say that making sure their family is not burdened by tough decisions is extremely important—56% have not communicated their end of life wishes.
- 80% of people say that if they are seriously ill, they would want to talk to their doctor about their wishes for medical treatment toward the end of their life—7% have actually had this conversation with their doctor.

### *Your Decisions Matter*

April 16 is designated as National Healthcare Decisions Day. It serves as a reminder to all of us to make our wishes and future healthcare decisions known to our family, friends, and healthcare providers. It is a time to create a Healthcare Proxy form, and name your agent. If you have completed this form already, take a moment to revisit it. Make sure the person that you have named as your agent is still the person you want. Check that your agent is still available and

capable of making your treatment wishes known. If you have changed your mind about future care, let your agent know.

### *Toolkits and Resources Available*

Throughout the month, the COA will have a number of toolkits available to help seniors, caregivers, and family members start or continue the conversation. Here is a list of what will be available:

- *Getting Started Toolkit*—provides Massachusetts based health care planning documents, and information on what a health care agent does, how to choose one, and how to discuss your wishes with your doctor.
- *Conversation Starter Kit*—a useful tool to help people have conversations with their loved ones about their wishes for care
- *How to Choose a Health Care Proxy & How to Be a Health Care Proxy*—this user guide offers facts and tips about choosing, and being, a health care proxy
- *Conversation Starter Kit for Families & Loved Ones of People With Alzheimer's Disease or Other Forms of Dementia*
- *How to Talk to Your Doctor*

These kits are free and available on a first come basis. Other resources are available for *(continued on back)*

**SAVE  
THE  
DATE**

*If you need a ride to any of these events, please call the COA at 354-7735.*

**Tues./Wed., April 10 & 11**  
Foot Clinic—by appt. \$15  
Call 354-7735 for appt.

**Monday, April 16—**  
**Patriot's Day—CLOSED**

**Tuesday, April 17**  
**Dining Center 12-1:00 pm**  
(see menu on back)

**Friday, April 20**  
**Brown Bag Pick-up 11am**  
**Dining Center Luncheon**  
12 pm (menu on back)

**Saturday, April 21**  
**Annual Lion's Club**  
**Senior Appreciation**  
**Luncheon 11:30 am –1:30**  
pm at the VFW in Russell.  
Reservations required. Call  
354-7735 to reserve and/or  
request transportation on  
the COA van.

**Monday, April 23**  
**Paper Craft Workshop—**  
**1-3 PM** —make your own  
greeting cards! All supplies  
provided—free. Just bring  
your imagination!

**Tuesday, April 24**  
**Pot Luck Luncheon**  
**12-1:15 pm**— bring a dish  
or make a money donation.

**Healthcare Directives &**  
**Having the Conversation**  
**1:15—2pm** presented by  
Sue Kucharski, RN

## WHAT'S COOKING AT THE DINING CENTER

Reservations or Cancellations must be made 48 hrs. in advance. Indicate which entree you want. There is a sign-up sheet at the COA or you may call 354-7735 to make your reservation and/or request a ride to the meal. Meals are served at 12 noon. Milk, coffee and tea are available. Meals are free. Anonymous donations are accepted if it is within one's means to help defray the cost of this program.

### Monday, April 2

Meatball Stroganoff **OR** Meatloaf served with California Blend Vegetables, Penne Noodles, Cranberry Orange Muffin, and fresh fruit for dessert.

### Monday, April 9

Shepard's Pie **OR** Seafood Salad—served with Steamed Corn, Whipped Potatoes, Whole Wheat Bread, and chilled peaches.

### Monday, April 16 –Holiday—No Meal

### Tuesday, April 17

Sloppy Joes, **OR** Ham & Cheese Grinder served with Green Beans, Oven Browned Potatoes, Hamburger Roll and Chilled Applesauce for dessert

### Friday, April 20

Yankee Pot Roast **OR** Ham & Cheese Grinder served with Steamed Carrots, Whipped Potatoes, Whole Wheat Bread, with fresh fruit for dessert.

### Monday April 23

Baked Stuffed Shells **OR** Chicken and Gravy Steamed Spinach, Lo Mein Noodles, French Bread, and Pineapple Chunks for dessert

### Monday, April 30

Orange Glazed Chicken **OR** Macaroni & Cheese, Steamed Green Beans, Red Bliss Potato, Whole Wheat Bread, and a fig bar for dessert

## THURSDAY MATINEE MOVIE SCHEDULE

Movies begin at 1PM in the Senior Room. Please use the side entrance to the town hall as the front entrance is locked. This program is free, and free refreshments are available. beginning at 12:15 PM.

**April 5 The Big Sick** 2017 (*Comedy/Drama Based on Real Life*) After meeting at a stand-up comedy show, funnyman Kumail and graduate student Emily embark on a romance. But as the expectations of his strict Muslim family create conflict between the couple, their relationship begins to crumble. Nominated for 2018 Oscar for best screenplay R 1 hr. 59 min.

**April 12 Same Kind of Different as Me** 2017 (*Drama, Inspiring, Feel-good*) In a bid to save his marriage, successful art dealer Ron Hall extends a helping hand to Denver Moore, an eccentric homeless man Hall meets through his wife. As the relationship between the men evolves into a bond, it opens new perspectives for both. PG-13 1 hr. 59 min.

**April 19 Goodbye Christopher Robin** 2017 (*Drama, Biography, Period Piece*) The world of Winnie the Pooh creator A.A. Milne comes to life in this illuminating biopic that focuses on his relationship with his son (and inspiration), Christopher Robin, and how the books' phenomenal success affected the family. PG 1 hr. 47 min. (*postponed from an earlier date*)

**April 26 The Post** 2017 (*Drama Based on Real Life*) When the "Washington Post" agrees to publish the leaked Pentagon Papers—which point to a secret escalation of the Vietnam War—the Nixon administration tries to block publication, setting off an epic legal and political battle. PG-13 1 hr. 55 min.

**May 3 Murder on the Orient Express** 2017 (*Crime Drama Based on the Book*) In this retelling of Agatha Christie's classic mystery, a train ride through Europe on the famed Orient Express becomes the setting for murder when an American passenger is slain—and almost everyone on board is a suspect. PG-13 1 hr. 54 min.

## HAVE YOU BEGUN THE CONVERSATION? (CONTINUED)

download on the internet. Check out the websites of the following groups for even more free information:

- Honoring Choices Massachusetts
- The Conversation Project
- National Healthcare Decisions Day

- AARP (Search "end of life care")
- American Bar Association (Search for "Advance Care Planning Toolkit")
- Aging With Dignity (Five Wishes)

Explore this information. Reflect on your values, faith and spirituality, your family traditions. Start the conversation today and let those around you know what you want.