

St. Francis of Assisi Health and Wellness Meeting
Minutes
May 18, 2015

Cruise with the Hy Vee Dietician

June dates were obtained

POLST

Bulletin Items obtained from Father Hall and Elaine York, MD, Diocese of Winona Bioethics Committee:

Do you know what a POLST Document is? It stands for Physician's Order for Life Sustaining Treatment, and it is a Medical order signed by a provider that does not have to be reviewed, even when your medical situation changes and that can be life threatening. At vulnerable moments when you're most in need of good care, do you really want a document restricting what's best for you?

Get the facts! Learn more at CathMed.org<<http://www.cathmed.org/>>. Don't sign your life away. Don't sign the POLST, and don't let anyone else sign it for you. Check out CathMed.org<<http://www.cathmed.org/>>

August/September Bulletin Item

Did you know that Medical orders known as the POLST or Physician's Order for Life Sustaining Treatment are sweeping our nation and they could put you or your loved one's life in danger? When you're unable to make decisions for yourself, the best approach is to designate someone who understands your Catholic values to make those decisions for you. Don't sign your life away. Don't sign the POLST, and don't let anyone else sign it for you.

Learn More. Get the facts at: CathMed.org<<http://www.cathmed.org/>

Rob pointed out that "providers" is the more accurate term to use in the next bulletin POLST item.

Radio Program Notes - <http://relevantradio.com/audios/a-closer-look-with-sheila-liaugminas>

- MD order
- Not always the patient wishes
- Completed years ahead (NJ, Colorado 5 years ahead)
- Check box
- Choking on steak
- Trumps family
- Some state differences

- Refusal document versus MD doing what is reasonable
 - Can't know all circumstances in advance
 - Trapped state or bridge
 - Disconnect with law that some SNF are saying it is required – care facilities are not just for dying any more
 - No signature
 - Durable power of attorney is best
 - Takes effect immediately even if patient able to make own decisions
- Rob pointed out that “providers” is the more accurate term to use in the next bulletin POLST item.

The movement is arising from nursing homes. Sandy shared that the hospitals do ask if there is an Advanced Directive and provide information if there is interest. Living Wills are helpful. The group agrees that POLST forms are too specific

Red Cross Shelter Site

Local Red Cross team covers all of southern Minnesota so team members are busy. Helen Laack coordinates shelter teams. She coordinates background checks on volunteers through Volunteer Connection.

I shared with Helen that the Parish Administrator is Sarah Kinsman-Welch and that the Parish Council will be apprised of information.

Sheltering in place or staying at home are other options. More information on requirement of facility (Sheltering Agreement) has been requested.

Local Examples-

Autumn Ridge covered Zumbro Lutheran who had no electricity with the NW Menards tornado until emergency management was initiated.

Hosanna Lutheran had shelter for 6 days in February/March. Gas leaks- 4 to 5 hours from initial shelter team until other volunteers come in and until insurance adjustment kicks in.

(Cell phone and wallets not always available)

“Plan to be open for 3 days”

24/7 dedicated phone number when shelter is open so always have resource.

Reimburse if start supplying food, etc.

Cots obtained – trailer brings in.

Three hour course if want to be a Red Cross Nurse Work to keep the area staffed.

No client in room w/o 2 volunteers.

Liability Kit – caution tape to guide individuals on areas to use

Resurrection - Possibly 10 active members

Teams have own calling tree with cell and land line numbers – “Blitz”

Volunteers – Online or face-to-face session (1 hour). Information on Red Cross (45 minutes) is optional. Basic Sheltering Course is 2 hours. Four meetings yearly encouraged the first year – drills, registering individuals, common problems, medications, obtaining glasses, personal information replacement.

The number of sites in SE Rochester will be obtained.

Other items

Rob noted that grant funds will be available in the future for YMCA activities for personal trainer and dietary courses. The Hispanic community needs to be informed when this is in place.

Pediatric obesity and medical marijuana may be future topics of interest.

Activities from the YMCA will be explored as possible Fall Festival contributions.

Next meeting –September 21, 2015/Updates through the summer