

Age-Friendly Sullivan Minutes, Wednesday, March 4, 2020, 10am-noon + potluck lunch, Sullivan Town Office

	Topic	Discussion	Action
10am	sign-in	Introductions Review agenda / additions / changes	Regrets: Christina, Jeanne, Don
	Age-Friendly Volunteer Forms	New volunteer registration forms distributed	
	Funding & Finance:	2/15 MCF \$6500 grant SUBMITTED Sullivan Budget Committee (back-up funding)? Yes	Discussed at Select Board mtg 3/9/20
	Legislation / Civic Engagement	Don Snoke - updates AARP March Scam Alerts posted to webpage	3/19 DCP 664-2424
	Current Discussion & Project Updates:	<p>Circle of Friends/Friendly Caller Program (Andrea/Bonnie) Updates</p> <p>Andrea & Christina spoke at Ashville church — average age less than 20; outreach about transportation & social participation — training about 45 minutes; neighborhood engagement — checking on neighbors, social interaction, pebble that sends our ripples to touch others, birthday cards to everyone, monthly birthday parties, get younger folks involved in writing cards, how to get folks into volunteering within limits? How little expendable time parents/families really don't have. Open to all ideas to getting folks engaged.</p> <p>Welcome to Sullivan Brainstorm during lunch</p>	<p>message about why we are sending out birthday card — how to sign cards</p> <p>Elizabeth will work with Lynn re: Welcome Wagon / new residents</p>

		<p>Home Smoke / CO detectors - 25 available for age 60+ Window Dressers - outreach / signups</p> <p>From Kit Lane: We're still planning to have our community workshop in Ellsworth in mid-September, 14-18. However, the main WindowDressers office in Rockland plans to move their production space during the summer; they're the ones who custom-cut our wood frames & send us the kits to assemble. Because of their time-line, they need us to turn in our orders & measurements earlier than usual 😊. They're asking us to have 20 orders measured & paid for by the end of April. The good news is that we have a small waiting list of orders backlogged from last year, to begin our work this season. At least 2 of them are in Sullivan. So, I'm requesting 2 favors from you:</p> <p>1) Could you please spread the word that we are actively looking for customers who want to save \$ on next winter's fuel bills? We would like to hear from anyone with ANY interest, to at least provide them with information, ASSP. They can go to WindowDressers.org, or call Kit at 460-9113.</p> <p>2) Can you identify 1 more person who might be interested in learning how to measure windows for us? Having a 2-person team that's based out your way would be very helpful for improving outreach to that part of the county; I'm sure there are lots of homes that could benefit from window inserts.</p>	Susan Kelliher & Mike Witz — will volunteer
		Maine 200 — 3/15/20 noon @ SS Rec Center — next meeting 3/9 at Library 2:15pm	CANCELLED
	Announcements/Updates	<p>4/25 Earth Day clean-up 9am followed by cookout</p> <p>4/29 Hancock County AF meet-up 9am-11am, Sullivan Town Office — learn what other AF groups are doing to meet needs of older adults</p>	
10:45	<i>BREAK</i>		

11:00	Guest Speaker:	Val Lovelace speaking on the “Death with Dignity Act” Val Lovelace - Maine Death with Dignity Act (fact/fiction) founder & ED Maine Death with Dignity - It’s my death; breaking societal tabus around death & dying. Effective September 2019 new law. Assisted dying laws, support & advocacy re: end of line topics; more mortality friendly we can be - better humans, not afraid, better prepared How to access, where to find info what is to dispel rumors; Aid in Dying in US Legal prescribing of a dose of a compounded formula medication, in lethal quality, written by consenting physician, at the formal request of qualified terminally ill adult patient, following the legally defined, safe-guarded process in that state Current legal in 10 states, in 2020 21 states have active bills, not needed amendments, patients might wait too long and die within 15 day waiting period. 29 yo Brittany Maynard (CA) moved to Oregon because CA did not pass initial legislation - increased awareness to situation and choices. Maine passed by single House vote, signed into law, effective September 2019. (1994-2019 Maine History on legislative proposals) Qualification - must be terminal condition, 6 month or less prognosis to begin formal request process, must be mentally capable of making health care decisions through course of illness and must be physically capable of self-administering the dose; diagnosis, prognosis and capacity must be confirmed by two physicians; if capacity for decision-making is in doubt, physicians required to refer patient for mental health evaluation. (psychiatrist, psychologist, LCSW, LCMHC); specialized geriatric counselor; Insist verbal request be documented in patient record - starts 15 day wait period. Cannot help if you have dementia, physician assess your ability to make decisions. Physician must ask if you want to change mind (dementia cannot participate in Death with Dignity). There are some options — less capacity, more difficult for making those decisions. If not cleared by physicians or MH consult, process stops	1 page fact sheet other info take-away Have specific conversation with physician (earlier rather than later)
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initial verbal request/conversation w/ physician; defined waiting period 15 days; 2nd verbal request/conversation physician - written request submitted; written request signed by 2 witnesses, only one can be related by marriage, blood or adoption; 2nd person must be an 'uninterested person', cannot be employed by healthcare provider; upon approval, receive prescription (48 hour wait after written request - more like 5 days as not in-stock); prescription may be either physician-filled or pharmacy-filled; only compounding pharmacy can fill Rx (only 1 in Maine - Portland); Process to qualify - dose (compounded formula mixed into 4-6 ounces of water) is taken if the patient chooses and when the patient chooses as their death becomes imminent — taking or not taking is up to the patient only; many say they feel better just having it available; about 65% end of taking the medication as death nears (approx \$340 current price); must ingest self - by action of patient (mouth or feeding tube);

Not physician assisted suicide — medically / legally not mercy killing or active euthanasia, shall not for any purpose constitute suicide, assisted suicide, mercy killing or homicide under the law (Life insurance will cover, because not suicide); insulates process, no ability to prosecute, no mandated reporting, just like a hospice death - protects all parties. Not a choice to die, but a choice of how and when to die, not considered suicide by law or medical system.

Misinformation everywhere; about process, cost of medication, about the law's implementation, and about whether providers or facilities can participate. Ask your provider to be HONEST with you: "Will you support my decision for death with dignity by helping me qualify and by writing my prescription if I am qualified?" (Northern Light may have temporary prohibition). Maine Health is supporting patient decisions, policies in place.

Opposition petition - Christian Civic League, did not gather signatures needed. Strong opposition in legislature (30%). Always will be effort to repeal (every state), pressure healthcare system to participate.

Maine Death with Dignity, PO Box 801, Wiscasset, ME 04578

		<p>Dementia diagnosis — I know what is coming in the future Dementia by itself is not a terminal diagnosis. “Would you support me stopping eating & drinking”; assisted living facilities required to provide 3 meals/day. Physicians Order for Treatment — not advanced directive. Discussion about palliative care & sedation, can’t have at home - administered by IV.</p> <p>Compound - powder form, morphine + 3 ingredients - puts you to sleep and stops your heart. Goal to achieve death under 2 hours - very individualized. Digestive issues can delay. Rare instances of regurgitation, patient wakes up, Anti-vomiting, heart stop, sleep</p> <p>Physicians will review risks to prepare patient / family; some hospice workers supportive, some not supportive some clergy supportive, some not supportive optional process for everyone (including healthcare) federal prohibition against (VA physician, Medicare, Medicaid cannot participate)</p> <p>Most hospices will not allow volunteers to participate. Documentary: How to Die in Oregon (2011 follows several patients through decision-making, encapsulates whole argument).</p>	
	<p>Next meeting</p>	<p>April 1, 2020: CANCELLED</p> <p>Workshop: Chuck Lakin “Six Feet Under” presentation in collaboration with RSU24 will be rescheduled for a later date</p>	