



Part of Your Community
Caring For Your Family

Serving Bend | Redmond | Sisters | Powell Butte | Prineville | Crooked River Ranch | Terrebonne | Madras

January-February 2016

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Hospice of Redmond

Our Mission

To enhance the quality of life for patients and their families by providing the highest level of compassionate hospice care and bereavement services for our Central Oregon community.

Our Service Area

Bend | Redmond | Sisters | Powell Butte | Prineville | Crooked River Ranch | Terrebonne | Madras

Ask For Us By Name

Hospice of Redmond

732 SW 23rd Street
Redmond OR 97756

541.548.7483

541.548.1507 fax

For more information, please visit our web site at www.hospiceofredmond.org.

Support Camp Sunrise Through the Fred Meyer Community Rewards Program

Dear Community Member,

Happy New Year!

You may be like many of us who make a New Year's resolution to get your life organized. You don't always know where to begin however. Here are some ideas about necessary documents that may help you get started with the process.

Best regards,
The Team at Hospice of Redmond

Getting Organized

A Checklist of Important Documents

Do you have or have you considered an Oregon Advanced Directive? The Oregon Advanced Directive is legal instructions that sets out the specific health care measures you want, should you become incapable due to a terminal illness or injury. These instructions allow you to indicate whether you want to continue curative and life-sustaining treatment, or be removed from life support systems. It makes critical decisions clear that you, of your own free will, have made about your health care. The Oregon Advanced Directive must be completed and witnessed while you are able to clearly and definitively express yourself verbally, in writing, or in sign language regarding your personal health care decisions.

Do you have or have you considered a Physician Orders for Life-Sustaining Treatment (POLST)? The POLST form is intended for people with serious health conditions who want to make



Please support Camp Sunrise through the Fred Meyer Community Rewards Program.

It's quick and easy.

You enroll online and link your Rewards Card to Camp Sunrise. Shop with your Rewards Card. You continue to receive Rewards Points, Rebates and Fuel Points; Camp Sunrise earns donations.

[Click here for more details!](#)

[Join Our Mailing List!](#)

Thank You!

We would like to say thank you to all the community members, organizations, businesses and volunteers who helped to make the 2015 Festival of Trees a huge success.

As in prior years, the beautifully decorated trees were fabulous, the entertainment was wonderful and the food was great.

We have our 1st annual **People's Choice Award** winner this year. People visiting the Festival during the day voted on their favorite tree. It was a difficult choice to make.

This year, the award went to Sarah Pierce and The Soap Box Gift & Flower Shoppe for "Somewhere Over The Rainbow."

known their decisions about what they do or do not want in life-sustaining treatment at the end of life. The POLST assists your physician as well as other health care providers including Emergency Medical Service personnel in honoring your wishes. The signed, completed form remains with you regardless of whether you are in the hospital, at home, or in a long-term care facility. If you live at home, you keep the original pink POLST in a prominent location (e.g. on the refrigerator or in your medicine cabinet) for easy emergency access.

Do you have an up-to-date will or trust? Do you and your loved ones know where the document(s) are located? If you do not have a will or trust but would like to have one prepared, we suggest you seek legal advice.

Do you have or need a legal Power of Attorney who can make medical decisions for you if you are unable to do so? We suggest you seek legal advice before obtaining Power of Attorney (POA).

These are other important documents you should probably have available available.

- Your **Social Security card or the number**, written down in a secure place
- **Insurance policies** (life, health, disability, auto, homeowners, etc.)
- **Account passwords** (online accounts, cell phone, tablets, bank, etc.)
- Latest **credit card statements**
- **Investment accounts** (IRA's, 401[k] plans, mutual funds, pensions, etc.)
- **Passport** or other important identification
- **DD214** Military separation document (if applicable)
- Latest **statements** for checking and savings accounts, CDs and Money-Market accounts, loan documents, auto purchase statement and home equity loans, etc.
- Latest **mortgage statement**
- Last two years of **tax returns** (at a minimum)
- **Marriage certificate, birth certificates and death certificates** (if applicable) of you, your spouse, and your children)
- An up-to-date **credit report**
- **Important keys** (safety deposit box, home safe or lock box, vehicles, office, post office box, etc.) and permissions to access

In addition, do you have a list with contact information of a friend or family to call in the event



Congratulations, Sarah!

of an accident or death? Is it near the phone and easily found by emergency personnel?

Now that you have the documents you need and have them neatly organized, we come to the problem of where to store them. The most common in-home methods of storage are: in a drawer somewhere in the house; in a labeled or unlabeled box; in a file cabinet; in a home safe; or on your computer (or a backup drive or the "cloud"). The most common out-of-the-home storage is a safety deposit box at your bank.

All of these methods (and undoubtedly others) have their advantages and disadvantages. It is best to do your homework on what method might be best and most cost effective for you.

Upcoming Events & Workshops

Tuesday, January 26 - Soup & Support

12 Noon-1:30 p.m., Hospice Community Room

Any community member who wishes companionship and grief support is welcome to attend. Prior Hospice services are not a prerequisite for attendance. For more information on this group, call 541.548.7483.

Wednesday, February 3 - Caring for a Loved One with Memory Challenges

4-7 p.m., Hospice Community Room

Presenters: Home Instead Senior Care

Are you facing the day-to-day challenges of caring for a loved one with memory loss or other dementias such as Alzheimer's? This informative workshop covers a variety of techniques in facing those challenges including handling behavior changes and encouraging active engagement. [Click here](#) to get more information on this workshop. To reserve your place, please call 541.548.7483.

Tuesday, February 23 - Soup & Support

12 Noon-1:30 p.m., Hospice Community Room

Any community member who wishes companionship and grief support is welcome to attend. Prior

Hospice services are not a prerequisite for attendance. For more information on this group, call 541.548.7483.

Please feel free to share our newsletter with your friends, colleagues, and family.

Give Hospice of Redmond a call today at 541.548.7483 to see how we might help you or a loved one. We are happy to answer your questions and to be of service.

For more information on Hospice of Redmond, our services and programs, please visit us at www.hospiceofredmond.org.

Ask For Us By Name

Sincerely,
The Team at Hospice of Redmond

[Forward this email](#)



This email was sent to marketing@hospiceofredmond.org by marketing@hospiceofredmond.org | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider](#).



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