

Being Your Best

A Total Wellness Program



The same steps that can make you healthier and happier when you're 78, can also help if you're 48, 18 or 8.

Here's what you can do,...

Dr. Tom DeLoughry

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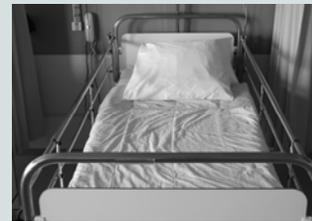
When my mother became ill, I was director of wellness and disease management for a large managed care organization.

This story describes how I began to learn that wellness was more than what medicine could measure.

My Mother

Bruises covered one skinny arm and her ankles were a swollen purple mess. Someone had helped her out of bed, but she barely made a dent in the little armchair that faced it.

The drone of her oxygen machine drowned some of her words. But I filled in the blanks from the warmth in her eyes and the smile on her lips near the cut that had just been stitched.



My mother was peaceful.

I couldn't connect this contentment with her typical crankiness, her frequent falls and last night's ambulance ride. Yet, now there was a glow about my mother. It would grow for months, but I wouldn't understand it for years.

A few weeks later, my wife and I were walking along Lake Ontario. Ahead of us, two teen-age boys skipped from boulder to boulder, tanned muscles flexing in the sun.

As we approached, we realized that their shouts were insults, aimed at someone who wasn't there. The warm breeze carried their anger long after we passed.

I asked Kathy, "Who do you think is more well? ...my mother or those boys?" And neither of us knew how to answer.

- *Who do think was more well? ...my mother? ...Or the teens?*
- *Is physical health always the same as "wellness"?*
- *Are you as well as you want to be?*
- *Is "being your best" important enough that you're willing to:*
 - *read a few more pages*
 - *discuss them with others*
 - *...and try out some of the ideas?*

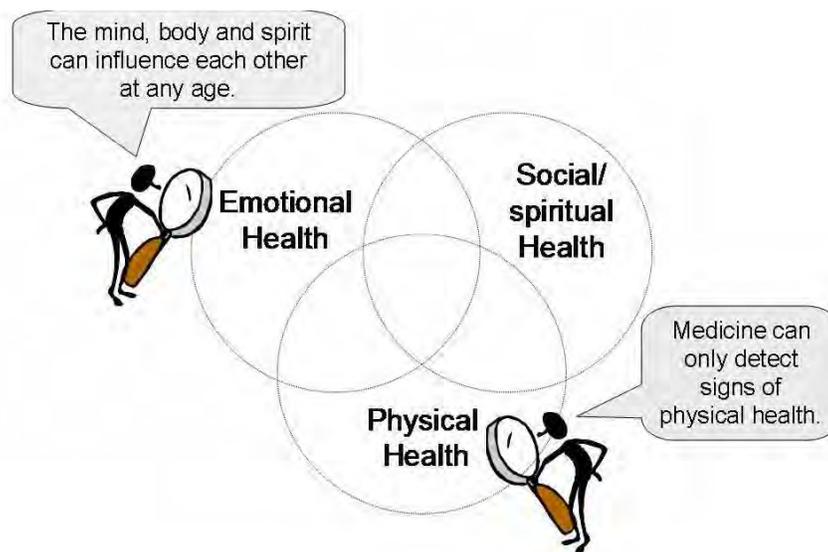
What is Wellness?

Wellness or “total health” means the health of your mind and body—plus your social and/or spiritual health.

Each type of health influences the other. Thus, a change in one kind of wellness can either help or hurt the others.

This booklet* will show you how the same steps can help you with any physical, emotional, social or spiritual problem - whether you are 78, 48, 18 or 8.

Start by choosing what’s most important to you from the topics below:



- Understand how your feelings influence the facts you see (pp. 4-5)
- Reach goals for your mind, body and/or spirit (pp. 4-7)
- Reduce stress, communicate better and be peaceful (pp. 8-9)
- Eat well and exercise regularly to be your best (pp. 10-13)
- “Connect your care” to prevent medical mistakes (page 14)
- Give your loved ones peace of mind as death approaches (pp 15-16)
- Learn why the “Golden Rule” is good for you (page 17-18)
- Know the best places to get the help you need (page 18)

*This booklet contains excerpts from: *What I Wish I Knew: Stories, Strategies and Studies about Being Your Best at Any Age*. It is one part of **Being Your Best** an evidence-based total wellness program that was honored with the *AARP Social Impact Award* in 2008.

More information for families and professional providing medical, emotional or spiritual care are available at: www.BeingYourBest.org. Free downloads include:

- *Love Never Fails: A Four Week Discussion Guide for Faith Communities*
- *What I Wish I Knew* (a 16 page excerpt of a 44 page booklet containing 11 teaching stories)
- *Spirituality and Eldercare* (excerpts from a chapter published in Koenig and Carson’s “Spiritual Dimensions of Nursing Care” detailing the “peace of mind” component of this program for people of any faith)
- Color posters, PowerPoint presentations, an annotated bibliography and research information.

The following is taken from one of six stories in “What I Wish I Knew” about Joe and Bernice Phelps. They are a fictional couple facing their final years with help from two daughters. In this story, the stress of illness strains their relationship.

Yes, You Do

“ I *do* want to go home,” Joe insisted, sitting up in the hospital bed. ”But, Bernice, you can’t even take care of yourself, let alone a husband with a broken hip, diabetes and the flu!”

“Are you telling me what I can’t do?” Bernice said with a hard look in her eye. “What gives you the right to lecture me? What about the flu shot you never got that could have prevented some of this? Or how you never bothered to exercise?”

“Never mind about that, Bernice. It’s just too much,” he insisted, his voice rising. “Two sick people in a house that...”

“Dad,” Cindy interrupted. “It’s a lot but, as you say, ‘It’s the hand we’ve been dealt, so let’s play it.’”

“When you think of all your problems at once,” their daughter continued, “it *is* too much! But remember all the trouble I had with my kids? What got me through was a plan for each separate problem.

“So, let’s discuss your goals with the doctor, and the signs or symptoms you should monitor. Then, agree on some steps and how we’ll learn what works for you,” she added. For a minute the room was quiet.

“You know, I think we’ve got two issues going here,” said Bernice. “There’re the medical problems. God knows we’ve each got enough of those. And then - ever since we both got sick - there’s been all this bickering.”

She paused, meeting his eye. “Joe, we never used to be like this.”

“So then we need two plans?” Cindy said, looking hopefully at her parents. “One to keep you out of the hospital? And another to keep your love going?”

“I don’t know,” said Joe.

“Yes, you do,” said Bernice, reaching for his hand

- *How is stress affecting Joe, Bernice and Cindy? ...and their decisions?*
- *How does stress affect you? ...and your decisions?*
- *When you're overwhelmed, how good are you at planning? ...how good do you want to be?*

Feelings Influence the Facts We See ...and the Decisions We Make

Our feelings influence the facts we see. Thus, whenever we are stressed, we're likely to see the bad things than the good things in ourselves, others and our life.



Think about the last time you were stressed. What do you see about yourself and others? If you mostly see the bad things, what kind of decision are you likely to make? ...a *bad* one!

Stress (along with anger, fear, guilt and depression) blocks our awareness of the good things, positive resources or blessings in our lives. Stress can also increase your blood pressure, raise your blood sugar (glucose) and harm your immune system.

Joe and Bernice - like most of us - need a way to manage their stress. and a way to plan their care with their doctor.

To manage your stress, *Being Your Best* will show you how four “satisfaction skills” can help you to communicate better, manage stress and find more peace of mind (see pp 8-9).

To plan with your doctor, you'll learn how a simple “poem for any problem” can help you reach your goals and learn what works best for you (see pages 6-7).

A Poem for Any Problem

This little poem can help you with any problem, at any age:

*Choose your goals and check your signs.
Take some steps and learn each time.*

This “poem for any problem” outlines:

- a *stress management* plan that can increase the happiness in your life, and
- a *disease management* plan that can address any illness.

What do you want? : . . .better health? . . .more
ace? . . .forgiveness? . . .greater love or connectedness? This
simple plan can help you with those goals, too.

In, *Yes, You Do* (page 4), Joe, Bernice and their daughter,
Cindy, are facing many problems. Think about:

- What *goals* are important to each of them?
- What are the *signs* or symptoms of their problems?
- What *steps* might help them reach their goals?
- How can they measure their progress, and *learn* which steps are working?

Now, use “Plan with a Partner” (on the next page) to
develop a plan to help you reach your goals.

If you’re concerned about a physical health problem, ask
your doctor what signs you should check and what steps you
should take. Your nurse and pharmacist can also provide
much valuable advice.

Choose Your Goals



HEALTH · INDEPENDENCE
LOVE · PEACE OF MIND

...and Check Your Signs.



STRESS · BLOOD PRESSURE
WEIGHT · ALCOHOL USE

Take Some Steps



MEDICATION · THERAPY · SELF-HELP
EXERCISE · EAT WELL · GET SUPPORT
USE THE SATISFACTION SKILLS: AWARE · AFFIRM · ASSERT · ACCEPT
CONNECT YOUR CARE

...and Learn Each Time.



RE-CHECK YOUR “SIGNS”
TO LEARN WHAT WORKS FOR YOU



Be Your Best!

Plan with a Partner

1. Remember

Goals

Describe **why** it's important for you to *Be Your Best*

"Enjoy family celebration"

"Be more peaceful and loving"

"Look better"

2. Check

your Signs

Describe the most important "signs" you'll use to **measure** your progress.

"Alarm or snooze response"

"Weight"

"Can only walk/jog 5 minutes without resting"

3. Take

Some Steps

Circle each "step" that might **help** you. Then, describe two or three for special focus.

"Use satisfaction skills"

"Walk twice a day"

"Try new medication"

"Ask partner for support"

Stress, Moods and Behavior

Social and/or Spiritual Satisfaction

Physical Abilities or Problems

Awareness Listen, Focus

Affirmations Praise, Thank

Connect Your Care Discuss plan and medications with all your doctors

Exercise Walking, strength training

Use Your Resources Emotional, Social/Spiritual, Medical

Get and Give support Discuss with partner, friend or relative

Eat Well Balanced diet

Assertiveness Speak, Describe

Acceptance Relax, Forgive

4. Learn

each time.

Discuss what "steps" have helped improve your "signs."

Your name _____

Partner's Name _____

Today's Date _____

Next Discussion date _____

The Satisfaction Skills

Joe and Bernice (in the story on page 4) need to “keep their love going.” What about you and your family?*

Think how the following skills can help to: ..manage stress ...improve communication ..see more love in your lifeand find more peace.

Each skill is useful at any time. However, for the most success, think about using them in this order:

1. Awareness - Take a deep breath and *focus on the present moment* – let go of past problems or future fears and pay attention to right now.
2. Affirmations - Use sincere *compliments, thanks* or positive thoughts to reduce fear or anger. Also, affirm yourself!
3. Assertiveness - *Say what’s on your mind*, using “I” statements like: “I want...”; “I think...”; or “I feel...”
4. Acceptance - *Relax and listen*. What is true about the other’s point of view? What is beyond your power to change?



*Nearly half of all families experience serious conflict when caring for an aging parent. The “Planning and Cooperation” video and related materials on the *Being Your Best* CD offer strategies to reduce family conflict. Legal options, including mediation, power of attorney and guardianships are explained and discussed.

Assess Yourself

Awareness: How frequently are you focused on what's good in the present moment - instead of being upset about the past or worried about the future?

NEVER SOMETIMES OFTEN

With friends and family?

Doing work or hobbies?

During doctor visits?

In prayer?

Affirmations: How frequently do you compliment or praise others?

With friends and family?

Doing work or hobbies?

During doctor visits?

In prayer?

Assertiveness: How frequently do you tell others what you think, want or feel?

With friends and family?

Doing work or hobbies?

During doctor visits?

In prayer?

Acceptance: How frequently do you listen to others, accept their point of view, forgive them or forgive yourself?

With friends and family?

Doing work or hobbies?

During doctor visits?

In prayer?

If you "never" - or just "sometimes" - use one of these skills, consider the benefits using it more frequently.

The satisfaction skills can help you to forgive yourself or others, and find some peace of mind when problems are beyond solving.

The Lifestyle Skills

Regular exercise and good nutrition are important “steps” to be your best.

Why exercise? Exercise can affect how well you age. It’s good for your heart, your mood and your self-image. It’s also crucial for weight control.

There are four types of exercise you should make part of your daily routine:

1. Flexibility

You may lose 10% of your flexibility every ten years if you don’t stretch regularly.

Stretching reduces muscle tension, promotes circulation, and relaxes you. It also improves coordination and body awareness. Stretching also prevents exercise injuries.

An activity like yoga is a great way to stretch, relax your mind and improve balance at the same time.

2. Endurance exercise



Walking is one of the best aerobic exercises, especially for older people or those who haven’t been exercising regularly.

Ideally, you should walk – or exercise - the equivalent 10,000 steps each day. Clip an inexpensive pedometer near your waist and keep track of how much exercise you get just from doing your normal daily chores. Gradually increase what you do each day until you’re feeling fitter.

3. Strength building exercise

This type of exercise strengthens and builds muscles, while also building stronger bones. The better toned you are, the more calories you will burn, even while resting.



Aim for a minimum of 2 or 3 strength-building sessions each week,, but don’t do them every day. You’ll build muscle more quickly if you give your body time to recover.

Include exercises for all major muscle groups (i.e. legs, arms, back, chest, and abdomen). Get some inexpensive dumbbells or elastic bands for strength building. Or, to save money, use your own body weight for push ups, pull ups or sit-ups.

4. Balance

Strength training, described above, is very important in improving balance to prevent falls. Tai Chi and yoga have also been shown to improve balance.

Motivating Yourself to Exercise

Find some friends to exercise with, and tell lots of people about your plan. The more support you have – and the more that you publicly commit yourself, the more likely you’ll stick to your exercise plan. Combine your exercise with something you enjoy, like bird watching while you walk. Read or watch television while using a treadmill. See how quick time passes!

Physical inactivity is a major risk factor for the development of coronary artery disease, obesity, high blood pressure and stroke. Even modest levels of physical activity are beneficial physically, emotionally and mentally.

Physical Exercise for Elders

According to the American Heart Association, older patients with coronary artery disease (CAD) can benefit as much as younger patients from supervised exercise programs. Consequently, older men and women should be strongly encouraged to participate in exercise-based cardiac rehabilitation.

The frail elderly should never begin an exercise program without specific guidance from their physician. In fact, any adult older than forty, especially those with heart problems, should consult with their physician before starting a new exercise program.

Studies of seniors who exercise have found that:

- Aerobic capacity increased 24% and walking endurance increased 25% in a study of seniors aged 60-83 who engaged in regular exercise.
- Seniors, with an average age of 71, were significantly less depressed following a 10 week program of weight lifting.

Family caregivers (ages 49-82) who exercised regularly were able to reduce their stress and improve the quality of their sleep. So can you!

Mental Exercise

Opportunities for learning are important as you grow older. Keeping your mind active can improve mental abilities in the elders, regardless of age.

What is “stimulating” to one person may be boring to another, since we all have different learning preferences. So, think about how you and your loved ones like to learn. For example:

- Learning *why*? Is it important for you to have a “good reason” for why you’re learning something?
- Learning *what*? Do you like to learn facts? Find out what the experts think?
- Learning *how*? Do you like “hands-on” learning, where you use trial and error to figure out how things work?
- Thinking about *what if*? Do you like to seek hidden possibilities? Or turn new ideas into workable plans?

Here are a Few Suggestions for Life-long Brain Fitness*

- Make new friends
- Do something meaningful
- Get a pet
- Join a group
- Vary your activities
- Volunteer
- Love someone or something
- Minimize spare time
- Open your mind and your heart
- Sing, in the shower and elsewhere
- Develop a sense of purpose

Nutrition

The 2005 Dietary Guidelines provides specific recommendations to improve the quality of an average American diet. If you eat a “typical” diet, here’s the changes you should make:

- Increase your intake of vitamins, minerals, dietary fiber, and other essential nutrients.
- Lower the amount of saturated fats, *trans* fats, and cholesterol you consume, and increase your intake of fruits, vegetables, and whole grains.
- Balance the amount you eat with the amount you exercise to prevent weight gain and/or promote a healthy weight.



Free print and interactive materials are available online at: www.MyPyramid.gov. This website offers specific recommendations based on your age, gender and activity levels.

Here are some other guidelines to follow.

- *Eat a rainbow of fruits and vegetables.* Produce comes in a variety of colors green, yellow, orange, red, white, blue and purple. The deeper the color the more plant-based nutrients you’ll get. So, “sample the spectrum” to get the essential minerals, vitamins, fiber and phytochemicals (micronutrients found in plants) that help fight disease.
- *Avoid “high-glycemic index” foods.* The glycemic-index measures how fast, and how high, blood sugar rises after you eat a particular food. High-glycemic-index foods, (i.e., those that cause quick and strong increases in blood sugar levels) have been linked to an increased risk for obesity, diabetes and heart disease. Lower glycemic-index foods have been shown to help control type 2 diabetes.

* For information, articles and books about brain fitness visit:

www.bbruce.com

Glycemic Food Index (GFI) for Selected Foods

Lower GFI foods are better for your health

Low	Medium	High
- High-fiber fruits and vegetables (not including potatoes)	-Brown rice:	- Baked potato
- Bran cereals	-Oatmeal	- French fries
- Many legumes, including chick peas, kidney beans, black beans, lentils, pinto beans	-Rice cakes	- Refined cereal products:
	-Whole grain breads	- Sugar-sweetened beverages:
	- Whole-grain pasta	- Candy bars
		- White-flour pasta
		- White bread

Nutrition for Seniors

Poor eating habits can lead to malnutrition - sometimes first evidenced by an unintentional weight loss.

Seniors have special nutritional needs, and about 80 percent have chronic diseases that are affected by diet. Eating the same foods day after day, or not eating fruit and vegetables can cause nutrition problems.

Researchers at Tufts University School of Nutrition Science recommend that people over 70 follow a "narrower" food pyramid, with higher levels of some nutrients and plenty of water. They recommend:

- Fewer calories -- Seniors are less active and require less food to maintain the same weight.
- More fiber - Fiber helps bowel functioning and may lower cholesterol levels. Whole grain wheats, along with fruit and vegetables (rather than juice) are recommended.
- Nutrients - Seniors need higher levels of some nutrients. Good sources include dark, leafy greens - like spinach and romaine lettuce, which are rich in folic acid. Orange and yellow vegetables, like sweet potatoes and squash, and colorful fruit like strawberries and mangos that are rich in Vitamins C.
- More water - Seniors often don't feel as thirsty as younger people, so they are at an increased risk of becoming dehydrated. Drink plenty of fluids to prevent constipation and dehydration. Be aware, though, that too much water (i.e., more than 8 glasses per day unless you vigorously exercise) can cause problems too.

- *How does your lifestyle compare with the exercise and nutrition suggestions you've just read?*
- *Talk to your doctor about the lifestyle steps you need to take, then include them in your "Partnership Plan" on page 7,*

Connect Your Care!

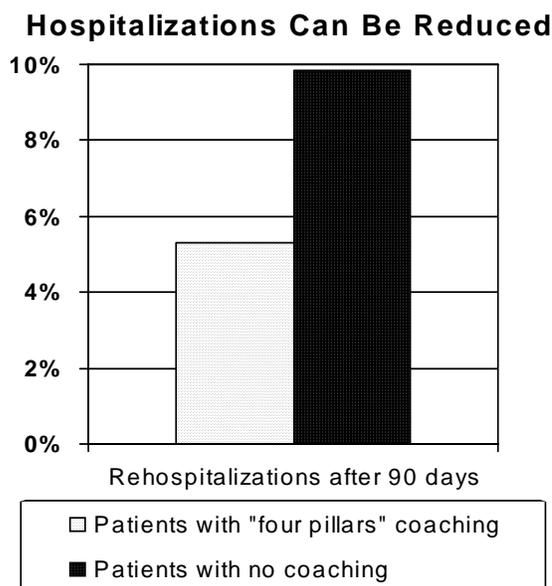
Even the best doctor can make a medical mistake if she or doesn't have enough information about your health history, your current care plan and the medications you are taking.

Does your doctor have enough information to provide good care? Probably not, if you see more than one doctor, or buy medicine over the counter.

Who is the best person to inform your doctors and connect your care? You!!

You can reduce hospitalizations by nearly half if you take a more active role, as seen in a study (see graph*) in which patients were coached in the following *four pillars of care*:

- Bring a list of all current medications (or your pills) to each doctor visit
- Update your health record and care plan each time you see a doctor
- Follow-up with your doctor after hospitalizations
- Know your “red flags” (when to call your doctor immediately)



*Coleman, E. et al. The Care Transitions Intervention
Arch Intern Med. 2006;166:1822-1828

Talk with your doctor, nurse and pharmacist for advice on connecting your care.

To avoid medication conflicts, choose one pharmacy as your “pharmacy home” where all your prescriptions will be filled. This enables your pharmacist to catch mistakes if two doctors write conflicting prescriptions.

Visit www.NextStepInCare.org for advice on planning safe and smooth transitions from one care setting to another, such as from the hospital to home.

Dying Well and Peace of Mind

“Dying well” is a topic that most of us want to avoid, but all of us need to consider.

The final days can be a time of great closeness -- even a bittersweet celebration of a life well lived. However, for some it is a time of panic, anger or despair. Your peace of mind depends on your choices.

Forgiveness is crucial in finding peace of mind. The satisfaction skills can help you forgive yourself or others as death approaches or while you are mourning. These skills can also help you become closer to God.



Planning Ahead: Advance Directives

If you are unable to speak for yourself (due to illness, an accident or dementia) “advance directives” can provide instructions for your health care. However, to make sure your wishes will be respected, you need to plan ahead. :

Consider the following steps from *Sharing Your Wishes* to assure “peace of mind rather than tough choices:”

- Think about what is important to you and how you want to receive your care
- Select a person to speak for you if you are unable to speak for yourself
- Talk about your health care wishes with your agent, doctor and family members
- Put your choices in writing, using a Health Care Proxy form

Health Care Proxy --This form, sometimes referred to as a “durable power of attorney” allows you to pick someone to speak for you about medical decisions when you are no longer able to do so for yourself. In New York, and many other states, it is a legally recognized form that can be completed without an attorney.

Living Will --This form is used to specify treatments that you would want, or not want, if you are terminally ill or have an irreversible condition. It is not a legal document in New York and other states, but it helps your agent and others to better understand your wishes.

Do Not Resuscitate (DNR) This form states whether or not you want cardio-pulmonary resuscitation (CPR) to restart your heart and lungs if you are in a hospital or nursing home. At home and in other settings, a “Non-Hospital DNR” or MOSLT form is needed.

Medical Orders for Life Sustaining Treatment (MOLST) MOLST has been adopted by New York state to translate people’s preferences about end of life care into medical orders. In some states it is call POLST (Physician’s Orders for Life Sustaining Treatment).

**Sharing Your Wishes” Information Booklet (2005) Buffalo, NY: Community Health Foundation of Western & Central New York For more information and free downloads, please visit: www.SharingYourWishes.org.

MOLST is based on communication between the patient or surrogate (the agent or spokesperson) and health care professionals. The MOLST form accompanies the person as he or she is transferred home or to a new care setting (e.g. long-term care or hospital). Although, the MOLST form summarizes advance directives, it is *not* intended to replace traditional advance directives such as the Health Care Proxy form and/or Living Will.

The MOLST Form

- Contains actionable medical orders regarding life-sustaining treatments.
- Is recommended for individuals with an advanced chronic progressive illness or terminal illness or for anyone interested in further defining their end-of-life care wishes.
- May be used to limit medical interventions or clarify a request for all medically indicated treatments including cardiopulmonary resuscitation (CPR).
- Is a bright pink color that is easily identified in case of emergency.
- Accompanies the patient as he or she is transferred home or to a new care setting (e.g., long-term care facility or hospital).
- Should be reviewed and renewed periodically.

For additional information, please visit: www.compassionandsupport.com

Health Care Proxy

(1) I, _____ hereby appoint _____
(name, home address and telephone number)

as my health care agent to make any and all health care decisions for me, state otherwise. This proxy shall take effect only when and if I become unable to make health care decisions.

(2) **Optional: Alternate Agent**
If the person I appoint is unable, unwilling or unavailable to act as my health care agent, I appoint _____
(name, home address and telephone number)

as my health care agent to make any and all health care decisions for me, state otherwise.

(3) Unless I revoke it or state an expiration date or circumstances under which it shall remain in effect indefinitely. *(Optional: If you want this proxy to expire, state here.)* This proxy shall expire *(specify date or conditions):* _____

(4) **Optional:** I direct my health care agent to make health care decisions according to the limitations, as he or she knows or as stated below. *(If you want to limit your health care decisions for you or to give specific instructions, you may state them here.)* I direct my health care agent to make health care decisions in accordance with the limitations and/or instructions *(attach additional pages as necessary):* _____

In order for your agent to make health care decisions for you about artificial nutrition and hydration (nourishment and water provided by feeding tube and intravenous line), you must know your wishes. You can either tell your agent what your wishes are or you can sign this form. See instructions for sample language that you could use if you choose to use this form, including your wishes about artificial nutrition and hydration.

SEND FORM WITH PATIENT/RESIDENT WHENEVER TRANSFERRED OR DISCHARGED

MOLST

Medical Orders for Life-Sustaining Treatment
Do-Not-Resuscitate (DNR) and other Life-Sustaining Treatments (LST)

This is a Physician's Order Sheet based on this patient/resident's current medical condition and wishes. It summarizes any Advance Directive. If Section A is not completed, there are no instructions for this section. When the need occurs, first follow these orders, then consult your physician. Any section not completed implies full treatment for that section. This form should be reviewed and renewed periodically, as required by New York State and Federal law or regulations, and/or if:

- The patient/resident is transferred from one care setting or care level to another, or
- There is a substantial change in patient/resident health status (improvement or deterioration), or
- The patient/resident treatment preferences change

Last Name of Patient/Resident

First Name Middle Initial of Patient/Resident

Patient/Resident Date of Birth

Section A	<p>RESUSCITATION INSTRUCTIONS (ONLY for Patients in Cardiopulmonary Arrest): <small>(If patient/resident has no pulse and/or no respirations)</small></p> <p><input type="checkbox"/> Do Not Resuscitate (DNR)* <small>(DNR=No cardiopulmonary resuscitation, endotracheal intubation or mechanical ventilation)</small></p> <p><input type="checkbox"/> Full Cardio-Pulmonary Resuscitation (CPR) – No Limitations</p> <p><small>* For incapacitated adults, and/or for therapeutic or medical facility exceptions; and/or for residents of OMRDD or correctional facilities, also complete relevant sections of Supplemental DNR Documentation Form for Adults. For minor patients, also complete Supplemental DNR Documentation Form for Minors. For patients in the community, also complete NYS DOH Nonhospital DNR Form, unless located in Monroe or Orleans Parishes.</small></p>
Section B	<p>DNR (CPR) CONSENT OF PATIENT/RESIDENT WITH DECISION-MAKING CAPACITY: Section A reflects my treatment preferences.</p> <p>Patient/Resident Signature <input type="checkbox"/> Check if verbal consent _____ Print Patient/Resident Name _____ Date _____</p> <p>Witness of Patient/Resident Signature or Verbal Consent _____ Print Witness Name _____ Date _____</p> <p>DNR (CPR) CONSENT OF HEALTH CARE AGENT (HCA) OR SURROGATE DECISION-MAKER FOR PATIENT/RESIDENT WITHOUT DECISION-MAKING CAPACITY: This document reflects what is known about the patient/resident's treatment preferences. For Patient/Resident without decision-making capacity, or when medical facility or therapeutic exception is used, Supplemental MOLST Documentation Form MUST be completed and should always accompany this MOLST Form. If patient/resident has a legal and valid DNR previously completed while patient/resident had capacity, attach to MOLST. <input type="checkbox"/> Prior form attached <input type="checkbox"/> Supplemental Documentation Form completed</p> <p>HCA/Surrogate Signature <input type="checkbox"/> Check if verbal consent _____ Print Name _____ Date _____</p> <p>Relationship to Patient/Resident: _____</p> <p>Witness Signature _____ Print Witness Name _____ Date _____ <small>(Must witness HCA/Surrogate signature or verbal/telephone consent)</small></p>
Section C	<p>Physician Signature for Sections A and B:</p> <p>Physician Signature _____ Print Physician Name _____ Date _____ <small>(Must Witness Patient/Resident Signature or Verbal Consent)</small></p> <p>Physician License #: _____ Physician Phone/Fax #: _____</p> <p><small>It is the responsibility of the physician to determine, within the appropriate period, (see below) whether this order continues to be appropriate, and to indicate this by a note in the patient's medical chart. The issuance of a new form is NOT required, and under the law</small></p>

BRIGHT PINK COLOR FOR EASY IDENTIFICATION

The Golden Rule is Good for You !

How would you answer these questions?

1. A group of seniors were assigned to either get a massage, or give massages to infants. Which group reduced their stress the most?
2. Are teens, who want to help others, happier than those who don't care about helping?

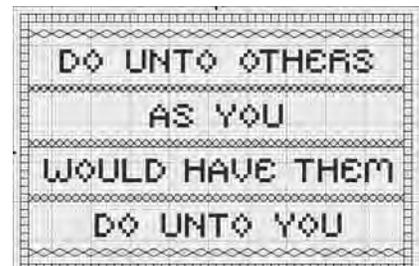
Answers:

1. The seniors who gave massages had less stress.
2. The teens who wanted to help were three times happier.

Study after study shows that helping others can improve *your* emotional and physical health.

- People of any age who volunteer at least two hours a week have less depression.
- People who volunteered were 30% less likely to report physical problems, even after controlling for lifestyle and prior health factors.
- A large California study showed that those who volunteered more than four hours per week had a 44% reduction in mortality, after controlling for their health status

Whether you're helping someone as a volunteer, a friend or a family member, the Golden Rule – *Treat others the way you want to be treated* - is a good compass to navigate the complexities of relationships – whether you're paid or not. This concept is central to all major religions: Buddhism, Christianity, Hinduism, Islam and Judaism.



Get started by:

- Helping your family, friends and neighbors
- Asking if your club, church or other organization needs helps
- In Niagara County, call the Volunteer Center at HANCI (716-285-8224 x 223)

The Corporation for Community Service can help you find a volunteer opportunity that meets your skills, availability and interests. Visit www.GetInvolved.gov to learn what's available in any community in every state.



The Best Places for the Help You Need*

The best place to call

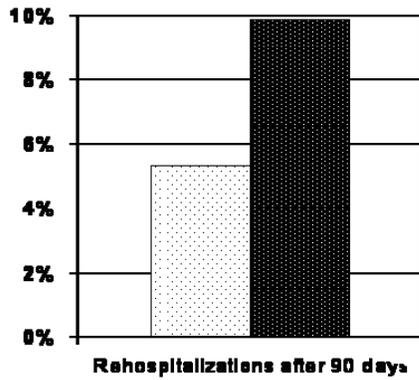
NY Connects offers state residents a trusted place to get information and assistance to remain independent in their daily lives. Whether you're concerned about a child or an older adult - this initiative between your Area Agency on Aging and your local department of Social Services can provide the help you need. To learn more visit: www.NYconnects.org or call 716-438-3030 in Niagara County.

The **Eldercare Locator** (visit: www.eldercare.gov) can connect you to a local agency (sometimes called the "Office for the Aging" or "Office of Senior Services" that provides a comprehensive range of community services.

In Niagara County, call the Office for the Aging (716-438-4020) or visit www.NiagaraCounty.com/aging for information and assistance about health insurance, housing, caregiver programs, nutrition, legal assistance, recreation and social activities and much more.

BEING YOUR BEST: EVIDENCE FOR EFFECTIVENESS

Hospitalizations Can Be Reduced



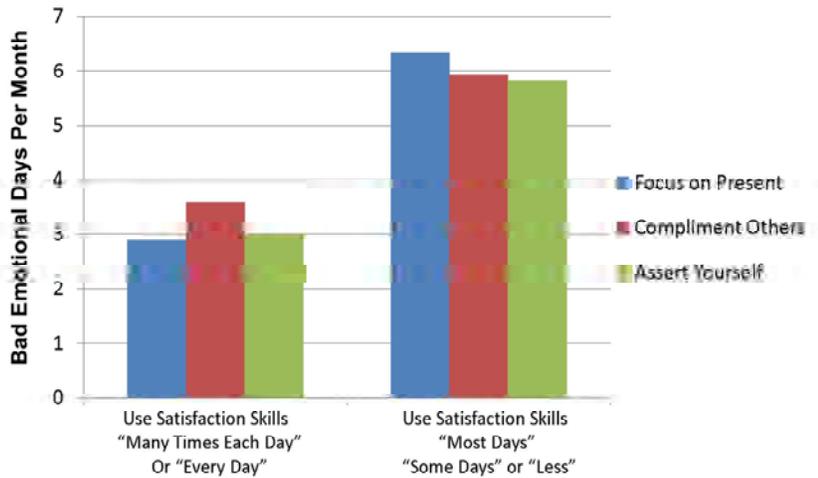
Rehospitalizations after 90 days
Coleman, E. et al. The Care Transitions Intervention
Arch Intern Med. 2006;166:1822-1828

Avoid Hospitalizations

Patients who were coached in “connecting their care” after discharge were almost half as likely to be re-hospitalized.

Less Stress and Depression

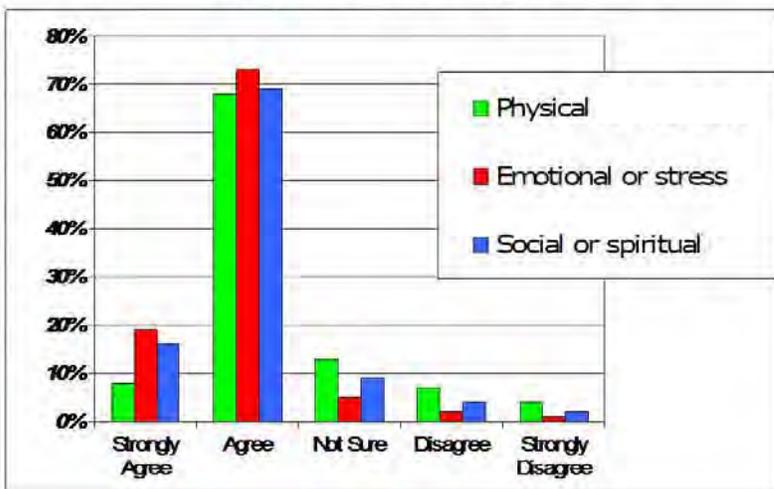
People who use the “satisfaction skills” more frequently have better mental health.



Survey of 99 Residents of Middleport, NY
Center for Health Management February, 2009

BEING YOUR BEST: WORKSHOP EVALUATIONS

Response from Caregivers



Reach Goals for Total Wellness

Nearly 90 percent of 1,212 workshop participants agree that *Being Your Best* can help them reach their physical, emotional or spiritual goals.

Being Your Best Workshop Evaluations: 2004 - 2008
Center for Health Management

Being Your Best was honored with AARP's 2008 Social Impact Award.

About the Center for Health Management



The Center for Health Management is a non-profit organization that aims to:

- Assist seniors, adults, teens and children to improve the wellness of their minds, bodies and spirits through education, research and related support activities
- Train professionals, paraprofessionals and volunteers to address the needs of the whole person while continually improving the quality of care.
- Assist organizations and communities to achieve the above goals
- Publish print, electronic and other media to achieve the above goals

Organizations that wish to purchase materials, arrange workshops, offer training sessions or discuss research collaborations should email: Info@BeingYourBest.org, call 888-213-8278 or write:

Center for Health Management
2151 Ferry Road
Grand Island, NY 14072

About the author

Tom DeLoughry, Ed.D. received the New York State *AARP Social Impact Award* for his work in wellness and health care; the National Award for *Excellence in Quality Management* from the American Managed Care Review Association (AMCRA) for his program series on Primary Care Quality Management (Feeling Fit at Work and School/Feeling Fit with Diabetes and Hypertension); and the *National Award for Excellence* from the American Association of Occupational Health Nurses for his program on “Occupational Stress.”

Dr. DeLoughry is the creator of the American Lung Association’s national program for emphysema and chronic bronchitis, “Help Patients To Better Breathing;” the CBS HealthWatch.com feature series, “The Managed Care Guide” and “Never Too Old To Be Well”, a multi-media program (booklet, flyers, video DVD, computer CD) for the whole family, the whole organization and the whole community. He also authored the *Being Your Best* series including: *What I Wish I Knew: Stories, Studies and Strategies for Being Your Best at Any Age* and *Love Never Fails: A Four Week Discussion Guide for Faith Communities*.

He is a clinical Assistant Professor in the School of Public Health at the State University of NY at Buffalo and has also served as Assistant Professor and Assistant Director of Continuing Medical Education within the Department of Family Medicine at the State University of New York at Buffalo; and an Assistant Professor in the Department of Health Services Administration at D’Youville College.

He worked for six years at Buffalo Children’s Hospital as Director of the Drug Abuse Services and Coordinator of the Adolescent Program in the Department of Child Psychiatry; and for ten years as director of wellness and disease management at Independent Health, a large managed care organization. He has also served as Senior Program Developer at TheDailyApple.com as well as the director of the Center of Renewal, a Franciscan Retreat Center at Stella Niagara.

He currently serves as the Executive Director of the Center for Health Management.