

The importance of Advance Care Planning

BY ANGELA FRANKLIN

Advance Care Planning (ACP) is a crucial process that holds significance for individuals of all ages and health statuses. This vital step involves contemplating and discussing future healthcare and end-of-life decisions, ensuring that, in the event of an unforeseen circumstance where decision-making is impaired, a designated health care representative can make informed choices on your behalf.



This representative plays a pivotal role in translating your preferences into action. Engaging in these conversations with health care professionals and those close to you to determine treatment preferences based on your personal beliefs and current health conditions is an important step for any of us.

There are two primary documents instrumental in advance care planning: the advance directive and the Physician Orders for Life-Sustaining Treatment (POLST). Tailored to each state's regulations, an advance directive serves as a legal document for articulating your goals, values, and preferences, and designates a decision maker. A POLST transforms your advance directive into a medical order, conveying your stance on life-sustaining treatments and resuscitation to emergency responders. These documents form the foundation of ACP, offering clarity and guidance in critical moments.

Beyond the formalities of advance directives and POLSTs, advance care planning hinges significantly on meaningful conversations. However, engaging in such discussions can be

challenging for various reasons. It requires openness and a willingness to confront difficult topics, which many find emotionally taxing. SOLADA (Southern Oregon Living and Dying Alliance) recognizes the

complexity of these conversations and seeks to create a supportive environment for individuals to navigate these crucial discussions.

SOLADA's mission is to foster open and honest conversations surrounding the human experience of living and dying, exploring the intricate connections to love and grief. We aim to build compassionate and caring communities that provide support to individuals, families, and organizations during the transitions accompanying the dying process.

Interested individuals can participate in SOLADA's initiatives by attending film showings, joining monthly death cafes, and referring to our website, solada.org, for a comprehensive calendar of events and a directory of local support services for end-of-life care. By embracing the Advance Care Planning process, individuals can proactively shape their healthcare preferences, ensuring that their values guide decisions during critical moments in life. Join SOLADA in our mission to create understanding, foster supportive communities, and prioritize what matters most in the journey of living and dying.

Angela Franklin
Journey Home Death Midwife and
Founding Member of SOLADA
info@journeyhome.care

••• BIZBITS •••

Black Barn Farm's amazing and delicious food truck offers breakfast all day, burgers and sandwiches, and cookies baked fresh Monday through Friday, rain or shine, from 10 am-5 pm. Find them in back of Ramsay Realty on Highway 238 and Upper Applegate Road in Ruch or visit them on Facebook at [BlackBarnFarmOregon](https://www.facebook.com/BlackBarnFarmOregon) to take a look at their yummy-looking offerings. Makes you want to drive right over... I just might! (Black Barn will be catering the *Applegater's* 30th Birthday Bash on June 2!)



Las Palmas Mexican Restaurant. Exciting news! The original Las Palmas restaurant, at 210 E California Street in Jacksonville, is finally under construction and should open mid-summer. The Rodriguez family opened a Medford location, at 1501 Sage Road, a few months ago with an extensive and enticing menu. And, of course, in the spring they will be back with

their food truck in Ruch next to Ramsay Realty on Highway 238 and Upper Applegate Road. Visit laspalmas.casa for more information or call their Medford restaurant at 541-773-8226 and speak with Lupe.

MEC (Motivate, Elevate, Celebrate) Disabilities is a nonprofit organization founded by Nikki Sanger, whose daughter, Evelyn, has cerebral palsy. Through her daughter, Nikki saw many things that needed to change in the world of childhood disabilities. MEC's mission is to help motivate, elevate, and celebrate disabilities by educating the public, obtaining adaptive equipment for children with disabilities, and developing sensory spaces across the United States. The Grants Pass School District has recently completed its new sensory playground at North Middle School. The playground includes accessible swings, a sensory wall, and a rubber tile surface. MEC believes that every child deserves an equal opportunity to learn, grow, and play no matter their abilities. For more information, visit meccdisabilities.org.

Ruch Hardware. New owners are Keel and Lauren Robinson and parents Doug Davis and Dora Howard. They continue to offer a wide variety of hardware items, large and small animal feed, plumbing and electrical supplies, propane, and more. 181 Upper Applegate Road, Ruch. Call or text 541-899-1113.

Tif's Trading Post. Tiffany Ryan, former owner of Ruch Hardware, continues to run Tif's Trading Post at 181 Upper Applegate Road in Ruch, offering shipping, mailboxes, printing, copying, internet, and more. Call or text 541-621-9610.

Margaret Patterson • margaret@applegater.org

BizBits highlights businesses new to the area, holding special events, or offering new products. If you are a business owner, let us know when you move into the area or to a different location, hold a special event, expand your business, or mark a milestone. Email gater@applegater.org.

Whistling Duck FARMSTORE FERMENTARIA
Natural Foods & Goods - Farmstead Ferments
OR Coast Fish - Local Fine Foods - Organic Produce

DOUBLE UP FOOD BUCKS ACCEPTED HERE | WhistlingDuckFarm.com

Open all year - Mon-Fri 11am-6pm - Sat 11am-5pm - Closed Sunday
(541)761-6772 - 12800 Williams Highway - Provolt OR

Come visit! Serving breakfast, lunch and dinner. Beer and wine on tap or to go.

Sweets-N-Eats Bakery·cafe·Deli

Open 7 am - 7 pm
Weds - Sat and 7 am - 3 pm Sun.
Closed Mon and Tues.

Family-run ■ 181 Upper Applegate Road ■ 541-702-2662
Jacksonville, OR 97530

KEEP YOUR MOTOR RUNNING

AGAINST THE WIND GARAGE

CALL TODAY **541.660.9631**

general repair & diagnostics, customs, hot rods, EV conversions & mobile service

THE POT RACK
KITCHEN EMPORIUM • EST 1992

140 W California St - Jacksonville
Open Daily 10:30am-5pm
WE SHARPEN KNIVES!