



Bridges

A Newsletter for the Families and Friends of Carol Woods
Residents in Assisted Living and the Health Center

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Tips for Great Visits

By Jen Wilson, Director of Well-Being

Any visit with family and friends deserves to be fun and convenient. So, next time you visit your loved one at Carol Woods, please be aware of some resources we offer to make your visit more enjoyable.

INTERESTED IN EXPLORING CHAPEL HILL & CARRBORO?

Weekday Minibus Trips: This bus runs a few times each weekday and is open to all residents on campus. It can take you to shopping malls and the Farmer's Market (in season) on specified Wednesdays and Fridays. Check the schedule posted at the receptionist desk in the Main Building lobby or call 919-918-3315 for times. To ensure a seat on the bus, call ahead during business hours. For return, arrange with the driver when and where you want the bus to stop for you.

Home Services: This option offers sedan transportation for you and your loved one. There is an \$18 per hour charge within the Chapel Hill-Carrboro area. Charges outside the area are at prevailing federal rates. Please contact 919-918-3312 for further information or to make advance arrangements.

Easy Access Minivan Service: If a regular sedan does not fit your needs, you may arrange for a wheelchair/walker-accessible van to take you to a restaurant, church service or other special events. The fee for van and driver is also \$18 per hour. This hourly rate covers the duration of the event. Service is based on driver and vehicle availability. Please make reservations at least three days in advance by calling (919) 918-3201.

WANT TO DINE AT CAROL WOODS WITH YOUR LOVED ONE?

If you are visiting, please stay for a meal! Any resident and their guest(s) are welcome in the Main Dining Room, Assisted Living dining rooms or cluster dining rooms in the Health Center. If dining in the Health Center, just let the nursing assistant (CNA) know at least 30 minutes in advance so a place can be set at the table. Also, the Country Kitchen (2nd floor) and Entertainment Room (3rd floor) are available for private dining. Contact Judy Benjamin at 919-918-3223 to reserve the space.

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NEED TO CHECK EMAIL OR SURF THE INTERNET?

A public computer with Internet access is located on the Health Center's third floor in the gathering area across from the Entertainment Room. The computer is available on a "first come, first serve" basis. A computer lab, located near the Social Lounge in the Main Building, is also available from 9:00 am - 5:00 pm, Monday - Friday. Additionally, WiFi (wireless internet connection) is now available in the Social Lounge.

Please talk with a staff member if you have any questions during your visit. We look forward to seeing you soon!

Help for the Most Difficult Time By Mark Weber, Pastoral Counselor

Most of us have questions about what is happening and what to expect when a loved one nears their final days. *Comfort Care & End-of-Life Choices* is a new resource that provides information about hospice, the dying process and the many tasks that must be addressed immediately following a death. Items in the loose-leaf binder also address a range of issues specific to Carol Woods: from amenities available while you are at your loved one's bedside in the Health Center, to memorial service options, to details of closing out a resident's apartment.

Whether you may be facing this challenge soon or you want to be prepared for future times, you will find this new resource helpful. Copies of the notebook are kept in the Resident Library and on both floors of the Health Center. Additionally, the Director of Nursing, Pastoral Counselor, Health Center Social Worker and Social Work Coordinator for Independent and Assisted Living also have copies you may use while visiting.

Building 5 Tea Group By Sue Schwartz, Life Enrichment Facilitator

In this issue of *Bridges*, we would like to spotlight a very special group. Each day at 3:00, the Tea Group gathers in Building 5. They are a group of women who live in this Assisted Living building. The core group, consisting of Julia Watkins, Alberta Dolan, Evelyn Sims and Betty McGowan, shared their interests in tea and conversation and decided to initiate the first gathering at a small table in the Residents' Kitchen in February 2007.

As their neighbors began joining them, carrying teacups and teabags, the group quickly outgrew the small kitchen and began meeting in the Sun Room. The room has a sink, a newly purchased tea kettle and a great space for a larger table.

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Over two years have passed since the “Tea Ladies” first initiated that first tea in the small kitchen. If you should happen to be in Building 5 at 3:00 pm on any day of the week, please feel free to join them. The company is good, and the scenery is great. You can often see the birds, bees and butterflies looking in on the group from their flower garden home just outside the windows.



Building 5 Tea Group

Putting Wishes into Action:

The MOST

**By Laura Patel, M.D.,
UNC Geriatrics Fellow**

There is a new form being used to clarify care goals for your loved ones. This form is called the Medical Orders for Scope of Treatment, or “MOST” form. MOST is a one-page physician order set designed to guide healthcare treatment for seriously ill adults, many of whom have advanced chronic illness. It is similar to other healthcare directives used nationally, and can complement a living will or stand alone.

Why use the MOST? Authorized for use in North Carolina in January 2008, it is similar to forms used by many states in order to improve care at the end of life, promote autonomy, enhance the ability to transfer orders and minimize confusion across the continuum of care.

Is a MOST mandatory? No. Having a MOST is optional.

Who should use a MOST? It is primarily intended for individuals who have advanced chronic, progressive illness or may have a life expectancy of less than one year. Those with stable medical conditions or many years of life expectancy *may* wish to use a MOST to further define their treatment preferences.

What is the difference between a MOST and an advance directive? There is a fundamental distinction between a physician’s order (MOST) and an advance directive (Living Will or Health Care Power of Attorney). While advance directives *inform* physicians about the level of care desired, physician orders *instruct* health care providers. Additionally, advance directives only apply to *future* circumstances, while the MOST is active in the *present*.

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What preferences are included on the MOST? The bright pink MOST form is more comprehensive than some other forms, such as the Do Not Resuscitate form. You can outline preferences about hospitalization, comfort measures, antibiotics and artificial nutrition and hydration. It is not only used to document what types of treatments to withhold but to indicate what types of care an individual wishes to receive.

Could I change my mind about treatment preferences? Your MOST is reviewed at a minimum of once per year and whenever there is a change in health status. It should also be reviewed when a resident is hospitalized. If your preferences have changed, a new MOST will be completed and signed by your physician.

How do I obtain a MOST? It is a **physician order** and requires the signature of the physician/nurse practitioner AND the resident/resident representative. The social workers or nurses can discuss the MOST with you and help facilitate a conversation between you and your loved one's physician.

For further questions, please contact LaShandra McLaughlin, Health Center Social Worker, at (919) 918-3216 or lmclaughlin@carolwoods.org



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