



Savvy Senior

by Jim Miller

How to make sure your end-of-life wishes are followed

Dear Savvy Senior,
I had a living will/advance directive prepared about 10 years ago documenting my end-of-life medical wishes, but I've read that these documents are often ignored. What can you tell me about this?

Troubled Tina

Dear Tina,

Yes, unfortunately, that can happen. Living wills aren't always followed in practice, most often because the document isn't available when it's needed or never reaches the right people in time. They can also fall short because they aren't medical orders, and the language may be too vague to guide doctors in an emergency. That doesn't mean your wishes won't be honored, but it does mean a little extra planning can help prevent confusion later.

Here's how to make sure your wishes are followed.

Advance directive plus POLST

About 40% of older Americans have an advance directive. This typically includes a living will that spells out the care you want if you become incapacitated, and a health care power

of attorney (or proxy) who is authorized to make decisions on your behalf.

To strengthen those instructions, talk with your doctor about completing a POLST (Physician Orders for Life-Sustaining Treatment) – sometimes called MOLST or POST depending on your state. Unlike a living will, this is a doctor-signed medical order that must be followed by EMTs and hospital staff. It translates your wishes into clear instructions for treatments such as CPR, breathing machines and feeding tubes.

These interventions can save lives but may also cause harm if you are very ill or frail. Discussing them ahead of time helps you weigh the trade-offs and makes it easier for your family to understand your choices, easing stress if decisions must be made quickly.

Even if you already have an advance directive, adding a POLST can make your wishes clearer. Without one, first responders are generally required to attempt resuscitation and transport you to a hospital, where doctors may pursue aggressive treatment if your living will isn't available or specific enough.

Once your POLST is

completed, make sure it is easy to find. Keep a copy on the refrigerator, carry one in your wallet and save a photo on your phone. Share copies with your health care proxy, family members and physicians so everyone is aligned.

It's also wise to ask your providers to add the form to your electronic health record, since medical information isn't always shared between hospitals and care facilities. These steps can make a real difference in helping ensure your wishes are followed.

If discussing these issues with family feels difficult, websites like The Conversation Project (theconversationproject.org) and Prepare for Your Care (prepareforyourcare.org) offer helpful guidance.

One final note: if you're planning surgery, you may want to temporarily suspend your POLST in case your heart stops briefly during the procedure.

And if you haven't yet created an advance directive, you can do so for free at caringinfo.org or mydirectives.com, or for a small fee – \$5 to \$7.50 – at fivewishes.org. Taking these steps now can help ensure your wishes are followed and ease the burden on your loved ones later.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

HISTORY OF NEW ROCKFORD

K.C. Gardner, Jr. • Drayton, ND • NRHS Class of 1962



On April 2, 1909, John Wiemals returned from St. Paul, where he had undergone medical treatment; his recovery was slow, and he was confined to his home. That afternoon and evening, the Methodist Church ladies held a farewell reception for Mr. and Mrs. R.M. Kennedy and family. [Kennedy had a billiard and pool hall, with his brother, 1886 to 1890; ran the City Dray Line from 1887 to 1902 and a coal and wood yard from 1902 to 1909; co-managed the Headquarters Hotel, 1888 to 1890; had a milk delivery business around 1892 and a land office around 1894; managed the Monarch Elevator from 1902 to 1909; served on the school board from 1890 to around 1900; and was clerk of court around 1893 and a justice of the peace intermittently from 1895 to 1908.]

On April 3, B.M. Hersey returned from Oregon, where he had purchased some land near Eddyville.

On the afternoon of Sunday, April 4, Martin Dyrness and Laura Peterson, both of New Rockford, were married by County Judge D.F. Ellsworth at his residence; they would live southeast of town.

On April 5, Celestia Kellington returned to Valley City Normal after spending the Easter vacation with her parents. Mr. and Mrs. John Kennedy and family and Mrs. Fred Wilson and baby left for their new home at Deerskin, Alberta. Mrs. Oscar Bauer accompanied them and would join her husband, who was already living in the area.

The Eddy County Commissioners (Dafoe, Dailey, Beauclair) met on April 5 to 7. On April 6 they voted to pay the following bills: \$200, H.A. LaMoore, Superintendent, Home of the Feeble-minded for care of patients Ida Neutzel and Hilda Elmgren; \$125, Dr. J.A. Carter, medical care for Hans Holten; \$18.90, Frank L. Sears, druggist supplies for Hans Holten; \$40, William H. Meyer, funeral for Hans Holten; \$6, A.G. Gardner, recording bond; \$7.90, Equity Elevator, coal for Mrs. Newville; \$10.50 and \$7.85, J.E. Bennett, coal for Mrs. Newville; \$50, S.W. Rich, treasurer's clerk, March; \$50, Ruth M. Erickson, assistant Superintendent of Schools, March; \$50, Mrs. A.G. Gardner, register of deeds' clerk, March; \$50, Mrs. W.C. Schwoebel,

auditor's clerk, March; \$5, H.W. Wilson, telephone rent, April; \$104.87, R.M. Kennedy, carload of lignite for court house; \$3.25, D. Labhardt, laundry for prisoners; \$9, F.M. McCabe, care for John Murphy; \$45.50, Dr. W.M. Hotchkiss, medical care for John Murphy; \$54.50, Bucklin & Co., medicines for E. Smith and John Murphy; \$45, John Collins, janitor's salary, March. They also appointed William E. Hart as the county surveyor. On April 7, they appointed the following: Road Supervisors: Ed Bengston, District 6; Fred Br [illegible], District 18; 2nd District Assessor, James Graham; and J.C. Stoop as Justice of the Peace to replace A.W. Greely.

Until 1 p.m. on April 6, County Auditor W.C. Schwoebel received sealed bids for metal culverts for the county. Tony Hart returned from a visit with Dr. Till at Almena, Wisc. H.J. Mitchell went to Jamestown for a meeting of the State Asylum Board. The Minerva Club met in the Reading Rooms with the following giving short reports on the Renaissance, particularly in England and Italy: Mrs. Ledson, Mrs. Manly, Mrs. Rager, Mrs. Rantz, Mrs. Putnam and Mrs. Maxwell.

On April 7, J.R. Craig left for medical treatment in the Twin Cities; he returned on April 19, feeling much better.

On April 7 and 8, Mrs. Kehr of Valley City displayed a line of Tailored and Pattern Hats in the parlors of the Hotel Brown. On April 7-9, Mrs. John Blais had a Grand Opening for her millinery shop in the Wenz building.

On the evenings of April 7 and 8, the last numbers in the Lyceum Course appeared in the Opera House: Ross Crane, cartoonist, and the Apollo Quintette Concert Co. General admission was 75 cents; students 50 cents.

At noon on April 8, W.M. "Marsh" Chamberlain and Myrtle E. Holliday were married by Rev. S.F. Beer at the home of Mr. and Mrs. H.G. Hudson. He was a longtime farmer near New Rockford, and she was the former proprietor of the Home Bakery. Her sister Mrs. Meta Collins of Anaconda, Mont., attended. Eugene Corry left for Velva, where his mother was not expected to live. That evening, Dr. Charles

MacLachlan and Mrs. B.W. Rantz served a supper of brook trout, boiled lobsters, fresh vegetables and imported cheese to their spouses. The meal resulted from a winter-long series of 50 card games of whist played with Dr. MacLachlan and Mrs. Rantz as one pair of partners, and Mrs. MacLachlan and Mr. Rantz as the other, with the losers paying off with a meal. Also that evening, the seventh grade girls were elated over their basketball victory over the NRHS girls' 2nd team.

The April 9, 1909, "Transcript" had an ad saying the large, airy front room over Streeter & Cooling's office was for rent. See C.J. Maddux.

William Kuhl had rented Dennis O'Keefe's large well-drilling outfit and would operate it during the season, beginning early the next week. Someone was offering to sell a Cadillac automobile for \$250.

William Steinbach had standing at stud his imported registered full-blooded Percheron stallion Gladiator at his farm southwest of New Rockford. He had been foaled in France on May 23, 1903. Terms: \$15 to insure foal; \$20 to insure standing colt two days old.

On April 9, F.S. Dunham and Val Fertig returned from Oregon, leaving Dr. F.D. Norton there to complete their purchase of land; Norton came back on April 14.

Martin Sands left for Bainville, Mont., where he and his family would reside. At 8 o'clock that evening, the Minnewaukan High School Debate Team, defending the Affirmative, met the Phillips Academy Debate Team (Ralph Beebe, Walter Zellmer, and Kellogg Bascom) with the Negative on the question, "Resolved, That a Progressive Income Tax Law Put in Operation in the U.S. Would Be Desirable, Constitutionally Conceded." The debate took place in the Academy's Assembly Room. Miss Mamie Stanton sang a vocal solo and the Academy Orchestra played. Admission was 25 cents.

From noon April 10 to noon on April 11, Fargo optician C.J. Sullivan was scheduled to be at the Hotel Brown for eye exams, but he had suffered paralysis in Devils Lake the month before, so he probably wasn't in New Rockford.



Marshmallows on branches

by Kelsey Deckert, NDSU Extension Horticulture Agent

In the central part of the state, I have been receiving several calls about "marshmallows" on tree branches. As funny as it sounds to say, that is probably the best description for cottony maple scale! The marshmallow you are seeing is actually the female's egg sac protruding.

Cottony maple scale affects maples, lindens, dogwoods, elm, hackberry and other hardwoods. The scale lives through the winter as an immature female that is about 1/5 inch long, flat on the surface of twigs and branches. Due to their size and flatness, it is very hard to notice them. They will start to grow in May as temperatures warm. By mid-June, the egg sacs are noticeable. Each sac can contain up to 1,000 eggs, which is crazy to imagine given their size.

The crawlers (babies) hatch in late June to early July and will move to the underside of the leaves to feed. It is at this stage that

they are most susceptible to chemical control. The crawlers will feed on leaves, and males will complete their life cycle, becoming tiny winged insects; females are wingless. Males will fly to the females, then mate and die. The females will continue to feed throughout the fall and then crawl back to the twigs and branches, where they will attach themselves for the winter.

Typically, cottony maple scale infestations are controlled by natural enemies in our landscape and don't require treatment. If treatment is warranted, you will want to use a combination of a spray treatment for the crawler stage and a systemic treatment. Crawler spray treatments include horticultural oils, insecticidal soaps, pyrethroids and carbaryl. Systemic treatment would be imidacloprid in the fall or dinotefuran in the spring.

Higher populations can produce sap called honey-

dew, which is their excrement. This can cause black, sooty mold, resulting in a blackened appearance on leaves, twigs and branches. The sooty mold is mostly harmless. In some severe cases, you will see some premature foliage loss.

For more information about cottony maple scale, contact your local NDSU Extension agent. Find the Extension office for your county at www.ndsu.edu/agriculture/extension/extension-county-offices.

- Weekly Crossword -
Answers from July 6

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KEY-

most passionate about writing features and sharing the stories of everyday people. "A quote that's always stuck with me is, 'There are no boring stories, just bad storytellers,'" he said. "I love telling other people's stories."

One of his favorite college assignments focused on a college football player who rarely saw playing time but was described by his coach as the team's ultimate teammate. The story was later nominated for an Indiana Collegiate Press Award. "It showed me that some

of the best stories come from people who might otherwise go unnoticed," Key said.

Key resides in Sheyenne and works full-time in the New Rockford office, so he is eager to meet residents and learn more about both communities. "I'm pretty reserved at first," he admitted. "But I'm approachable. Come say hi, strike up a conversation, and I'll talk your ear off."

Outside the office, Key enjoys hunting, fly fishing, playing ultimate Frisbee and spending time outdoors. He is also a guitarist, singer and songwriter and hopes to

perform live music locally. "If anybody knows of any bars that want live music, I'd love to play," he said.

Key is especially looking forward to experiencing his first North Dakota winter on Devils Lake and trying ice fishing, something he's always wanted to do.

"There's a reason I'm here, and I'm excited to find out what that is," Key said. I want to be intentional, and I'm looking forward to telling the stories of the people in this community."

Key can be reached at the Transcript office during business hours or by email at keaydalton@gmail.com.



CUSTOMER APPRECIATION

JULY 14	FESSENDEN GOLF COURSE 4 Person Scramble 1:00 pm Tee Time Lunch Noon Supper 6:00 pm
JULY 17	HARVEY GOLF COURSE 4 Person Scramble 12:00 pm Tee Time Lunch 11:00 am Supper 6:00 pm
JULY 21	LEEDS GOLF COURSE 2 Person Scramble 1:00 pm Tee Time Lunch Noon Supper 5:30 pm
JULY 28	CARRINGTON GOLF COURSE 4 Person Scramble 11:00 am Tee Time Lunch provided Supper 6:00 pm

Golfing is not required | Everyone is welcome for supper
Customers are welcome to attend any events

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