

# PREPARING for YOUR OWN DEATH

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Zen Community of Oregon  
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**ADVANCED DIRECTIVE (Living Will)**

**POLST**

**FIVE WISHES**

<p><b>You fill it out</b></p>	<p><b>Doctor or Nurse Practitioner fills it out with you and MUST SIGN IT.</b>  <b>You get a copy, Oregon registry</b></p>	<p><b>You fill it out</b></p>
<p><b>For basically healthy people</b></p>	<p>For people who are seriously ill or very frail</p>	<p>For anyone at any time</p>
<p><b>Your general wishes for treatment. EMT's ignore this.</b></p>	<p>Medical Orders          EMT's may ignore but medical people will not (eventually).</p>	<p>Your general wishes. EMT's ignore.</p>
	<p>Top part: CPR if you die. YES or NO (=DNR)          Middle Part: If you get sicker do you want to go to the hospital?          What treatment do you want?          Comfort care: fluids, bathing, oxygen, medications for comfort, no hospital          Limited care: fluids, I/Vs, Antibiotics, no ICU          Full Treatment: ICU, respirator, etc.</p>	<p>Your wishes for:  <b>(1)</b> proxy  <b>(2)</b> medical care  <b>(3)</b> comfort measures (massages, etc)  <b>(4)</b> How I want to be treated (music, hair, nails, bathing, etc.)  <b>(5)</b> What I want my loved ones to know          Write: NOT MANDATORY!</p>
<p><b>Identifies surrogate or healthcare proxy</b></p>	<p>----- does not -identify proxy -----</p>	<p>Identifies proxy or healthcare power of attorney</p>
<p><b>Can be revised any time</b></p>	<p>Can be revised with your MEDICAL PROVIDER</p>	<p>Can be revised any time.</p>
<p><b>Let surrogate/family know</b>  <b>Keep with your will</b>  <b>Send copies to your proxy + family</b></p>	<p>Keep a copy on refrigerator or place easy to remember and find (refrigerator magnet).          A copy is in your medical records and at the Oregon registry.</p>	<p>In Oregon attach to Advanced Directive form          Signed by 2 witnesses.</p>
<p><b>Download pdf</b>  <b>Search "advanced-directive form oregon"</b></p>	<p>Ask your medical provider.</p>	<p>Order from <a href="http://fivewishes.org">fivewishes.org</a>          \$ 5.00 or less</p>

# When an advanced Directive is Not Enough










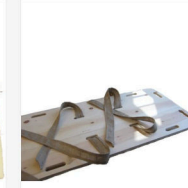



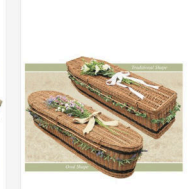
# Palliative Care and Hospice Care

- **Palliative care:** Begins early, at any time, for people with chronic life-threatening illnesses, involves managing symptoms (pain, anxiety, cough, etc) and improving quality of life.
- **Hospice Care:** Time frame of life expectancy  $\leq$  6 months, terminal illness, management of symptoms with emphasis on pain control for a “dignified pain-free death.” Very helpful for families caring for a dying person at home. Ask for a referral or contact them early!
- **To watch:** (1) Difference between palliative care and hospice: 1.5 minutes <https://www.youtube.com/watch?v=zmo-EBbzOyw>
- (2) Hospice -- a husband and sister-in-law's story: 10 minutes - touching [https://www.youtube.com/watch?v=0D4tCyLC\\_xg](https://www.youtube.com/watch?v=0D4tCyLC_xg)
- (3) This doctor wants to humanize death. If losing a child to an illness is one of the worst things that can happen to a family, Dr. Nadia Tremonti has made it her mission to make it better.  
<https://www.youtube.com/watch?v=DHBgTFHjPXI> 22 minutes NYTimes

# EMBALMING and BURIAL

- Developed during the Civil War
- Think of your environmental legacy -- every year 22,500 cemeteries in the United States bury:
  - 
  - 827,060 gallons (3,130,762 liters) of embalming fluid
  - 90,272 tons (81,893 metric tons) of steel in caskets
  - 1,636,000 tons (1,484,154 metric tons) of reinforced concrete in vaults
  - More than 30 million board feet (70,792 meters<sup>3</sup>--) of hardwoods (some tropical woods) for casket

# GREEN BURIAL

 <p>Bamboo Coffin Kit- Super Easy to assemble</p>	 <p>White Cardboard Coffin Kit</p>	 <p>Windy Willows Child Coffins</p>	 <p>Natural Choice "Passage" willow for youth and infants</p>
 <p>The "Garden" - Cane Coffin from Natural Woven Products, Ltd.</p>	 <p>Bamboo Pet Coffins - Small to Extra Large</p>	 <p>Organic Cotton Shroud</p>	 <p>The Shrouding Board™</p>
 <p>The "English" - Willow Coffins</p>	 <p>The Asian Harmony - 100%</p>	 <p>The European - Peeled Willow</p>	 <p>The European - Natural Willow</p>



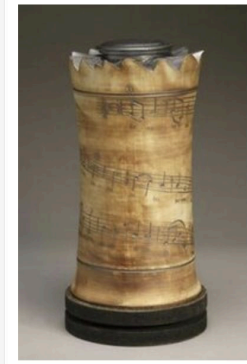
Deep Water Shell Urn



Shell Ocean Release Pressed Paper Urn



Journey Earthurn® - Green  
14" x 12.5" x 3"  
220 Cubic Inches



Celebration of Life Prayer  
Wheel Urns by Chris Moench



Terra Cotta Intricata



Paper Scattering Tube Urns



Himalayan Salt Urn



ARKA Biodegradable Acorn Urn  
- Multiple Colors



# FIRE CREMATION

- In the U.S. all cremations happen indoors at crematoriums. The big environmental concerns with this type of cremation are the amount of energy it requires, and the amount of carbon dioxide emissions it produces. Regional environmental regulations mean that most U.S. crematoriums have scrubbing or filtering systems, such as after-chambers that burn and neutralize pollutants like mercury emissions from dental fillings. Most filtration systems are focused on reducing metals and particulate matter and nitrous oxide.
- However, these filters do not neutralize the CO<sub>2</sub> generated by cremating a body, including the gas generated as a by-product of heating that body up to 1,200 degrees Fahrenheit or more. One cremation produces an average of 534.6 pounds of carbon dioxide. Given this figure, cremations in the U.S. account for about 360,000 metric tons of CO<sub>2</sub> emissions each year.





# Water Cremation

- For Americans who don't want to use up so much fuel or release so much carbon dioxide when they die, alkaline hydrolysis may be a more appealing option. Sometimes known as water cremation or aquamation, this way of dissolving a body in water is now legal in at least 18 states. Alkaline hydrolysis has about a tenth of the carbon footprint of conventional cremation. While the process does take a similar amount of time, it doesn't have to heat that much, and it's the water that's doing most of the work. In addition, the process releases zero emissions from the body itself.
- As with cremation, there are some remains left over after alkaline hydrolysis that families can keep in an urn or scatter in a special location. And the process creates a lot of organic liquid that has some very practical uses. Some facilities capture the liquid, and it's taken away and it's used on some farmland; it's an excellent fertilizer. But most places, it just goes into the municipal sewer system. And a lot of sewer systems actually appreciate it, because it actually helps with the quality of the wastewater.





VICE News

# HUMAN RECOMPOSTING

- In the future, we'll probably see many more alternatives to cremation. This year, Washington State became the first in the U.S. to legalize a type of corpse composting called natural organic reduction, or recomposition. Starting in 2020, this process will convert bodies into useful soil that friends and family can either use or donate to the state's Puget Sound region. And across the U.S., it's legal to opt for a so-called natural burial in which the body is allowed to decompose in the ground without added chemicals, concrete, or synthetic materials. There are shrouds impregnated with mushroom spores to speed up the process.

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# HOME PRACTICES

- **Home practices:**
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- Read handouts on the environmental impact of death.
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- Write your wishes for what you want done with your body, and for a funeral or memorial service. Let someone close to you know what your wishes are (and that it's OK if they are not carried out precisely).
  - Cremation versus whole body burial? Fire or water?
- Disposition of remains? Urn, scattered, jewelry?
  - Organ donation?
  - Songs or chants for the service? Who to conduct or to speak?
  - Memorial contributions to?
- 
- To reduce stress on those you love, please: Fill out an Advanced Directive and Five Wishes.
- If you have a serious illness, ask your doctor about filling out a POLST.
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- **Before Class # 4**, Feb. 28th.
- Topics: Near Death Experiences and what they tell us, Rebirth, and proof of Reincarnation.
- \*Watch the movie **Life After Life** with Raymond Moody (old movie but very interesting NDE's).
- \*Also watch a **compelling talk by about scientific evidence of reincarnation** collected over 50 years by Dr. Ian Stevenson at the University of Virginia. Talk by his successor, Dr. Jim Tucker. <https://www.youtube.com/watch?v=0AtTM9hgCDw>