

## County seeks planning volunteers

Deschutes County is seeking an “at-large” planning commission member and is accepting applications by Friday, May 8, at 5 p.m.

The planning commission reviews land-use policy and zoning regulations and makes recommendations to the Deschutes County Board of Commissioners. Members are the official citizen involvement committee on land-use planning for the unincorporated area of the county, providing a forum for community input.

There are actually two upcoming vacancies on the planning commission. One

position is at-large, meaning it is open to any Deschutes County resident. The other position is for the Bend area.

The planning commission meets at the Deschutes Services Center (1300 N.W. Wall St.) in Bend, on the second and fourth Thursdays of each month at 5:30 p.m. Additional meetings and locations throughout the county may be required. The term for both these positions is July 1, 2015 through June 30, 2019.

Those interested in serving are invited to submit a complete application form, which includes a letter of interest

and résumé, describing their background and interest in rural land-use planning. Completed applications will be accepted until 5 p.m. on Friday, May 8.

Pick up a planning commission application at Deschutes County Community Development Planning Department or download one from: [www.deschutes.org/cd/page/planning-commission](http://www.deschutes.org/cd/page/planning-commission).

For a copy of the application and for more information, call Deschutes County Community Development Planning Director Nick Lelack at 541-385-1708.

## Healthcare Decisions Day should spark action

Benjamin Franklin said only two things are certain—death and taxes. So now that you’ve filed your income taxes, it’s time to review your Advance Healthcare Directive to make sure you haven’t changed your mind about anything. This is a document that can easily be changed and should be reviewed as your circumstances change.

What? You didn’t fill one out this time last year? April 16th is National Healthcare Decisions Day every year and it’s a good time to take care of that little detail you keep putting off.

Funny thing is, once it’s done you’re likely to feel a sense of relief, and if there ever is an emergency situation, your healthcare decisions will be carried out by the representative you appoint, if at any time you aren’t able to comprehend or speak for yourself.

Accidents, heart attacks, and strokes happen with little warning. If you’re frail and near the end of your journey, it would be wise to make your wishes known before you lose the competency to do so. It is the right thing to do for you and for those who care for you.

If you haven’t talked about your wishes with your family, you will be putting them in the stressful

position of having to make life-or-death decisions under extraordinary circumstances without knowing what you would have wanted.

If you’d want everything done, don’t leave it to chance. If you don’t want to be resuscitated, make your wishes known — to your family and your doctors, and in writing.

If you need help getting the proper forms or filling them out, or talking to your family about your wishes for end-of-life care, call Partners in Care Bend at 541-382-5882, Hospice of Redmond at 541-548-7483, or St. Charles Hospice at 541-706-6700.

If you’re interested in attending or hosting a Death Café (a kitchen-table conversation over food and drink to help people become more comfortable expressing their thoughts about death and dying in a non-threatening setting) call Diane Goble at 541-588-0081.

## Central Oregon to march for babies

Approximately 500 people young and old will lace up their walking shoes in Bend on April 25, giving hope that every baby will have a healthy start. They’re walking and raising money to support March of Dimes-funded research and programs to help moms have healthy, full-term pregnancies.

Here’s why:

- In an average week in Oregon, 877 babies are born and 82 (9.3 percent) of them are preterm.

- Prematurity and birth defects together account for the majority of infant deaths, both in the first month and

the first year of life.

- Prematurity can result in lifelong complications such as vision and hearing problems and neurological disabilities.

- More than four million babies were born last year and the March of Dimes helped each and every one through 75 years of research, education, vaccines and breakthroughs. They help moms have full-term pregnancies and research the problems that threaten the health of babies.

Funds raised by March for Babies in Oregon and SW Washington help support

prenatal wellness programs, research grants, information for families experiencing a newborn intensive-care unit (NICU) hospitalization and advocacy efforts for stronger, healthier babies.

Premature birth is the most urgent infant health problem in the U.S. today. It affects nearly half-a-million babies each year, including 4,264 in Oregon.

The March for Babies is set for Saturday, April 25 at 10 a.m.; registration begins at 9 a.m. at RiverBend Park in Bend, Sign up to walk at [www.marchforbabies.org](http://www.marchforbabies.org).



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BIG CHANGES COMING TO HOT WATER


Effective April 15, new regulations require all water heaters to meet a higher energy factor (EF) rating. This translates into **larger, higher-priced water heaters** that are often more difficult (and costly) to install.

If your water heater is 10 years old or older, now would be a great time to replace it, before the regulations take effect & costs go up.

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