

# Talking about death and dying

Death is part of the human experience; all of us have experienced loss, and all of us will die one day. Yet conversations about death and dying are difficult and often avoided even with our closest family members and friends.

“Talking about Dying” is a one-time, 90-minute community discussion that provides Oregonians with an opportunity to reflect on what stories and influences shape their thinking about death and dying and to hear different perspectives and ideas from fellow community members.

This community discussion will take place at Deschutes Public Library branches in downtown Bend on Friday, October 23, at noon and on Saturday, October 24, at noon at the Redmond Library.

Participants will explore essential questions: What do we think about when we think of dying? As people we’ve known have moved closer to death, what seemed to work well for them and the people close to them? What

seemed difficult? When we think about our own dying, what do we want most?

Participants will come away from this conversation with a strengthened sense of community support and collective engagement around these questions, as well as a resource list with tools and information to help them consider how to shape a meaningful approach to death and dying.

“Talking about Dying” is a statewide initiative by Oregon Humanities, created in partnership with Cambia Health Foundation, to bring 30 conversations about death and dying to communities across the state from September through November.

These conversations will be facilitated by trained professionals working in the fields of chaplaincy, counseling, gerontology, facilitation, and hospice care. For more information about this free community discussion, contact Liz Goodrich at 541-312-1032, [lizg@deschuteslibrary.org](mailto:lizg@deschuteslibrary.org).

## AIR AMBULANCE:

Immediate care can be administered in the air

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for the air transport, unless they also have an AirLink membership.

Another reason for two air memberships, if the combination package is with Life Flight, is because AirLink’s fixed-wing aircraft, which can travel as high as 30,000 feet, night and day, in all kinds of weather, is located in Bend and works closely with St. Charles to provide inter-facility transfers to Portland and other locations. They are also able to provide neonatal (mother and baby) care with a highly trained neonatal nurse for infant flights, along with specialty equipment.

Some insurance, including Medicare, will cover all or part of the cost. Be sure to check the terms of your coverage. A majority of flights provide service to people who are not members. With the greater distances here in Central Oregon, membership in an air ambulance service makes good sense. They provide interfacility transfers as well as responding to the scene of an accident,

and assisting search and rescue.

Each AirLink flight is staffed with a pilot, a flight nurse, and either a flight respiratory therapist or a flight paramedic. Life Flight has pilots, flight nurses, and flight paramedics.

Josh Phillips, a flight paramedic FPC with AirLink, explained the value of air ambulance service.

“In more remote or difficult-to-reach areas, ground transportation may not be an option due to time and distance to reach and then transport a patient. The area may also lack paramedics, limiting the level of emergency care initially available.

“With an air ambulance, you have the ability to get a patient definitive care quickly. If you have a traumatic injury or serious illness that requires tertiary care, you can be to Portland in 40 minutes on our fixed-wing aircraft regardless of the weather or time of day or night.

“We are able to begin immediate care or continue the care started at the scene or in the hospital until the patient gets where they need to be.”

There is no Level I trauma center in Central Oregon, the closest being in Portland. Level I facilities provide

24-hour coverage for all specialties, such as trauma surgeons, cardiac surgeons, and neurosurgeons. A Level II facility like St. Charles in Bend does not have all the services available all the time, thus necessitating transfer. Outlying community hospitals may not even have certain specialists, therefore requiring transfer if a patient is going to receive the neces-

“ We are able to begin immediate care or continue the care started at the scene or in the hospital until the patient gets where they need to be. — Josh Phillips

sary care. Always call 911 when emergency medical assistance is needed. A physician, emergency medical provider or other authorized personnel will determine if an air ambulance is needed.

For more information, contact AirLink at 800-353-0497 or 541-706-6305 or Life Flight at 800-982-9299.

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## Central Oregon Eye Care

Children with uncorrected vision conditions or eye health problems face many barriers in life — academically, socially and athletically. High-quality eye care can break down these barriers and help enable your children to reach their highest potential.

The longer a vision problem goes undiagnosed and untreated, the more a child’s brain learns to accommodate the vision problem. That’s why a comprehensive eye examination is so important for children. Early detection and treatment provide the very best opportunity to correct vision problems, so your child can learn to see clearly. Make sure your child has the best possible tools to learn successfully. Get checked at six months, three years, upon entering school and yearly thereafter.

## Dr. Julie Martin

Dr. Julie Martin, chiropractor, has recently relocated to Central Oregon with her family after her husband retired from 26 years of service in the Coast Guard.

She specializes in chiropractic care with a focus on individualized medicine to optimize wellness and preventative care.

Her unique set of tools brings knowledge of how a person’s DNA genetic blueprint affects what diet they should eat, what drugs are better-tolerated, or what should be avoided given our unique genetic expression. She also incorporates looking at recent blood work, a specialized form of muscle testing called autonomic response testing (A.R.T.). This can be used to identify stressors from heavy metal toxicity, infectious agents from



The doctor will be looking for common eye problems like refractive disorders (nearsightedness, farsightedness, and astigmatism), amblyopia (decreased vision in one or both eyes that’s often called lazy eye), and strabismus (eye misalignment).



viral, bacterial, fungal, mold toxicity, food intolerances, as well as identifying emotions that may be undermining our optimal health.

To learn more about her practice, visit her website at [www.docmartinwellness.com](http://www.docmartinwellness.com). She is located at FivePine Station, Ste. 201.