

Hula, herbs, and history to light up farmers market

What goes best with a hot summer day? How about iced tea and Hawaiian dance? On Sunday, all are invited to sample herbal iced teas made from medicinal plants, watch and learn hula, and check out a Sisters Country archaeology dig game. The fun happens at Sisters Farmers Market on Sunday.

Maesie Speer presents “Herbal Iced Teas for the High Desert Summer” on the Songbird Stage at Fir Street Park from 11 a.m. to 1 p.m. Marketgoers are welcome to come up onstage, chat with Speer, and try a tea. As with other showcase events at the market, it is offered free of charge to visitors.

“Teas are some of the easiest ways to enjoy and experiment with plants that taste great and support our health,” said Speer. The arts center programs director at the Caldera Arts Center, Speer has been working with “plant allies” since 2012.

Speer will bring teas made from two classes of herbs she describes as “perfect for our hot, dry summers: demulcents (herbs that help our tissues stay hydrated) and diaphoretics (herbs that help our bodies

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Commentary...

Be alert to elder abuse – Part V

By Betsy Leighty-Johnson
Columnist

This is Part 5 of a multi-part series on Elder Abuse Awareness, intended to raise community awareness and to provide resources for individuals who are themselves vulnerable or are caregivers, family or friends of vulnerable people.

The Oregon Department of Human Services (DHS) have Adult Protective Service (APS) offices statewide to coordinate and conduct abuse investigations and provide services to reports of neglect and abuse of vulnerable adults, including: adults over the age of 65, adults with physical and/or developmental disabilities, adults with mental illness, and children receiving residential treatment services.

Self-neglect (representing 15 percent of Oregon’s 2017 substantiated cases) is the inability of a person to understand the consequences of their actions or inaction when that inability leads to or may lead to harm or endangerment to self or others. This situation often requires the court appointment of a conservator or guardian to make decisions on behalf of the vulnerable person.

Neglect (with nine percent of the 2017 substantiated Oregon cases) is the failure of an individual who is responsible to make a reasonable effort to protect an

adult from abuse or to provide the care, supervision, or services necessary to maintain the physical health and emotional well-being of an adult. Without these interventions, the vulnerable person is at risk of serious harm or results in physical harm, significant emotional harm or unreasonable discomfort, or serious loss of personal dignity.

The warning signs of neglect include: dirt, fecal/urine smell or other health and safety hazards in adult’s living environment; leaving an adult in an unsafe or isolated place; rashes, sores, lice on the adult; malnourishment or dehydration and/or sudden weight loss; untreated medical condition; soiled clothing or bed linens; and/or poor skin condition or poor skin hygiene.

Abandonment, restraint, and seclusion represent 2% of the confirmed cases in Oregon in 2017. Abandonment, a specific form of neglect, is desertion or willfully leaving an adult alone by a caregiver, placing an adult in serious risk of harm. The warning signs for abandonment are the desertion of a vulnerable person at a public location or a person’s own report of being abandoned.

Involuntary seclusion is defined as confinement, isolation or restriction of an adult to their room or a specific area; or placing

restrictions on an adult’s ability to associate, interact, or communicate with other individuals. In a facility, emergency or short-term, monitored separation from other residents may be permitted if used for a limited period under specific guidelines (i.e., part of a care or behavior plan or intervention).

Involuntary seclusion warning signs are an adult’s report of not being allowed to see or talk with people who they would reasonably see or talk to; they are kept away from where others can go; they are not allowed to use the telephone; or are not allowed to receive or send mail.

A wrongful use of a physical or chemical restraint includes situations where: a licensed health professional has not conducted a thorough assessment prior to implementing a licensed physician’s prescription for restraint; less restrictive alternatives have not been evaluated prior to the use of the restraint; or the restraint is used for convenience or discipline. Note: Physical restraints may be permitted if used when a resident’s actions present an imminent danger to self or others and only until immediate action is taken by medical, emergency, or police personnel.

Warning signs of physical or chemical restraint consists of being sedated; going

to bed at an unusually early time or uncharacteristically early bedtime; bruises or marks on both wrists, both ankles, or a strip-like mark or bruise across the chest; or an adult’s report of being tied up or sedated or not allowed to move.

If you become aware of signs that a person over 65 (or a person with disabilities of any age) is being abused, report it and let the authorities investigate. Protect any evidence you may have and call the toll-free abuse hotline at 800-503-SAFE or by calling local law enforcement in the county where the abuse occurred. If you report elder abuse in good faith, the law will protect you from being sued by the alleged abuser if you are mistaken.

Dr. Betsy Leighty-Johnson has a PhD in Human Services with a specialization in Social and Community Services. In September 2014, the author and her husband discovered his (then) 96-year-old mother had been the victim of financial elder abuse. They were very involved in the collection of evidence assisting in the felony prosecution of the victim’s daughter for the crime. Since that time, the author has become an elder abuse advocate, currently assisting the Deschutes County District Attorney’s office with elder abuse cases.

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