

# KNOW YOUR OPTIONS!

## “Know your options” to avoid family, medical crises

November is National Hospice Month, and the 2016 theme is Know Your Options.

HospiceCarePlus (HCP), Estill County's provider of hospice care, is taking time throughout November to help the community understand the complexities of planning for the final months and years of life.

“We've gathered the best resources available and are making them available online, by phone, and by mail,” says Brenna Wallhausser, HCP's director of public relations. “Our website has all the resources you need, and our staff, with decades of experience helping individuals and families with advanced care planning, is offering consultation to anyone who calls and requests it during the month of November. We're also happy to send resources by mail.”

According to the Conversation Project, an online resource for advanced care planning, 80% of people say, if they had a serious illness, they would want to discuss end-of-life care planning with their doctor. But only 7% of people report ever having that conversation. Wallhausser says this can make an already challenging medical crisis even worse.

“If your health care providers don't know what's

important to you and what you want, if you haven't talked with your family about it, and if you don't have your wishes documented, you can have tremendous discord during a medical crisis or a sudden decline in condition. This isn't uncommon, and it's tragic. It causes rifts in relationships, and can really enhance the grief family feel after the loss. All of this is on top of the fact that the patient did not have his or her wishes honored.”

Hospice Care Plus says the best plan is a three-step process: reflect and decide on what you want—and don't want—to happen to you in the final years or months of life, share your thoughts with and invite feedback from family members and health care providers, then officially document your wishes and inform family and providers.

“The upcoming holiday season presents a good opportunity for these kinds of discussions,” says Wallhausser. “The family is all together, so it's the perfect time to talk with parents or grandparents about their wishes. Or, if you're the parent or grandparent, to talk with your family about what you're thinking in terms of advanced care planning,” says Wallhausser. “You don't have to reach consen-

sus or final decisions, but you can at least begin the discussion.”

Wallhausser says the HCP website includes resources for how to start and conduct this conversation, including tools for determining your wishes and communicating them to others.

To access the complete list of resources on HCP's website, visit [hospicecareplus.org](http://hospicecareplus.org) and choose “National Hospice Month: Know Your Options.” To request a packet of resources by mail or to speak with a staff member for guidance, call HCP at 859-986-1500 or 800-806-5492, or email [hospice@hospicecp.org](mailto:hospice@hospicecp.org).

## Old Fashion Thanksgiving



### Times Remembered Betty A. Young BYoung505@Outlook.co Extreme Behaviour on the Highways

As Thanksgiving approaches, I find myself wondering how our ancestors celebrated. From the beginning of time, Thanksgiving meant food and family. A time to celebrate the summer harvest and prepare for a long winter.

Pantries were full, barns were filled with hay and grain and families were anxious to sit back and enjoy some time together after a long working summer.

I like to think we celebrate the same way. We do spend the day together and we are thankful for what the Lord has given to us throughout the year.

On the other hand, our kids are so busy, they coach High School Girls Basketball, they coach Colton's youth basket-

ball, football and baseball and what time they aren't practicing they are playing games.

On Thanksgiving, they don't arrive at Nonna's house until around noon; by that time Bob and I are about finished cooking. Bob is an excellent cook and doesn't get rattled about the food like me. I'm always worrying something isn't going to turn out right. He carves the turkey and prepares the mashed potatoes.

Tara usually brings rolls, drinks and a dessert that she has bought. She doesn't like to cook; but she barely has time to breathe. I tell her she is too booked and she flies by the seat of her pants. Someday, she will realize everything she has missed; but you know ... young people just won't listen. Most are all the same; they are too busy. She says I sound like I'm getting old, but you know ... or at least I know, I want my daughter, grandson and son-in-law with me A LOT! I don't like an empty nest! But that's life ... kids grow up; and nearly always have to leave town to get a good job after college. Thankfully, its Georgetown, Kentucky, and not Georgetown, Texas. I do get to see them every week or so.

I like to prepare a simple menu - Thanksgiving dinner does not have to be complicated, or a feast for a king. I have served the same simple menu for years. Turkey, Dressing, Mashed Potatoes, and Giblet Gravy, Cranberry sauce, green beans, corn, lay-

ered salad, banana pudding and pumpkin pie. Colton loves his Papa Bob's mashed potatoes and Nona's banana pudding.

Thanksgiving is a time for prayer and reflection. At the start of our meal we always form a prayer circle and join hands and a prayer of thanks is given.

I'd like to make Thanksgiving a little more old fashion, I try to concentrate more on the day and not so much on the activities that surround Thanksgiving. We don't do Black Friday, but did you ever try to keep coaches from watching football after dinner? Impossible....

Thanksgivings of the past did not include TV's to gather around or smart phones and texting, instead families sat around the fire telling stories and sharing laughter.

But I find myself more thankful surrounded by my children and just listening to their voices, watching their faces and catching their smiles. Thanksgiving is all about being thankful and what a better way than to sit back and savor the moments of a holiday dinner.

At the end of the day and before everyone heads home we could take a family walk. It could be called the Turkey Trot. (If I can pry the guys from the football game), it's the perfect way to work off that pie!

May you and your family enjoy Thanksgiving Day. God Bless.

### Our Environment and the Preservation of Life

by **BOB CASEY**, preacher  
Cornerstone Church of Christ  
70 Bond Street at Camp Avenue in West Irvine

In beginning of this article we want to thank the Lord for a good meeting last lord's day as we were informed by Bro. Jim Sizemore of our duty to be fruit bearers for the Lord. I believe all who attended were encouraged to do better.

As we look to the chosen topic for today we are hearing a lot today concerning the environment. This word means: “Everything that we are surrounded with.” Now this I agree to, that clean water and clean air should be desired by everyone, for this will help to preserve life upon the earth. But while so many are dwelling upon this issue they are omitting from their minds that life upon this present earth is not all that there is. Life as God has given to us is an everlasting thing that does not pass away as earthly things do. In **Job 19:26**, “*And though after my skin worms destroy this body, yet in my flesh shall I see God.*” So Job knew that life upon this earth was only the beginning of life. Sadly, we are seeing most are giving more time and allegiance to life here, instead of making an attempt to preserve life after our temporary one here is over. So what are we to do to help preserve our future? **Proverbs 3:5-7** says for all is to trust in the Lord and lean not upon our own understanding. And to depend upon him to direct our path. Also notice in **Hebrews 5:8-9** that eternal life depends upon our obedience to Jesus, our Savior and Lord. We are encouraged in the old test. And the new test. To depend upon the Lord for our preservation in the future. David the Psalmist said in **Psalm 40:4** and **chapter 61, verse 7**, that truth and mercy was the only hope of mankind. And that is the only preserver of life. David really seals the deal for all the obedient as he wrote in **Psalm 121:8**, “*The Lord shall preserve thy coming out and thy coming in from this time forth, and even forever more. For the Lord loveth judgment, and forsaketh not his saints. They are preserved forever; but the seed of the wicked shall be cut off.*”

What about you dear reader? Have you taken any steps in preserving your soul? Have you really heard our Lord's call to obey him by believing in him, by making a change in your manner of life by repentance? Are you willing to make a confession of your faith that you are acknowledging him as your only Savior? Would you be willing to solidify your faith in being baptized for the forgiveness of your sins, this is the only way that you can begin your preservation of life eternal.

If you are willing, we are willing to aid you to do this as soon as possible. We don't know what tomorrow may bring so why not prepare now for the unknown events that may occur. Remember this: If you die in your sins, you will be sorry forever. Why trust in the uncertain, obey your Lord today.

Our building is located at 70 Bond Street right behind Wendy's Restaurant. Meeting times **9:45** and **10:45** as we well as Wed. evening at **5 p.m.** through the winter months.

Sincerely, Bob Casey 1(859) 369-4165

### It's hard to be silent with a daredevil at the controls



**America's Heartland**  
Roger Alford  
[RogerAlford1@GMail.Com](mailto:RogerAlford1@GMail.Com)

You've probably heard about the old fellow who took his wife to Gatlinburg every 10 years for their wedding anniversaries, and each time, the old fellow would say, “I sure would like to ride that helicopter.”

And his wife would always respond: “I know, but that helicopter ride is \$50. And \$50 is \$50 dollars.”

On their 50th anniversary, the old fellow said: “We're getting old. If we don't ride that helicopter this year, we may never get another chance.”

His wife protested, as usual, saying: “That helicopter ride is \$50. And \$50 is \$50.”

The pilot overheard the conversation and said: “I'll make you a deal. I'll take you both up for a ride. If you can stay quiet the entire time, I won't charge you. But if you make one sound, you'll have to pay the \$50.”

The old couple agreed, climbed into the helicopter and took off. The pilot did every kind of frightening daredevil maneuver he could think of, but not a

sound was heard. He zipped and zagged and careened all over the sky, but, still, not a sound.

When they landed, the pilot turned to the old fellow and said: “I'm impressed. I did everything I could to get you to yell out, but you didn't.”

“Well, to tell you the truth,” the old fellow said, “I almost said something when my wife fell out, but, you know, \$50 is \$50.”

The Book of Ecclesiastes tells us there is a time for everything, including a time “to be silent and a time to speak.” I think we'd all agree the old fellow in that joke missed a key time to speak – which would have been before the ride became so violent that his wife tumbled out of the helicopter.

All of us are surrounded by people who are dealing with turbulence in their lives – almost like being on that frightening helicopter ride. They're dealing with highs and lows and zigs and zags. They could truly benefit from a few words of encouragement.

“Pleasant words are as an honeycomb, sweet to the soul and health to the bones” (Proverbs 16:24).

And words that would mean so much to that friend, relative, neighbor or co-worker won't cost you anything.

There's an old saying that “the best things in life are free.” That's certainly true of kind words.

“Therefore, encourage one another, and build each other up” (1 Thessalonians 5:11).

Roger Alford offers words of encouragement to residents of America's heartland. Reach him at [rogeralford1@gmail.com](mailto:rogeralford1@gmail.com).

### BIBLE TRIVIA

by Wilson Casey

1. Which book of the Bible (KJV) mentions the word “thanksgiving” the most times, at eight? Genesis, Nehemiah, Psalms, Isaiah
2. From Leviticus 22, a sacrifice of thanksgiving is most meaningful when it is ...? Sincere, Often, At your own will, Extravagant
3. What items of food and drink did Jesus give thanks for at the Last Supper? Figs/

water, Bread/wine, Fishes/nectar, Honey/milk

4. In 1 Thessalonians 5:18, “In every thing give thanks: for this is the ... of God?” Power, Will, Gratitude, Travail

5. Where was Jonah when he prayed with the voice of thanksgiving? Fish's belly, Aboard ship, In the wilderness, Mountaintop

6. Whose thanksgiving is expressed in Philippians 4 verses 10-20? Paul, John the Baptist, James, David

**Answers on bottom of Page 13**  
Wilson Casey's mainstream UFO book, “Swamp Gas & High Hopes 101,” is now available from TouchPointPress.com

### God's Judgment on the Ungodly (Jude 1:12-13)

14 And Enoch also, the seventh from Adam, prophesied of these, saying, Behold, the Lord cometh with ten thousands of his saints, 15 To execute judgment upon all, and to convince all that are ungodly among them of all their ungodly deeds which they have ungodly committed, and of all their hard speeches which ungodly sinners have spoken against him. 16 These are murmurers, complainers, walking after their own lusts; and their mouth speaketh great swelling words, having men's persons in admiration because of advantage.

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1980 Crooked Creek Road, Irvine, Kentucky

