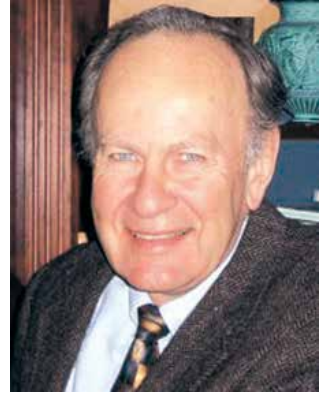
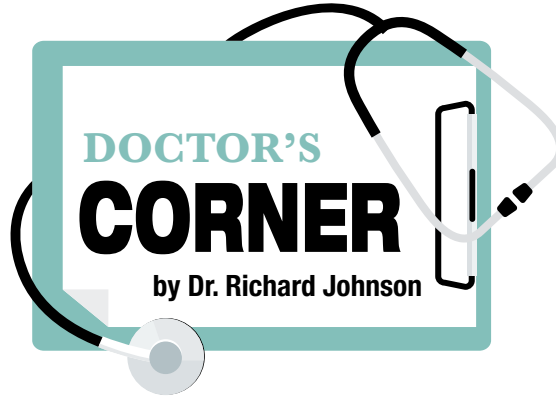




Rob Hollinger moves the hamburgers at the Employee Recognition Luncheon – Longevity Awards.



**THE NEED FOR ADVANCE DIRECTIVES**

While dining with some friends, the topic of wills and advanced directives came up during our relaxing conversation. As it turned out, one couple had thought about completing these documents, but as it happens, life gets in the way, and they have yet to get around to completing these documents. They are not alone. By some estimates more than 70% of people have no advance directive. (<https://www.nhmagazine.com/planning-ahead-with-an-advanced-directive/>)

Advanced directives generally fall into two categories: Power of Attorney (a document where you name a person to make decisions for you when you are not able to do so) and a Living Will (a document where you spell out medical treatments that you would, or would not, want to be used to keep you alive, use of pain management and organ donation).

As one who has been called to provide surgical care in the emergency situation where significant decisions need to be made regarding the treatment plan or the discontinuing of treatment, it is extremely important that someone be able to speak for the patient, who because of the injury, illness, or surgery is unable to make their wishes known. Here is where advance directives come into play. Having an advanced directive allows you to have control over who will speak on your behalf. Key points to remember: An advanced directive is not a Do Not Resuscitate (DNR) order. An advanced directive is not used unless a physician had determined you are unable to make your own decisions. The best time to complete an advanced directive is before you become ill or injured. Finally, you can change your advanced directive anytime you choose.

As we talked after dinner, I reviewed some of situations that call for decisions to be made by someone in your behalf. Someone with whom you have discussed what you want, and what you don't want. Do you want to donate any of your organs to be used for transplantation? Do you want every therapeutic option that could be available to be used to keep you alive? In what state of poor health would you want to say "no" to further medical or surgical treatment? When would you say "no more" to feeding and hydration? Discussing these and related questions will give your "durable power of attorney for healthcare" the right and the confidence to make sure your wishes are carried out.

So do it today! You can download these documents, together with helpful information, that have been created by the New Hampshire Healthcare Decisions Coalition: [www.healthynh.com/.../advance-directives/ACP%20Guide%20revised%2020022014.pdf](http://www.healthynh.com/.../advance-directives/ACP%20Guide%20revised%2020022014.pdf).

**BOW HERITAGE COMMISSION**

**WAGON WHEEL JIG STONE SIGN DEDICATED**



The Cheney Wagon Wheel Jig Stone is located at the Town Public Works Garage on Robinson Road. The sign and stone donated to the Bow Heritage Commission by Arthur Cheney. The stone was originally located at the Cheney Blacksmith Shop on Woodhill.

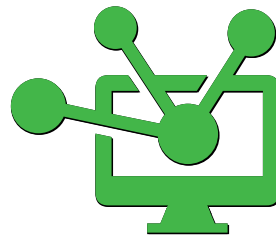
**During the months of July and August please call to make an appointment to visit these historical locations.**

- Gary D. Nylén 496-5239
- Faye Johnson 228-8149
- Eric Anderson 228-0448
- Jim Dimick 228-1131
- Sue Wheeler 774-3751
- Maureen Arsenault 219-9519
- Dave Lindquist 224-0175



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