

Katie Johnson: Good morning and welcome to Apple a Day, Lake Region Healthcare's health and wellness segment where we give you news and information that you can use to live a healthier life. This is Katie Johnson your host and my guest today is Missi Isaac. She is the Sales and Referral Liaison at LB Homes and is one of our partners for an upcoming event that we're here to talk about this morning. Good morning, Missi.

Missi Isaac: Good morning, thank you for having me.

Katie Johnson: Thanks for joining me. We have a special film screening that is coming up called Being Mortal and we want to invite our listeners to this film screening. Mark their calendars right now for October 10th, the date that we will be holding the film screening of Being Mortal but I want to start with talking about the film and what it is based on. It's Dr. Atul Gawande's book by the same title Being Mortal. I thought maybe you could tell us a little bit about him and what the premise of the book is as a place to start?

Missi Isaac: Dr. Gawande is actually a surgeon and he found that as he was following some of his clients that he really needed to have conversations of end of life rather than having a surgery where it really wasn't going to extend that client's life and they may then end up passing away within a hospital system where they may have other ideas of where they would prefer to spend those last days. It prompted him to follow a number of his clients and then it also prompted him to write this book, Being Mortal, and it's about having those conversations, what is it that you want at end of life? What are those plans? What are those preferences that you have? Really wanting to give people the best possible day now no matter what happens tomorrow. That is the premise, that's what really I think got him started on wanting to write this book and then have this documentary.

Katie Johnson: The documentary was made by PBS in their Frontline Series from what I understand, was nominated for an Emmy, so obviously very well done. This film screening is going to be offered as a special arrangement with PBS and Dr. Gawande is what I understand. Help me understand what people can expect to see and learn from the film, then?

Missi Isaac: The film actually follows Dr. Gawande and some of the clients that he has had. It actually walks through those end of life journeys of three to four clients that he has already had or that he is in the process of following. It's very interesting, it gives different points that people are at within their disease process and how are they making those choices and why are they making the choices that they are as far as planning for those last days and who they are going to spend it with? What are the conversations that they are going to have and what is the most important things to them that they want to take place within those last days?

Katie Johnson: You mentioned that patients are followed in the film. We also have a panel following the film, a panel discussion, that includes both patient and provider perspective as well. Let's talk a little bit about who will be on the panel?

- Missi Isaac: Yes, we will have two showings the day, October 10th. We will have a morning showing from 9-11 and we will have an evening showing from 7-9 and at each of those showings, we will have a panel, just like you said. In the morning there will be different panelists than there will be in the evening. In the morning the panelists will include Dr. Barnes, Alyssa Manning, Delores Peterson and Chaplain Deb Forstner, so we have a couple of providers in there, we have a Chaplain and then we have someone that has walked this journey personally with a family member. In the evening session it will be Dr. Money, Dr. Tate, Marie Braaten, Delores Peterson again, and again, Chaplain Deb from here at Lake Region Hospital, so in the evening it will have, again, some providers perspective, that personal perspective, and then a chaplain's perspective on end of life and that advanced care planning.
- Katie Johnson: How will the panel work? Will that be open for the participants to ask questions of the panel or is it a guided discussion? How do you envision that going?
- Missi Isaac: The community will be able to ask questions at that time, I think after seeing the documentary it may spur some questions. How have these providers in our local area walked through end of life? How do they begin conversations with clients that they know are in those last days? Yes, the community that attends the documentary will be able to ask questions. We will have a moderator there, that she will have a couple of questions that she will ask to kind of initiate the conversation to start out that panel discussion but those who attend can ask anything that they would like.
- Katie Johnson: Sounds like a really fabulous opportunity. Let's talk about who should attend? Who really should be at this event?
- Missi Isaac: I really think it's for anyone. I think it's for families that know now that they have aging parents and they want to know what would Mom and Dad want at end of life? I don't know, I've never had the conversation. It is for young people who need to think now what is it that in the future I would want? We have a lot of technology out there in the medical field now and how much of that do we want to use? How far do we want to go with treatment? It's good to think now. We never know what might take place in our life between today and tomorrow so it's good to be prepared, it's good to start those conversations with friends, with family members, yeah, with our parents, with those around us just to have our needs known.
- Katie Johnson: Absolutely for everyone in that sense and also for medical professionals, I understand there are CEU's available as well?
- Missi Isaac: Yes, there are CEU's available and so I agree with you I think medical professionals, it's a wonderful opportunity to take away tools of how to start those conversations. The conversations can be awkward, to begin with. As a provider we want to care, we want to heal, we want to help people so when it comes to that point that maybe there is a different outcome that seems like it's down the road, how do you step into that conversation without taking away hope from that client? I think that

in this documentary it gives wonderful ideas, wonderful conversation starters, wonderful thoughts on how do we approach what could be an awkward conversation or you may feel as a care provider I want to give hope but I know that I need to start thinking about what the other choices may be here. I think it is a wonderful opportunity too for healthcare providers who attend.

Katie Johnson: You mentioned there are two showings. Let's talk again about the times and the location for this special event?

Missi Isaac: Yes, again, it will be on Monday, October 10th, two showings. One at 9-11am and another from 7-9pm. It will take place at Broen's Light and Life Auditorium at 824 Sheridan Street in Fergus Falls.

Katie Johnson: You mentioned the Broen Light and Life Auditorium. What is the best way to get there? The address, where to park, where to enter?

Missi Isaac: The best way to enter is actually off of Alcott, so Broen is at the corner of Sheridan and Alcott, basically, and the Light and Life Auditorium is actually on the Alcott Street. That would be that there's a parking lot right there, there's street parking available so to enter there is fine. There is another entrance on the Sheridan address and there will be direction arrows to point you in the right direction if you are to enter through that other entrance so that is fine too but entering through Alcott is the best way to get right into Light and Life Auditorium.

Katie Johnson: Perfect and this event we should mention is free, open to the public, any need to RSVP or any place to call if people do have questions?

Missi Isaac: You do not need to RSVP but you can feel free to call 998-1400 and ask for Missi, I would be happy to help you out. Also, Chaplain Deb Forstner would be very happy to answer any questions her number 736-8077. 736-8077. You can contact Deb Forstner, I'm sure if you just call the hospital and ask for Chaplain Deb they would get ahold of her for you and so, but we'd be happy to have everyone and anyone come, no RSVP needed.

Katie Johnson: We mentioned you are from LB Homes, Chaplain Deb from Lake Region Healthcare. This is really a great partnership between the two organizations. Tell me a little bit about why this partnership has been forged?

Missi Isaac: Actually, Deb and I we were in a meeting together earlier on in this year and we both were aware that this opportunity was coming up and as we talked about it the meeting that we were at was about advanced care planning and this just seemed to just really go off of that theme and seemed to be very appropriate for our community to address and to benefit from. That was where it began and so now we get to present this documentary to our community together and I think it's going to be wonderful.

Katie Johnson: You've had a great group of people working on putting it together as well?

Missi Isaac: Yes, we've has Alyssa Manning is on the committee as well as a hospice nurse, Sarah Thacker, is on the committee. She will be the moderator that day. Amber Reed, she's in the doctoral program for nursing right now, she's an instructor out at M State, she has been on the committee as well as, also, Deb Forstner and myself. It's been a good group of people to work with so we look forward to having as many of you that can come and join us that day, in the morning or in the evening. I think it's going to be a wonderful community opportunity.

Katie Johnson: I think there is no doubt it will be well worth an investment of two hours of your time. Monday, October 10th, again, two showings 9-11 in the morning or 7-9 in the evening. Choose whichever one is most convenient for your schedule or if you're just so impressed with the one come back for the second, right? You'll have a different panel to hear from that evening. Again, Being Mortal based on the book by Dr. Atul Gawande, a special film screening taking place at the Broen Light and Life Auditorium right here in Fergus Falls on Monday, October 10th. Missi Isaac, Sales and Referral Liaison and our partner on making this film screening happen. Thank you for being my guest today.

Missi Isaac: Thank you so much.

Katie Johnson: Missi Isaac and Katie Johnson here on Apple a Day reminding you that there is so much to do here, stay healthy for it. Have a great day.