



## ADVANCE HEALTH CARE DIRECTIVE Do you have one?

Let us help you complete an Advance Health Care Directive that documents your end-of-life wishes. It's free and doesn't require an attorney



Dates		Times	Follow-up sessions (optional)
Wed	Nov. 14, 2018	5:00pm – 6:30pm	Wed.Nov.28 - 5 to 5:30 pm
Thurs	Jan. 17, 2019	9:00am – 10:30am	Thurs. Jan.31 - 9 to 9:30 am
Wed	Feb. 13, 2019	5:00pm – 6:30pm	Wed. Feb.27 - 5 to 5:30 pm
Sat	Mar. 16, 2019	9:00am – 10:30am	Sat. Mar. 30 - 9 to 9:30 am

You can attend any one of these sessions.

Place: Aging and Disability Resource Center (ADRC)  
1055 Kino'ole St., Training Room  
Hilo, HI 96720

RSVP: <http://www.CommunityFirstHawaii.org/registration>  
Tony Kent, ph. 808-292-4559 or  
Amy Hamane, ph. 935-1500

~An Advance Health Care Directive is an important gift to your loved ones so that they won't have to guess what you want if you no longer can speak for yourself.

~If you already have a Living Will, a Health Care Power of Attorney, or an Advance Health Care Directive, learn how to review it to be sure it meets your needs today.

~It's not easy to talk about how you want the end of your life to be. But it's one of the most important conversations that you can have with your loved ones.

~Bring your family and loved ones with you to learn about this important topic together.

**SPONSORED BY** Community First's Committee on Advance Health Care Directives  
**Members:** Charlene Iboshi, Amy Hamane, Anthony Kent, Nic Los Banos, Katherine Rycraft, Laura Ota, Tricia Kimura, Sonja Gumbs, Patricia Bourke, Sally Mermel, Lisa Kwee, Mildred Kaneshiro, Jeri Kawakami, Barbara DeLeon, Roxanne Ikeda, Lani Weigert

**CO-SPONSORED BY:** Aging and Disability Resource Center, County of Hawaii

**2019 ADRC Advance Health Care Directive Workshops Schedule  
Community First**

<b>Day</b>	<b>Dates</b>	<b>Times</b>	<b>Follow-up sessions (optional)</b>
Thurs.	Jan. 17, 2019	9:00-10:30 A.M.	Thurs. Jan.31 9:00-9:30 A.M.
Wed.	Feb. 13, 2019	5:00-6:30 P.M.	Wed. Feb. 27 5:00-5:30 P.M.
Sat	March 16, 2019	9:00-10:30 A.M.	Sat. Mar.30 9:00-9:30A.M.
Tues.	April 16, 2019	9:00-10:30 A.M.	Tues. Apr. 30 9:00-9:30 A.M.
Wed.	May 8, 2019	5:00-6:30 P.M.	Wed. May 22 5:00-5:30 P.M.
Wed.	June 19, 2019	9:00-10:30 A.M.	Thurs. June26 9:00-9:30 A.M.
Sat.	July 13, 2019	9:00-10:30 A.M.	Sat. July 27 9:00-9:30A.M.
Tues	Aug. 13, 2019	9:00-10:30 A.M.	Tues. Aug.27 9:00-9:30 A.M.
Tues.	Sept. 10,2019	5:00-6:30 P.M.	Tues. Sept. 24 5:00-5:30 P.M.
Wed.	Oct. 8, 2019	9:00-10:30 A.M.	Thurs. Oct. 22 9:00-9:30 A.M.
Wed	Nov. 6,2019	5:00-6:30 P.M.	Wed. Nov. 20 5:00-5:30 P.M.
	December	No class	