

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. Attend any one of these sessions:

INFORMATIONAL SESSIONS			FOLLOW-UP SESSIONS (OPTIONAL)		
Day	Date	Time	Day	Date	Time
Thurs	Jan. 16, 2020	9:00-10:30 AM.	Thurs	Jan. 30, 2020	9:00-9:30 A.M.
Wed	Feb. 12, 2020	5:00-6:30 P.M.	Wed	Feb. 26, 2020	5:00-5:30 P.M.
Sat	Mar. 14, 2020	9:00-10:30 A.M.	Sat	Mar. 21, 2020	9:00-9:30 A.M.
Mon	Apr. 6, 2020	9:00-10:30 A.M.	Mon	Apr. 20, 2020	9:00-9:30 A.M.
Wed	May 6, 2020	5:00-6:30 P.M.	Wed	May 20, 2020	5:00-5:30 P.M.
Wed	June 17, 2020	9:00-10:30 A.M.	Wed	June 24, 2020	9:00-9:30 A.M.

Presented by:



LOCATION

Aging and Disability Resource Center (ADRC) Training Room
1055 Kino'ole Street, Hilo, HI 96720

REGISTRATION

Online at <http://www.CommunityFirstHawaii.org/registration>
Phone: Tony Kent, (808) 292-4559 or Amy Hamane, 935-1500

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

HOW?? We will provide a step by step explanation on how to complete your Advance Health Care Directive. If you already have a Living Will, a Health Care Power of Attorney, or an Advance Health Care Directive, you'll learn how to review it to be sure it meets your needs today.

WHAT TO BRING?? Information about two people that you trust to be your "Agent" and "Alternate Agent: name, street address, cell phone, home phone, and email address. They will be your Health Care Power of Attorney and will speak for you if you are no longer able to communicate.

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.

Sponsored by Community First's Committee on Advance Health Care Directives.

Committee Members: Charlene Iboshi, Amy Hamane, Anthony Kent, Nic Los Banos, Kim Kobayashi, Katherine Rycraft, Laura Ota, Tricia Kimura, Sonja Gumbs, Patricia Bourke, Sally Mermel, Mildred Kaneshiro, Jeri Kawakami, Barbara DeLeon, Roxanne Ikeda, Lani Weigert

Mahalo to the Hawaii County Office of Aging & the Aging and Disability Resource Center.
