



## ADVANCE HEALTH CARE DIRECTIVE Peace of Mind for you and your family

Join us for a special afternoon workshop so you can help your Mom, Dad, Grandparents, spouse complete their Advance Health Care Directives. Set up your computer and invite your loved ones to participate with you. It's the best way to learn what kind of medical care each of you wants if end-of-life decisions need to be made.

You'll all have peace of mind. Open to anyone and everyone and it's free! With the Zoom technology, your family on neighbor islands can join the workshop.

### SPECIAL ZOOM WORKSHOPS

You will need an iPad, Computer, or Smart Phone

Register to win a

\$10



Gift Certificate

Dates: Wednesday, October 14, 2020

Sunday, November 22, 2020 (families encouraged) \*

Time: 3 – 4 p.m.

Place: In your home or office

RSVP: <https://www.communityfirsthawaii.org/registration/>

Or email/text your name, email address and phone no. to:

Amy Hamane, [afhamane@gmail.com](mailto:afhamane@gmail.com); ph. 935-1500

Rosemary Burnett, [pohakulei@gmail.com](mailto:pohakulei@gmail.com); ph.987-4405

- An Advance Health Care Directive (AHCD) 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.

-We will provide a step-by-step explanation on how to complete your AHCD.

-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.

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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, Jeri Kawakami, Barbara DeLeon, Roxanne Ikeda, Lani Weigert, Gail Kahookele, Marsha Okajima, Rosemary Burnett.

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