

# Advance Care Planning 101

## Medical Care Decisions & Choices

*Are you prepared for a time when you may not be able to make your own medical decisions?*

**We invite you to attend a one-hour class for people of all ages that will help you:**

- Discuss and share your wishes for medical care with your loved ones, your health care provider and health care agent.
- Choose a health care agent to make decisions on your behalf.
- Learn how to prepare a health care directive to ensure that your wishes will be followed when you are unable to make decisions for your care.

This class is held **monthly** at:

**Conference Room E-F, Support Services Wing  
Riverwood Healthcare Center, Aitkin**

Registration is required. To learn the next class date and time, call **218-927-5188** or email [healthyliving@riverwoodhealthcare.org](mailto:healthyliving@riverwoodhealthcare.org)

For more information about advance care planning or creating a health care directive, contact your health care provider or call Honoring Choices Minnesota at 612-362-3704, [www.HonoringChoices.org](http://www.HonoringChoices.org)

# QUESTIONS?

**Want to discuss Advance Care Planning at a later date?**

Please contact your provider's nurse coordinator for help:

**Heidi Olesen, RN • 218-927-8283**

- Dr. Joselito Burgos, Dr. Sweety Prethish
- Faith Nyberg, PA; Megan Workman, DNP/CNM

**Joanna Brenny, RN • 218-429-3915**

- Dr. Erik Bostrom, Dr. Austin Krohn, Dr. Tom Lawson
- Cindy Hauser, NP; Karen Bartron-Sundeen, NP

**Marcy Mateyka, RN • 218-429-3901**

- Dr. Melissa Herbranson, Dr. Don Hughes
- Lisa Gerhart, DNP

**Rhonda Hamann-Lease, RN • 320-525-3420**

- Dr. Janelle Trueblood
- Patients who see other providers primarily in Garrison

**Angela Joyner, RN • 218-419-2030**

- Dr. Tim Arnold, Dr. Aaron Jordan, Dr. Tim Komoto
- Janet Larson, NP; Lisa Thompson, NP