

What is an advance directive, and why is it important for everyone to have one, whether you are ill or not? Find out at a workshop sponsored by Regional Hospice and Home Care of Western CT, Inc. titled **“Let’s Talk About Advance Directives” on Monday, February 27 at 12:30 pm at Heritage Center**. “If there ever comes a time when you are unable to communicate your wishes regarding your medical care, an advance directive is a legal document that communicates your preferences to physicians and others who may be entrusted with your care,” explained Linda Pinckney, nurse liaison at Regional Hospice & Home Care, who will present the workshop. “We’ll talk about the types of advance directives recognized in Connecticut and give everyone who comes to the hands-on workshop the chance to create one on the spot.” Pinckney will also discuss myths & facts about advance directives, explain terminology and answer questions regarding treatment options. “An advance directive is a gift that you give to your family so that they don’t need to make decisions for you,” said Pinckney. “Everyone should take a few minutes to fill out a simple form to make sure that their wishes are met.” Regional Hospice and Home Care of Western CT, Inc. is a nonprofit home care and hospice agency offers real hope for those facing advanced illness through patient-focused care, education, resources and advocacy. We help patients and families discover what end-of-life care can be—what can be gained, what can be realized and what can be recaptured. If you plan to attend this workshop please call 203-938-9725. For more information on Regional Hospice and Home Care, visit [www.RegionalHospiceCT.org](http://www.RegionalHospiceCT.org) or call (203) 702-7400.



## BOOK DISCUSSION GROUP



Our book discussion group will meet on Monday, January 30 at 1:00 pm in the Lounge at Heritage Center. The book they will be reading is “A Passage to India” by E. M. Forster. We will be getting the books from Mark Twain Library, so if you are interested in joining the group please give us a call @203-938-9725 & pickup your book at the library. A facilitator will get the ball rolling with input from participants. For the February and March books that we will be reading and the date of the meeting of the Book Discussion Group call us at: 203-938-9725 for go on the Town of Redding web page: [Townofreddingct.org](http://Townofreddingct.org)—scroll down to Quick Links and click on Heritage Center.

**New Class: Introduction to Conversational Spanish**—This is a 10 week course that will start on Monday, February 6th at 10:00 am. The class will be one hour. The end of the ten week course will be April 16th. The fee for the 10 week course will be \$50 which is due on or before February 6th. The class is intended to be fun as well as educational. Please call us at 203-938-9725 if you would like to attend this class. The class will be limited to ten people, so sign-up as soon as you can.