



---

Rocky Mountain Health Plans

**FOUNDATION**

---

***NEWS RELEASE***

September 24, 2007

**Contact:**

Kayla Arnesen, APR  
Rocky Mountain Health Plans  
Direct: 970-244-7967 • Cell: 970-250-4060

Elaine Stumpo  
Regional Director  
Alzheimer's Association  
970-259-0122

**Ensure Your Health Care Choices are Honored**

***A Free Community Program that Teaches You About  
Advance Directives and Your Five Wishes***

(Grand Junction, Colorado) – The Rocky Mountain Health Plans Foundation together with the Alzheimer's Association is sponsoring a free community program that teaches people how they can control their health care before a medical crisis develops.

The public is invited to the Durango La Plata Senior Center in Durango, Colorado on Friday, October 5, 2007 from 1:00 to 3:00 p.m. The speaker, Dr. Bruce Richards, a surgeon who has practiced in Colorado for 33 years, will explain how people of all ages can use advance directives to tell their doctors and family the type of health care they want to receive if they become incapacitated. Documenting health care choices through advance directives ensures people's choices are honored and reduces the burden on family and friends during a difficult time.

Dr. Richards will describe the differences in the types of advance directives, including living wills, medical durable power of attorney, and do-not-resuscitate orders. He will explain how the laws of Colorado protect people's rights to control their own health care and will provide an easy to fill out form that legally assigns a medical durable power of attorney in this state. Finally, he will offer ideas on ways people can discuss with their family and doctors their personal, emotional, and spiritual wishes concerning their health care.

By offering this free public program, the Rocky Mountain Health Plans Foundation and Alzheimer's Association are providing a valuable learning and supportive community program that prepares individuals for life's unexpected challenges.

Participants are asked to R.S.V.P. by calling 970-382-6442 and leaving their name and the number of people that are planning to attend. An R.S.V.P is also requested if participants are interested in attending a lunch at the Senior Center, served at noon.

# # #