

“VOICES OF CHOICES”

OUR NEWSLETTER

END OF LIFE CHOICES ARIZONA SUPPORTS OPTIONS FOR ONE WHO IS TERMINALLY ILL AND MENTALLY COMPETENT TO DETERMINE THEIR OWN LIFE'S END, INCLUDING FREEDOM FROM UNNECESSARY PAIN AND SUFFERING DURING THE LAST PART OF LIFE.

Winter 2004

P.O. Box 12126 • Tucson, AZ 85732 • Toll Free 1-877-535-3600 • E-mail: info@choicesarizona.org • Web: www.choicesarizona.org

END OF LIFE
CHOICES★ARIZONA

Fifth Freedom Foundation

A State Chapter of



compassion & choices
Compassion In Dying • End-of-Life Choices

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“We Are Now a Vibrant, Dynamic Part of ‘Compassion & Choices’”

Dear Member,

We have exciting news to share. End-of-Life Choices and Compassion In Dying have unified into a single organization. Our new organization is called Compassion & Choices.

As you know, this landmark move is one that has been considered for many months. We appreciate the input, suggestions and enthusiastic support we have received from members and friends.

Compassion & Choices maintains the mission of improving care and choices at the end of life. It is our combined strength that ideally positions us to realize the future of our movement. United, we are able to offer more services, forcefully pursue legislation, and expand our education programs to heighten awareness of the need for choice at the end of life.

Our pledge as Compassion & Choices is to:

- Continue our steadfast service to our members and to others who seek peaceful and humane choices at the end of life
- Bring awareness to the experience of dying with calm facts and choice of action
- Aggressively pursue significant legislative reform, promote pain care, put teeth in advance directives and legalize physician aid-in-dying

Thank you for your continued generosity and support. We hope that this unification will inspire you to form an even closer tie with our organization and mission. As we embark on this exciting new era, we need you more than ever. Your contribution, whether time, energy, or capital will help us make a difference in how the way Americans die.

Sincerely,

Robert Brody,
Chairman, Compassion & Choices

Conference Evaluation Summary

Here are some excerpts from some who attended our Annual State Conference in November:

Briefly stated, IT WAS OUTSTANDING!! I was extremely pleased with everything about the conference, and can only express my envy and desire to be able to put on something like that next year here in California. I came away thoroughly energized, and now I have my speakers program for next year pretty well laid out!

*Kenneth Fousel,
San Diego Chapter President*

The End of Life Choices Arizona Chapter held their statewide annual conference at the Radisson Resort in Scottsdale Saturday, November 6, 2004.

John Abraham, Executive Director of the chapter, enthusiastically hosted the gathering of some 85 attendees from both the private and public sectors.

This year's conferences focused on the expansion of the chapter's mission in advocating choice at the end of life through media supports, alternative medical options, and legislative efforts. Writer and talk radio host, **Todd Hartley**, opened the conference discussing the use of media relations, such as talk radio, print, television, and the internet, as means of increasing public awareness and promoting discussion on end-of-life issues. Mr. Hartley's delivery was confident, informative, and well received by the conference participants.

The morning session continued with an outstanding presentation by **Dr. Timothy Quill**, professor of medicine, psychiatry, and medical humanities at the University of Rochester. Dr. Quill discussed the need for a broader model in palliative care while illustrating a thorough list of limitations ranging from poor medical training to insurance disincentives. He also described the physician and patient's role in assisted suicide and terminal sedation in terms that were understandable to the audience. Dr. Quill concluded his talk

by encouraging patients to talk with and seek *only* committed physicians who will respect and honor individual wishes at their end of life.

In the second half of the program, **Barbara Coombs Lee**, president of the Compassion in Dying Federation, had an engaging discussion with participants on legislative efforts to enact the Physician-Assisted Suicide law, which is currently only practiced in the state of Oregon. Additional discussion focused on the importance of designing an advanced directive. Ms. Lee illustrated that failure to honor advanced directives is currently being litigated as negligence and elder abuse.

The 2004 End of Life Choices conference was successful with an admirable number of attendees and an excellent post-discussion with participants. For more information on the AZ chapter and future events, please contact John Abraham at (520) 577-2245 or email john@choicesarizona.org.

*Jean M. Burnkrant, R.N., M.S.
Attendee from CO*

Arizona state conference was an outstanding event, and I feel most fortunate that I was able to attend. The speakers, Dr. Timothy Quill and Barbara Coombs Lee, were excellent choices, and I congratulate you for securing them. I believe that Dr. Quill's clear presentation helped everyone in attendance better understand the range of options that are currently available to the dying in this country, and that Barbara's discussion of the merger and of CID's experience in Oregon left all with a better understanding of the road ahead and feeling hopeful about the future of our new organization.

After seeing you in action I realize that the success of this event was truly a result of your hard work and your ability to inspire your volunteers. My only complaint is that it ended too soon!

*Stephen Jamison
Northern California, Executive Director*

What a great meeting!! Hartley was very good and Quill and Lee were excellent—there is no other adjective that fits. You folks did a great job putting it together. Would like for you to do me a favor. Could you send me a copy of the "LIFE/DEATH" sign? There are a lot of clever people around and whoever thought that one up is one of them. By the way, a good motto for our organization would be "WAY TO GO!" Just kiddin", sort of. Again, congrats.

Ted Dansby

Thank you and the staff for a very informative day—both Carole and I learned a great deal—she will soon forward our application for membership.

Harvey & Carole Finkel

I thought it was a wonderful, compact day. Only YOU could get away with that "EOLC Cheer" with that audience. We did it later when we took our driving break at Cordes Junction.

Margot Champagne

Just a short note to congratulate you on the success of our annual meeting. It was well planned, had interesting speakers, a great lunch and was kept on schedule. I know that you spent a lot of time on it, but it shows and it was certainly a good meeting. Now try and out do yourself next year.

Ron Martin

Well, we are already planning for next year: Saturday, November 5, 2005, in Scottsdale, AZ, from 10:00 am to 3:30pm. We've received suggestions on how to make this one even better! And already we've secured a couple of great keynote speakers.

By the time you get this newsletter, I hope to have available DVD or VHS recordings of 2004's Conference for you. Please contact me for details.

John

Robert Raben Speaks at the Green Valley Annual Chapter Meeting and Luncheon

— *Billie Stockl,*
President, Fifth Freedom Foundation

The Green Valley Chapter of End of Life Choices-AZ held their annual meeting and luncheon at the Green Valley Country Club on December 4, 2004. The guest speaker at this event was **Robert Raben**, our National Lobbyist Advocate in Washington, DC serving Compassion & Choices.

Mr. Raben stressed that end-of-life issues are basically “civil rights” issues that affect each and every one of us. Chapters need to reach out to organizations, as well as individuals, to make them aware that our civil rights are being denied with respect to how we choose to end our lives. We have the right to choose the way we live; we must have the right to choose the way we die. We should all have the right to choose death with dignity rather than dying in excruciating pain, suffering and humiliation.

As our advocate in Washington, DC, Mr. Raben is drafting a non-denominational clergy letter that will

be made available to all Compassion & Choices Chapter Leaders in the near future. This letter will be a template for chapters to use when addressing the clergy. He is also preparing a template for business. We look forward to receiving these tools to assist in our efforts to reach the groups who continue to block the way for end-of-life legislation.

In his closing, Mr. Raben stressed the importance of donating to Compassion & Choices. In order for us to fight the well organized, well funded organizations that continue to block our efforts, we must have the capital to expand our efforts. Funding is required for lobbying, advertising and promoting our cause via radio and television. Our path to obtaining concrete legislation allowing freedom of choice requires resources; this includes the need for dedicated individuals willing to do the work necessary to obtain our right for a dignified death and the funding with which to accomplish the task. ■



Robert Raben with Vickie Fischer.

Video presentation available for you or your group:

Robert Raben End of Life Choices Washington Lobbyist



This 51-minute video is of Robert Raben's presentation to the Annual Meeting of the Green Valley Chapter of End of Life Choices Arizona.

Introduction by **John Abraham**, Executive Director. Available in DVD or VHS format.

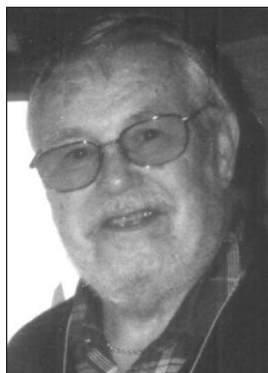
Mr. Raben's primary job for End of Life Choices is to help dissuade Congress from interfering with the Oregon law or make any other attempt to abrogate our rights. He is a stimulating speaker, stressing that end-of-life issues are basically civil rights issues that affect each and every one of us. We have the right to choose the way we live; we must have the right to choose the way we die. We should all have the right to choose death with dignity rather than dying in excruciating pain, suffering and humiliation.

Although not a professional production, nearly all of it is quite clear. In a few spots the recording is a bit jumpy or snowy.

This video may be purchased for a donation of \$16, shipping included. Go to www.choicesarizona.org and purchase through PayPal, or make check out to: “End of Life Choices Arizona”, or “EOLC AZ”, specify if you want DVD or VHS format, and send to: End of Life Choices Arizona, 207 N. Maguire Ave., Suite #111, Tucson, AZ 85710. Questions: email john@choicesarizona.org or call (520) 577-2245.

Jack Baldwin

"Eventually the human body can become an unrelenting prison of the human spirit."
— Jack



Dr. Jack Baldwin, who died in November 2004, served as an outstanding Chapter Leader for our EOLC AZ Sedona Chapter and was certified as a Caring Friend. His warmth, enthusiasm, and leadership will be greatly missed. In addition to spearheading the good work of the Sedona Chapter, Jack also

assisted our Prescott and Flagstaff leadership.

This year Jack received The Accomplished Elder award due to his great work in his career as a surgeon and his commitment to aging issues. In addition to EOLC, Jack served with Meals on Wheels, Sedona International Film Festival, Sedona Heritage Museum, Sedona Cultural Park, Unity Church, and the Chamber of Commerce. I often say "if you want to get something done, give it to a busy person." Jack got things done! He graduated from Tufts College when he was 19 years old and from the University of Illinois at Chicago with a degree in medicine when he was 23 years old. He served in the U.S. Navy and had the privilege of interviewing then president-elect Dwight D. Eisenhower.

After his residency at the University of Colorado at Denver he returned to Illinois and practiced in general surgery. Dr. Baldwin founded the region's first burn center that served a population of 3.5 million and became director of that center, his crowning achievement. After his retirement in 1991 he moved to Sedona after being diagnosed with "Red Rock Fever" (great love of Sedona red rock scenery). He continued to work on aging issues by becoming a Hospice volunteer and trainer in addition to volunteering for meals on wheels. Jack was long a staunch advocate for end of life issues and spearheaded a move to build Sedona's first Hospice Center.

When I spoke with him the day before what turned out to be not so routine heart surgery, Jack was upbeat and in good spirits, as ever. Jack was a good man. Although our movement here in Arizona may be diminished by his absence, his work will live on and continue to benefit many, outweighing our loss. Thanks to Jack for his commitment and service. May he rest in peace.

— John Abraham

How YOU Can Help

- 1) **We need documented cases of "bad" deaths.**
If you know of someone who suffered needlessly, please consider sending us documentation of the event: dates, times, places, specific treatments (or lack thereof), physicians' names, etc.
- 2) **We need more physicians for our Medical Advisory Group.** If you know of a physician sympathetic to our cause, please advise us ASAP.
- 3) **We'd like to build an AZ database of physicians to whom our members may turn for help.**
If you know of any such physician, please notify our Executive Director ASAP. (No physician would be listed who does not first agree to be listed, and all such listings shall be proprietary information). This notice will appear in every newsletter until we have at least 2 such physicians in any town of over 20,000 population in AZ. To date we have 0 — so call me!
- 4) **Invite someone else to join us!** We must grow. Call 877-535-3600 or see your chapter leader for a membership application to give to a friend.
- 5) **Become a chapter leader where we need another chapter:** Kingman, Lake Havasu City, Mesa, Tempe, Glendale, Wilcox, Yuma. We have a thorough Training Manual for you. Contact Executive Director.
- 6) **Locks of Love accepts donation of hair** ten inches or longer—any color—to make wigs for children who have lost hair because of medical treatment or other medical causes. Gray hair is sold to help fund the manufacturing of these wigs, so even us old folks can help. Be sure to check the donation requirements and procedures. Locks of Love, 1640 S. Congress Ave., Ste. 104, Palm Springs, FL 33461, (561) 963-1677 or (888) 896-1588.
- 7) **In addition to recycling your body or body parts, take an inventory of your medical devices,** such as pacemakers, glasses, hearing aids, insulin pumps, walkers, etc. They can be recycled too, and there is an urgent need for them in many poor countries.

For pacemakers, contact:

Heart to Heart
220 34th St. W.
Billings, MT 59102
(406) 656-7687

For hearing aids:

Hear Now
9745 E. Hamden Ave.
Suite 300
Denver, CO 80231
(800) 648-HEAR

For glasses, check a local Lions Club. For international donation of glasses: OEU

4 Parkdale Crescent NW
Calgary, AB T2N 3T8
Canada

For other items, check with your doctor, your hospital social worker, or the visiting nurses association.

— JLA

Written by John Abraham upon receipt of John Westover's resignation:

Dear Colleague,

As you may know, John Westover has resigned from all leadership positions with End of Life Choices Arizona and Fifth Freedom Foundation.

John has also withdrawn his membership from Final Exit Network and is no longer affiliated with that group. John does remain an active member of EOLC AZ.

In his letter to me of September 18, 2004, John says:

"I am resigning from the presidency of the Fifth Freedom Foundation effective this date. The decision is for personal reasons.

However, it is in part because of my earlier decision to join the Final Exit organization. I have come to realize that this decision was, for me, a mistake. It has caused embarrassment to me and to others. Besides, I have spent over 20 years in the euthanasia movement and I am 'burned out.'

It is, however, my intent to remain a member of the euthanasia movement but not in any leadership capacity."

And in his letters of resignation to Tucson Board members, John elaborates that he realizes his decision to join a different organization was contrary to his beliefs expressed often before about competing euthanasia organizations, saying "I still believe that the fewer euthanasia organizations in the field, the better.

We have yet to learn that the union of End of Life Choices and Compassion in Dying will in any way be other than a benefit to all."

It is with regret, of course, that we accept John Westover's resignation from a leadership position. You know, I sometimes say that before one can be burned out, one first must be on fire! Well, John has been on fire for the movement for over 23 years! He has served most devotedly in leadership positions from those of founding the first local chapter (Southern AZ, 1983) to being National President, and damn near everything in between.

My words can not express the measure of our gratitude for his contribution to the field.

John - we look forward to you and Eloise continuing to be in our midst, we wish you the very best, and we thank you profoundly for your many years of distinguished leadership. It was a pleasure to serve with you when I took over the leadership of the Southern AZ chapter in 1986 for 3 years, and to have worked with you ever since, and I look forward to our mutual continued commitment to the cause!

With love, appreciation, and very best wishes, John Abraham.

P.S. 1/03/05 John Westover and I continue to be in touch regularly, and he is doing well.



John Westover's retirement luncheon.



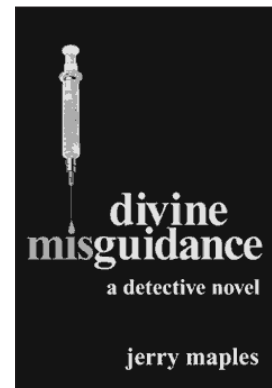
Tombstone for EOLC retirement—not life!

A killing spree hits a peaceful community and the killers are showing no mercy ... or are they?

Divine Misguidance

"A must read for all thinking people!"

— John Abraham,
Executive Director,
End of Life Choices Arizona



The murder of a millionaire socialite leads Detective Zachary Gerrard on the path to discovering a series of deaths—all previously

thought to be from normal circumstances. Dozens may have died by the hands of a mysterious sect. What is the motivating factor? The victims have one thing in common—painful terminal illness. Gerrard's team of investigators searches for answers ...

John Abraham observes: "Until the laws are changed, until we honor the individual's right to forgo needless suffering in the face of terminal illness, we may find some of the scenarios described in *Divine Misguidance*."

This new novel is available for \$13 plus \$2 shipping. By arrangement with the author, \$5 of the proceeds from each book is donated to End of Life Choices Arizona.

This book may be purchased at www.choicesarizona.org through PayPal, or make check out to: "End of Life Choices Arizona", or "EOLC AZ", and send to: End of Life Choices Arizona, 207 N. Maguire Ave., Suite #111, Tucson, AZ 85710. Questions: email john@choicesarizona.org or call (520) 577-2245.

Talking to Your Doctor about Assisted Dying

— By Tom Preston, MD

All of us would like to die peacefully, but we can't do it alone. If you want at least some control about how you die, start talking to your family and doctors and make your goals known.

The three major medical strategies for peaceful dying are:

1. Keep the dying phase short.
2. Get optimal palliative (comfort) care.
3. Prepare for assisted dying, if indicated.

If you are dying, first and foremost let your doctors know that you understand your condition and wish to avoid any treatment designed to prolong your life. A good way to start this dialogue is by reviewing your advanced directives that summarizes your end-of-life wishes.

Take your living will and durable power of attorney for healthcare and discuss the major points with your doctors. You might say to your doctor, "I know I am dying, and I appreciate all you have done to help me. But now my goal is to die peacefully. It's all right for you not to use treatments to prolong my life any more."

Another approach is to write or type a "statement for your doctor" in which you state your wish to avoid life-prolonging treatments, and then write, "I give you permission not to prolong my life." A simple statement like that will give you the necessary understanding with most doctors.

If any doctor hesitates or disagrees with any stipulation, give your reasons for and feelings about what you are requesting. Tell your doctors you expect their compliance with your end-of-life requests for medical treatment. If you cannot reach agreement with one or more doctors now, you may need to work around them or even get a new doctor.

If you want aggressive palliative care (pain or symptom control) at the end, let your doctor know your preference between relief of pain or alertness, if the amount of drugs necessary for complete relief of pain would cause loss of awareness or coma. For example, you could ask your doctor, "If I am having a lot of pain or uncontrolled symptoms such as shortness of breath, will you be willing to give me enough painkillers to make me comfortable, even if it takes so much it knocks me out?" Your doctor may answer, "Yes, of course," but you have to ask the question to get the doctor's commitment. By doing so, you are signaling a desire for him to let you determine when and how much pain medicine or sedation is enough, on an ongoing basis. Otherwise, he might assume you want the least amount of painkiller possible so as to avoid drowsiness or development of tolerance to the drug. And don't worry about broaching the subject in advance; both you and your doctor have a better chance of doing it right if you have had prior discussions.

If you become terminally ill and you want the option of hastening death by fasting or total sedation (also known as palliative sedation), say so in clear language. If you just hint at what you want, you probably won't get it. If you say something like, "Doctor, if things get really tough for me and you can't control the pain, do you think you could give me something stronger?" the doctor may not understand what you are asking.

Tell your doctor how far you want to go toward unconsciousness to avoid suffering. Ask her if she will be ready and willing to give you enough painkillers or sedatives to eliminate hunger or thirst if you elect to stop eating and drinking. Ask her

if she will be willing to sedate you to unconsciousness if that is necessary to stop suffering. Ask her if she will honor the same request of your attorney-in-fact, or your family, if you become incapable of making decisions. If she says, "Let's talk about that when the time comes," tell her "No, we need to discuss it now."

Make all these requests clear in advance with your family and caregivers. If you get hospice care, ask the hospice nurse the same questions at your first meeting. And remember, medical professionals don't like to commit to anything in advance, so they may hedge their answers. By your question, they will know your wish and so will be more likely to honor it as the time approaches.

If you want the option of using medication to hasten death, you must plan in advance; you can't wait until just before you want to do it. Talk to the important people in your life about your plans and goals. Many physicians will not want to talk about it, but you must sound out your doctor about his willingness to help you. If you already know your doctor is against helping in this way, get another one. Physicians who oppose this form of assisted dying are less likely to give you optimal aggressive palliative care if they think you want to "overdose."

If your doctor seems sympathetic, ask if he will be willing to prescribe the necessary drugs or refer you to a physician who will do so. Keep in mind that even doctors sympathetic to your plan will avoid discussing the subject and will deflect your request if they can. I recently talked to a patient whose doctor had said he would write the prescription if and when the patient wanted it. Every

(continued on page 8)

Upcoming Chapter Meetings

(All meetings are free. Please bring your friends!)

Tucson

❑ Saturday, January 15 - 10:00am to 11:30am. State Representative **Linda Lopez** will speak on the status of the Patient Comfort and Control Act. Wilmot Library, 530 N. Wilmot (just south of 5th Street on the east side of Wilmot).

❑ Saturday, February 26 - 10:00am. Tucson Board Meeting at Ruthe and Stanley Steinbergs' residence.

❑ Saturday, March 19 - 10:00am. **Julian Rush**, National Director of Caring Friends, will meet with us in Tucson. Location to be announced.

❑ Saturday, April 16 - 10:00am. Tucson Board Meeting, location to be announced.

❑ Saturday, May 21 - 10:00am. Tucson Annual Chapter Luncheon and meeting. Details to follow.

*Much thanks to **Karen Tyner** for her years of service as President of our Tucson Chapter!*



Cherie Esser,
new Tucson
Chapter President).

Would your
organization like to
use our travel display?
Available to rent for
\$25 per weekend

Yuma

❑ Saturday, February 19 - Yuma Chapter Meeting, 1:00pm to 2:30pm, at the Yuma Community Food Bank, 2325 S. Engler Ave. Our Executive Director, **John Abraham**, will be speaking about the nature and purposes of the End of Life Choices organization, recent developments and the merger with the Compassion in Dying organization, legislative initiatives in Arizona and other states, issues and prospects in the right to die movement, what other Chapters are doing, and ideas for future meetings and the Yuma leadership. Contact Mr. Ron Martin at (928) 341-9260.

Flagstaff

❑ Saturday, January 22 - 9:00am to 11:00am at the Unitarian Church, 510 N. Leroux St., Flagstaff. Come hear **John Abraham**, Executive Director of End of Life Choices Arizona discuss "What Is the End of Life Choices Organization All About?" including the nature and purposes of the End of Life Choices organization, recent developments and the merger with the Compassion in Dying organization, legislative initiatives in Arizona and other states, issues and prospects in the Right to Die Movement, what other chapters are doing, and ideas for future meetings and Chapter leadership for this area. There will be plenty of time for questions and discussion. It's an exciting time in the movement as various groups with similar concerns explore how to best achieve their goals. Volunteers and donations welcome and needed! Call Severy at (928) 774-5105 or Partridgebird2@yahoo.com.

Flagstaff (continued)

❑ Saturday, January 29 - Public meeting, 10:00am to 12 noon, Unity Church, 2708 N. 4th St. (Knoles Village Square - upper right corner), Flagstaff. Panel discussion on end of life issues. Speakers: **Bob McMillan**, Flagstaff Mortuary Funeral Director; **Gerry Blair**, Flagstaff Police Department, Community Relations; **Dr. Christenson**, Flagstaff Medical Center; **Susie Boehm**, RN, Flagstaff Medical Center.

❑ Sunday, April 17 - 1:00pm to 5:00pm at the Unity Church of Flagstaff, 2708 North 4th Street, Suite E-1, Knoles Village Square. **Roland Halpern**, National Director of Chapter Relations for End of Life Choices (Compassion & Choices), will talk on the subject of "Taking Control: Your Choices at the End of Life." We will explore such topics as: Why are so many Advance Health Care Directives ignored? How can you improve the chances your own wishes will be honored? What's the latest news on assisted dying legislative activity in Arizona and around the country? Please join us for what promises to be a lively and informative afternoon. Volunteers and donations are welcome and needed! Call Severy at (928) 774-5105 or Partridgebird2@yahoo.com.

Prescott

❑ Saturday, January 22 - 2:00pm to 4:00pm at Granite Peak Unitarian Universalist Church, 882 Sunset Avenue in Prescott (near True Value Hardware). See Flagstaff January 22nd Chapter Meeting for details.

(continued on page 8)

Upcoming Chapter Meetings *(continued)*

Sedona

☐ Sunday, January 23 - 2:00pm to 3:30pm, Sedona Chapter of End of Life Choices Arizona Meeting at Unity Church, 65 Deer Trail Dr. Contact person is Joyce Murphy, (928) 282-4366 or jjmurphy@commspeed.net. This meeting is most important following the tragic death of Dr. Jack Baldwin, Sedona Chapter former President. Now we must reorganize and thrive to honor his legacy. **John Abraham**, Executive Director of End of Life Choices Arizona will discuss the latest developments regarding the nationwide unification of EOLC and Compassion in Dying, legislative developments here in AZ, and how our chapter can grow.

Cochise County

☐ Saturday, January 29 - Cochise County chapter meeting, 10:30am to 11:30am, Mona Bishop Room of the Sierra Vista Public Library, 2600 E. Tacoma Street, Sierra Vista, AZ. Proposed topic: a round table discussion on end of life issues led by our state Executive Director, **John Abraham**.

☐ Future meeting dates are April 16th at 1:30pm, July 9th at 12:30pm, October 8th at 12:30pm and January 14th, 2006 at 12:30pm. All meetings to be held in the Mona Bishop Room of the Sierra Vista Public Library, 2600 E. Tacoma St., Sierra Vista, AZ 85635. Topics/Guest Speakers to be announced.

☐ Saturday, November 5, 2005 - **STATE CONFERENCE** - 10:00am to 3:30pm, location to be announced (in Phoenix area). Keynote speakers: **Linda Lopez**, Arizona State Representative and Assistant House Minority Leader; **Marsha Temple**, CEO, National End of Life Choices; **John Abraham**, Executive Director, End of Life Choices Arizona.

Northwest Valley

☐ The meeting of November 10, 2004 of the Northwest Valley Chapter (formerly Sun Cities) was a great success. Approximately 80 people attended to hear the **Rev. Walter Wieder** discuss, "*Practical Ethical Issues Surrounding End of Life Choices*", and our Executive Director of End of Life Choices AZ, **John Abraham**, present an update of concern to members. There was much audience interaction with both speakers and we acquired 5 volunteers. The Executive Board is now comprised of:

President
Irene Weitzman

First Vice President
Joel J Thomas

2nd Vice President
Donna Donohue

Treasurer
Don McPeak

Secretary
Sandra J Price

☐ Wednesday, March 9, Northwest Valley Chapter Meeting at 2pm in the Lecture Hall of RH Johnson Recreation Center in Sun City West. There will be a double feature, **Derek Humphrey** on Final Exit and a video on, "*How to be a Very Good Advocate*". **Don Moore**, from Texas, who has been a Senior Caring Friend volunteer for several years in the Choices movement, counseling and speaking all over the United States, will discuss both videos and the Caring Friends program.

President and contact person **Irene Weitzman**, 623-214-6552 or IRENEWEITZ@aol.com.

Talking to your doctor

(continued)

time the patient asked for the prescription the doctor said something like, "Oh, yes, sure, but we'll be able to keep things under control and I think you'll do fine. First, let's see how it goes." He never got the prescription.

You have to be specific and forceful in your request. How you frame the request is critical. No doctor wants to be obligated in advance to giving you a prescription for lethal medications, or clearly agree to do so in a manner that could be held against him later if a controversy arose over what he did.

If you say to your doctor, "I want a prescription so I can end it all when I want to," you are making that physician complicit in your intended act, and she will not comply. She is much more likely to comply if you say, "I want to live as long as possible, but I do fear a bad end even with the good care I know I'll get. Having some pills will give me the security I need, even though I'll almost certainly never take them." This approach helps the doctor deal with it because she is prescribing for your comfort, not for the specific purpose of ending life.

Most importantly, get connected with a Caring Friend from Compassion & Choices. These are the people who know how to work with medical professionals and can help you achieve a peaceful, humane death. Dying peacefully takes a little work. To have a good death, you need to be your own forceful advocate. ■

A nationally known patients' rights advocate and respected author, Tom Preston, MD, is a professor of medicine at the University of Washington and a retired cardiologist. This article is edited by JLA and reprinted with Dr. Preston's permission.

A Dying Person's Bill of Rights

- I have the right to be treated as a living human being until I die.
- I have the right to be cared for by those who can maintain a sense of hopefulness, however changing this may be.
- I have the right to express my feelings and emotions about my approaching death in my own way.
- I have the right to expect others to listen.
- I have the right to participate in decisions concerning my care and the way I wish to live and die.
- I have the right to expect continuing medical and nursing attention even though "cure" goals must be changed to "comfort" goals.
- I have the right to be free from pain.
- I have the right not to be deceived.
- I have the right to have my questions answered honestly.
- I have the right to have help from and for my family in accepting my death.
- I have the right to retain my individuality and not be judged for my decisions which may be contrary to others.
- I have the right to discuss and enlarge my religious and/or spiritual experiences, whatever these may mean to others.
- I have the right to be cared for by caring, sensitive, knowledgeable people who will attempt to understand my needs and will be able to gain some satisfaction in helping me face my death.
- I have the right not to die alone, though I may choose to be alone.
- I have the right to die in peace and dignity.

Donated to us is a crypt in
The Mausoleum of Peace at
East Lawn Cemetery in Tucson.

This space is at eye level, indoors, and includes many "extras." It has a retail value of \$7,090. We are selling this to the highest bidder. If interested, please contact our Executive Director.

My End of Life Society

YES, please count me as a member of the "My End of Life Society."

"I have made provisions in my will and/or in my estate planning to leave a gift to End of Life Choices Arizona following my death."

Name _____

Address _____

Thank you to "My End of Life Society" members who have made such a commitment:

- ★ Ms. Corky Claudette Glenn
- ★ Margot Champagne
- ★ Billie Stockl

Why Give?

We ask you to consider making a difference for the long-term future of End of Life Choices Arizona. The very first chapter (in Tucson) was started in 1983, followed by the creation of the statewide organization in 1997. Now we need to become self-sufficient for the long haul. In order to maintain and increase the viability and energy of our continuing work, we ask you to seriously consider a bequest or other planned giving option to provide for our future. There is a wealth of information about planned giving at www.choicesarizona.org or call our Executive Director. Thank you.

Reasons to Give:

- To make a difference in the lives of those who are terminally ill, their families, and their friends.
- To support the right of all future generations to control their own destiny.
- To give back to End of Life Choices Arizona for what it did for your planning or for someone you know.
- To make a personal statement about the values you hold dear.
- To encourage others to consider their own legacies.
- So your gift to End of Life Choices Arizona may speak of your commitment and dedication to a cause in which you deeply believe.

"There go my people. I must run to catch up with them, for I am their leader."

— Mahatma Gandhi

ARIZONA CHAPTERS AND CONTACTS (1/7/05)

CASA GRANDE - Francene Haskins

1268 E. Crown Circle, Casa Grande, AZ 85222
(520) 836-9272 • Email: hardt@cgmailbox.com

FLAGSTAFF - Severy Partridge • PO Box 22003, Flagstaff, AZ 86002 (928) 774-5105 • Email: partridgebird2@yahoo.com

GREEN VALLEY - Harry Lien • 142 E. Los Arcos, Green Valley, AZ 85614 • (520) 625-7469 Email: hlien48@webtv.net

NW VALLEY (Carefree, Cave Creek, Glendale, Litchfield Park, Peoria, Sun City, Sun City Grand, Sun City West, Surprise) Irene Weitzman • 15187 W. Gunsight Drive Sun City West, AZ 85375-2928 • (623) 214-6552 ireneweitz@aol.com

PHOENIX/SCOTTSDALE/TEMPE - Marshall Lindsay 4233 E. Coolbrook, Phoenix, AZ 85032 (602) 493-0266 • Email: dwdchoice@hotmail.com

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SUN LAKES - Bob Wallace • 9306 E. Crystal Dr. Sun Lakes, AZ 85248 • (480) 802-4327 Email: joyrobwall@robsoncom.net

TUCSON - Cherie Esser • (520) 825-2219 Email: jcbesser825@yahoo.com

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EOLC AZ - Vickie Fischer • Green Valley, AZ (520) 393-6733

EXECUTIVE DIRECTOR - John Abraham (520) 577-2245 Email: john@choicesarizona.org

EXECUTIVE DIRECTOR'S ADVISORY TEAM 2005

David Brandt-Erichsen
Margot Champagne
Jean Osborne
Stanley Steinberg
Billie Stockl

FIFTH FREEDOM FOUNDATION - Billie Stockl 3305 E. Mohawk Dr., Sierra Vista, AZ 85650 (520) 803-9285 (Home) • Email: bstockl@cox.net

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Executive Coordinator - Ruthie Steinberg • (877) 535-3600
Legislative Director - David Brandt-Erichsen • (520) 749-2247
FFF Treasurer - Stanley Steinberg
EOLC AZ Treasurer - Evadean Sanders

EOLC AZ MEDICAL ADVISORY GROUP

Dr. Robert H. Furman
Dr. Monte DuVal
Dr. Harvey Turner

FIFTH FREEDOM FOUNDATION BOARD OF DIRECTORS

Billie Stockl, Sierra Vista, President
Stanley Steinberg, Tucson, Treasurer
Vickie Fischer, Green Valley
Ila DeLuca, Green Valley
Gene Giermann, Prescott
Marshall Lindsay, M.Div., Scottsdale
Earl Wettstein, Tucson

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Karen Tyner, Tucson
Bob Wallace, Ph.D., Sun Lakes
Irene Weitzman, NW Valley
Earl Wettstein, Tucson

*Much thanks to Paul Sachs for his years of service as
State Treasurer for EOLC AZ!*

ADVISOR TO THE BOARDS

Monte DuVal, M.D., Phoenix

MARCH STATE BOARD MEETINGS

March 5, Saturday, 10am to 3:30pm. End of Life Choices
AZ Board and Fifth Freedom Foundation Board Sun
Lakes (just SE of Phoenix). The Oakwood Clubhouse
of Sun Lakes (24218 S. Oakwood Blvd., Phase 3 of Sun
Lakes), The Bradford Room (Oakwood Boulevard off
of E.J. Robson Boulevard). To register (and to specify
your lunch choice) or for more information call
Ruthie in Tucson at 529-0461 or toll free beyond
Tucson at 1-877-535-3600.



David Brandt-Erichsen, his wife Bien, and Margot Champagne.

Win a 2005 Hyundai Tucson

Support our
cause,
and win this car
at the
same time!



- Other prizes include:*
- ▲ A Mexican Riviera Cruise
 - ▲ Tickets to The Fiesta Bowl
 - ▲ UA Season Basketball Tickets
 - ▲ Notre Dame vs USC Tickets
(includes air & hotel)

For every \$25 raffle ticket sold, all \$25 goes to Fifth Freedom Foundation!

Plus the back of each raffle ticket has discount coupons to Tucson Metro Restaurants.

This costs us nothing (except the promotion thereof) and we keep all proceeds. For every \$25 donation (purchase), Fifth Freedom Foundation gets \$25! Yes, 100% of your donation for these tickets goes to support our cause.

Support Fifth Freedom Foundation (our educational, recruiting, and program arm) and possibly win a 2005 Hyundai Tucson sport utility vehicle, a cruise, or more prizes!

Help sell tickets! If each member sells just one ticket, we could raise \$42,000!

PLEASE ... PARTICIPATE!

Sell from now until March. Let me know how many tickets you want to take responsibility for! Sell them at craft fairs, grocery stores, neighborhood, and elsewhere.

Buy a ticket and donate it to your church! Ask two people to split a ticket! Ask someone to give you \$7 now and pledge \$6 for the next 3 months! Have your chapter buy some tickets, etc. Be creative!

Purchase tickets with PayPal at
www.choicesarizona.org

or mail your check (\$25 per raffle ticket) to:

Fifth Freedom Foundation
207 N. Maguire Ave., Suite 111
Tucson, AZ 85710.

Please make checks to Fifth Freedom Foundation (FFF)
and specify number of tickets.

Deadline: April 2, 2005
Drawing will be held April 7, 2005

This raffle is sponsored by
The Volunteer Center of Southern Arizona
For more information call
Toll Free 1-877-535-3600
(within Tucson call 577-2245)



YES, I want to join End of Life Choices!

I understand this automatically includes state membership privileges in End of Life Choices Arizona, the Fifth Freedom Foundation, and most local chapters as well! Make check payable to Fifth Freedom Foundation.

ANNUAL CONTRIBUTION

\$35 Single \$43 Couple Single Life Member \$350 Couple Life Member \$430

You folks are doing a great job! Here's an extra \$ _____ contribution to help the cause.

This is a yearly membership, renewable annually. Please send my newsletters (national and state) to:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

Mail to: Fifth Freedom Foundation, P.O. Box 12126, Tucson, AZ 85732

You Can Now Donate Your Vehicle to our Fifth Freedom Foundation!



1. What can I donate?

A: We accept most vehicles and vessels including but not limited to cars, trucks, trailers, boats and RV's.

2. Is my donation tax deductible?

A: Yes. Vehicle/Vessel donations are tax deductible to the full extent of the law. However, individual tax situations vary so please check with a tax professional to determine what, if any, tax benefit you may receive from a tax deductible donation.

3. What do I need to donate my vehicle?

A: We would like the title to the vehicle. If you do not have it please call us anyway. Other arrangements may be made. Please call Fifth Freedom Foundation.

4. My car hasn't run in years. Can I still donate it?

A: Yes, we are able to accept most vehicles running or not (exceptions include older vehicles whose value would not offset the cost of towing). To find out if we can accept your vehicle, please contact FFF. Tucson: 520-577-2245, beyond toll-free 1-877-535-3600. Or email donations@choicesarizona.org

5. How is the value of my car determined?

A: In short, the IRS allows you (the donor) to assess the fair market value of your vehicle. We will provide

you with a donation receipt to verify that you made the donation, but the receipt will not indicate the value. We suggest that you refer to the Kelly Blue Book on line and print out the Private Party Value for your vehicle and retain this with your donation receipt. Or we can find this information for you. Don't forget to take into consideration the mileage and condition of your vehicle when assessing its fair market value. For additional information, the IRS provides a Donor's Guide to Car Donations which sets forth the manner in which the IRS requires you to determine the value of your donated property. See IRS Publication 4303.

6. How will the car be picked up?

A: We will arrange to have your vehicle towed away by a professionally licensed, bonded and insured towing company.

7. How long will it take to pick up my car?

A: We will arrange for a towing company to contact you via telephone within three to four business days at the latest. If you need your car picked up sooner, please let us know—often we are able to accommodate rush orders as well.



PLEASE CHECK YOUR NEAREST CHAPTER...

You are automatically a local chapter member (in addition to nat'l and state) in these communities.

- Phoenix/Scottsdale/Tempe Tucson Green Valley
- NW Valley (Carefree, Cave Creek, Glendale, Litchfield Park, Peoria, Sun City, Sun City Grand, Sun City West, Surprise)
- Sedona Cochise County Sun Lakes
- Prescott Yuma Flagstaff
- I WOULD LIKE TO HELP START A CHAPTER

Phone: _____

For more information visit our website (www.choicesarizona.org) or call us toll free at **1-877-535-3600** (in Tucson, call 529-0461); Fax: 520-751-1310

END OF LIFE
CHOICES ★ **ARIZONA**
Fifth Freedom Foundation

By popular request, here is the joke from David Brand as told at our October Green Valley meeting:

Words of Wisdom

“The most unfair thing about life is the way it ends. I mean life is tough. It takes a lot of your time. What do you get at the end of it? A death. What's that, a bonus?! I think the life cycle is all backwards. You should die first, get it out of the way. Then you go live in an old age home. You get kicked out for being healthy, go collect your pension, then, when you start work, you get a gold watch on the first day. You work 40 years until you're young enough to enjoy retirement. You drink alcohol, you party. And you get ready for High School. You go to primary school, you become a kid, you play, you have no responsibilities. You become a little baby, you go back, you spend your last 9 months floating with luxuries like central heating, spa, room service on tap, then you finish off as an orgasm! AMEN.”

Excellent Care?

Grandfather had been complaining about his treatment at the nursing home, so Bobby thought he would check it out. On his next visit, the grandson quietly observed from the back of the day room as the residents were watching TV. As his grandfather started to lean to the right, an aide rushed over and straightened him up. A few minutes later, Grandfather started listing to the left. Again the aide rushed over and straightened him up.

Finally, Bobby went over to greet his grandfather. “Gramps, I’ve been watching. You seem to be getting excellent care here.”

“Excellent care? Hell, you can’t even fart around here.”

“Sam, I’m sorry to say, but you’ve got only six months to live.”

“Doc, I think I want a second opinion.”

“Okay, Sam, you’re ugly.”

You Can Now Purchase Books and Videos on our Web Site using PayPal!

If you don't already have a PayPal account:

To set up a PayPal account, go to www.paypal.com, click on Join PayPal Today “Sign Up Now” and follow the prompts.

Funeral Choices

On our web site, under the last menu item of “links” is a link to the Funeral Consumers Alliance (a nonprofit organization dedicated to protecting a consumer's right to choose a meaningful, dignified, affordable funeral).

More choice, more dignity. Isn't that what we're about!?

I was recently elected to serve on the board of The Funeral Consumers Alliance of Southern Arizona. And I shall be one their presenters at their annual meeting to be held in Tucson on Sunday, February 20, 2005, from 2–4pm at St. Philips in The Hills Church, NE corner of River and Campbell.

— John A.



“His final wish was that all his medical bills be paid promptly.”

Thank you very much to those who have thus far contributed to our 2004 Fundraiser!

Your support is invaluable and we are grateful!

Our thanks to Earl Wettstein for creating this year's fundraiser!

Joyce Abbott
Peter & Edith Agur
John Anthes
James Anthony
James Arnold
Denny Arvanites
Dr. Joseph & Christel Augl
Irene Baer
Jean Baierlein
Charlene & James Barry
Ruth Beeker
Ronnie Bendheim
Eleanor Berg
Lola Boan
Judith Bowen
Rayleen Bowersox
Lilia Brekke
Anne & William Brenner
Marilyn Brooks
Marcene Brower
Marvin & Christine Brown
James Burke Jr
H. Louise Calhoun
Kenneth & Marylou Campbell
Sandra Carter
Jim & Donna Carter
Diane & Gerald Cederquist
Olive Chyprye
Louise Clark
Jacquelyn Cobble Dick
Jane Cohn
Robert Cohn
Mary Cole
Clair Coon
Steven Cornell
Sharon Curry
Mary Dagiell
Eley Denson
Elizabeth Devlin
George DeWolf Jr
Alice Donaldson
Eddie Dondero
James & Donna Donohue
Cynthia Douglas
Merlin DuVal
George Easley
Charles Eldon
Beverly Finney
Harold Fischer
Vickie Fischer

Robert Foster
Paul Fromholz
Warren Furniss
Rhoda Gander
Ruth Gardner
Irma Gawboy
Lois Gerhart
Berta Gilbert
Joyce Gillette
George Goldsmith
Helen Green
Joseph Green, M.D.
Edna Grieb
Helmut & Helga Groemer
Robert & Joan Grossman
Martha Hansen
Fritz Hardt
Paul Hendrickson
Ruth Henry
Barbara & John Hewitt
Mary Hoagland
Diane Holt
Pat Howard
Dora Ann Hoyle
Robert & Janice Isbell
Lois Iverson
Earl Jack
Philip Johnson
Paul Johnson
Crandall & Louise Jones
Charles Jordan
Capt Frank Kay
Albert Keates
Rose Kephart
Gerda Klipfel
John & Karin Knobel
Roy Kobayashi
Walter & Karin Krueger
Jack & Coralynn Kurrle
Bruce Larkin
Kirk & Marjorie Lawton
Pete Lazaros
Sara Leibold
Harry Lien
Margaret Lisman
Phyllis Lites
J Fleur & Timothy Lohman
Sharon Magana
Renee Marcus
Deena & Larry Martin
Lenore & Robert Martin
Ronald Martin
Vera Martin

Madeline McAuliffe
Audrey McClure
John McGee
Theodora McMillan
Constance Mills
Ronda Moffit
Betty Monroe
Sue Moorehead
Annie Morris
Henry Muller
Rachel Nelson
George Newman
Richard Newman
Edward & Lola Newton
Wilbur Nott
Lorraine O'Brien
Mike O'Connor
Patricia Pallas
Norma & Albert Palm
Maren Parsons
Carol Pasquinelli
Joan Pate
Anita & Charles Paulson
Kenneth Pollock
Dolores Porter
Marian Prickett
Doralee Probert
Janet Proulx
Dorothy Randell
Les Reinig
Joseph Richardson
Elizabeth Riley
John Roll
Lu & Nancy Rudolph
Charles Russell
Teresa Sadler
Herbert Schapiro
Edson Schull
E F Schwam
Jacquetta Scott

Eric Shane
Darla Sharpe
Alva-Gay Sheridan
Regina Skelley
Eleanor Slanker
Theodora Smokler
John Solso
Robert Spiller
Jean Stange
Robert & Jean Starling
Stanley & Ruthilyn Steinberg
Paul & Nan Steiner
Cye Strowman
Arlene Sturm
Janet Swanson
Lee Taylor
John & Luis Thaxton
David Thielking
Mary Thoms
Fern Tilliss
John Todd
Jean Towle
Karen Tyner
Melba Vickery
Maxine Villanueva
Marcia & David Vincent
Eileen Wayne
Carol Weed
Don Weesner
Irene & Moses Weitzman
Norma West
John & Eloise Westover
Earl Wettstein
Sara & Charles Willsey
Margaret Winkler
David Woddring
Margaret Yeck
Anne Marie Yurof
*Bill Johnson's Restaurants
donation in memory of
Ivan Blostone*



Volunteers assemble fundraiser mailing.

Ideas That Work



(a new, regular, feature)

- ✓ Does your chapter have a phone tree yet?
- ✓ If your group/chapter meets in a church or other institution, ask that institution to add our website as a link on their website.
- ✓ Keep a copy of your Advance Directives in your purse, in your vehicle's glove compartment, and on line in the new state registry. Also, did you know that National will provide life members (or those who've donated \$100) with a mini CD of your directives?
- ✓ Open Board Meetings for new Board prospects.

What are YOUR ideas?

AZ State Advance Directives Registry

Creation of the online database and registry for advance directives is still pending. This new program will assist doctors and hospitals immensely to gain appropriate access to critical health care documentation. For early application call Barbara Volk-Craft at (602) 222-2229. More in next newsletter.

Caring Friends AZ Team Members Wanted

Would you like to be a Caring Friend (Caring Friends guide those who are hastening their death)?

If you might consider this, please see the information about Caring Friends on our web site. The next training will be May 27, 28 and 29 in Denver (no cost to you), and then the regional teams will meet weekly by telephone conference call.

Questions? See our web site or contact John Abraham. Please call 1-800-247-7421 and ask for Caring Friends.

"I am dying with the help of too many physicians."

— Alexander the Great

News from the Legislature

State Representative **Linda Lopez** will be introducing three legislative measures related to end of life issues this year.

Titles of three bills are listed below (they do not have numbers yet). After the title is a brief explanation of the bill.

1. *Aid in dying* [this bill is essentially identical to the Oregon law].
2. *Terminally ill patients, suffering, control* [this is the Patient Comfort and Control Act as introduced last year].
3. *Memorial on pain management and health professionals* [this is a request to the Arizona Medical Board to establish guidelines for treatment of severe chronic intractable pain].

More soon.

