

“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.

Fall 2005

The Statewide Chapter of End-of-Life Choices (formerly Hemlock Society, now Compassion & Choices)

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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The following information was posted on the End of Life Choices Arizona website at www.choicesarizona.org. Driving and parking directions are on the website and will also be in our next newsletter.

The Million Geezer March For Human Freedom & Human Dignity

Mark your calendar and be there!

Wednesday, January 25, 2006

11:30 AM – 1:30 PM

March on the Arizona Legislature!

Throughout history, humans have aspired for freedom. It has always been an uphill battle. It took many decades to abolish slavery in this country, and to get the vote for women. We have been fighting for two decades now for recognition of our inalienable right to ease pain and suffering in the end stages of terminal illness, including the right to hasten death with medical assistance if one so chooses. It is time for action. It is time to march on the legislature!

For the past several years legislation has been introduced in the Arizona Legislature which, similar to the existing Oregon Death with Dignity Act, would help give us our inalienable right to control our own destiny in relieving pain and suffering in the end stages of terminal illness. This legislation has not even been given a hearing in Arizona. Our legislators are refusing to allow open debate in our legislature on an issue of concern to millions of Arizona voters. It is time to march on the legislature to

demand a hearing!

We are calling this the Million Geezer March. No, we don't expect to have a million people turn out for this, but the march will nevertheless represent well over a million people. A quarter million Arizonans age 65 or over favor legislation permitting choice at the end of life. An additional 3 million adult Arizonans who will become age 65 also favor this. 23 million Americans age 65 or over favor this cause, and an additional 120 million adult Americans who will become age 65 favor this. Polls consistently show that we have a 2/3 majority.

According to Brown University Center for Gerontology Health, 46.5 percent of Arizonans die with persistent pain, and 6.5 percent die in excruciating pain. In response to the Death with Dignity Act in the State of Oregon, referrals to hospice increased significantly and doctors significantly increased the use of morphine and other strong pain medications, thus

(continued on page 2)

Geezer March *(continued)*

improving the end of life care for more dying patients whether or not the patients chose to hasten their own death.

Nobody has the right to make end of life decisions for us – not the State, not the Legislature, not the Medical Association, nor any other entity or person. They might have the power, but they don't have the right. Only individuals have the inalienable right to make such decisions for themselves.

We urge everyone who supports human freedom and dignity to attend the Million Geezer March. Plan now and arrange to take January 25th off for this. If you are disabled or infirm you can have a special impact by attending, and we will try to help you with any special transportation needs (see below).

Practicalities

- End of Life Choices Arizona will be providing a bus from Green Valley and Tucson (details will be forthcoming).
- Bring your own bag lunch and water.
- Chapters throughout the state will be helping to arrange car pools.
- End of Life Choices Arizona will provide picket signs. Planned slogans include "Million Geezer March for Human Freedom & Human Dignity," "End of Life Choices Arizona," "Control Your Own Destiny," "We Want a Hearing," and "Why Do You Want Us to Die in Pain?" Other suggestions are welcome. You may also bring your own sign.
- People who wish can bring their dog (on a leash of course) and make a sign for the dog which says "Let Me Die Like a Dog" (we will not be providing such signs, so you will need to make your own). Sorry, no dogs allowed on our bus.

- The odds of good weather in January are high, but we will march rain or shine. If rain, bring an umbrella.
- If you are disabled or infirm and need help getting to the Million Geezer March, please let us know and we will see what we can do to help. We want you there! For special assistance, please contact (520) 749-2247 in Tucson or toll free 1-877-535-3600 in the rest of the state, or email webmaster@choicesarizona.org. We'll get back to you.

Traveling?

Financial Support to Fifth Freedom Foundation, part of Compassion & Choices: **Freda Anderson**, Master Cruise Counselor and owner of A Touch of Class Travel in Scottsdale, a boutique agency specializing in luxury travel, will donate to Compassion and Choices 5%* of the base cost of all luxury cruises and tour packages sold to members and referrals of Compassion & Choices.

When contacting Freda, simply refer to Compassion & Choices or End of Life Choices Arizona to assure the donation which does not affect the price of any sale. As a State Board Member of Fifth Freedom Foundation, Freda looks forward to working with clients who share the values of Compassion & Choices, as well as making a contribution to support the organization. Contact: freda@atouchofclasstravel.com; office: (480) 563-5375 / (800) 693-9822.

*Applies to cruise or tour package cost with minimum base cost of \$2,000 per person (excluding airfares/taxes/etc).

There Is No End to the Good You Can Do

Gifts through your estate can provide important benefits to you and an enduring gift to End of Life Choices Arizona. You can leave a legacy through your will or trust by designating a specific dollar amount or percentage, specific property, or anything left over after providing for your family. In addition, you may direct your gift to support a particular program of interest to you. Through your will you can:

- Preserve current assets
- Reduce or eliminate federal estate taxes
- Make a lasting contribution to End of Life Choices Arizona and/or Fifth Freedom Foundation
- Become a member of our "My End of Life Society."

For more information about ways to make gifts through your estate and other charitable giving options, please contact:

John Abraham
520-577-2245

Toll free 1-877-535-3600
john@choicesarizona.org

Thank You!

... to all who participated in the **Bashas' "Thanks a Million Fundraiser!"** We made \$230.42 this past winter. Be sure to sign up again this year starting September 1 and running through March 31, 2006.

The next time you shop at Basha's store, you can link this number (23508) to your Thank You card by asking the cashier to **enter your group ID number: 23508**. You only have to enter the code once and the link remains for the duration of the program. See www.choicesarizona.org for details or contact our Executive Director.

Upcoming Chapter Meetings

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

Scottsdale

☐ Saturday, September 10, Scottsdale - 10:30am to 11:30am (doors open at 10am). **John Abraham**, Executive Director of End of Life Choices Arizona, will speak on “*A Living Will Is Not Enough: How to Make Sure Your Wishes Are Honored!*” in the Mustang Library, 10101 N. 90th St., Scottsdale (just south of Scottsdale Healthcare on east side of 90th St.).

☐ Sunday, November 20 - 9:00am. **John Abraham**, Executive Director of End of Life Choices Arizona, will speak on “*A Living Will Is Not Enough: How to Make Sure Your Wishes Are Honored!*” at the meeting of the Humanist Society of Greater Phoenix held at the Hometown Buffet, 1312 N. Scottsdale Rd., Scottsdale. Open to the public.

Green Valley

☐ Saturday, October 8, Green Valley - 10am (refreshments at 9:30am). Meeting of the Green Valley Chapter. Many of you may be interested in donating your bodies for medical education and research. Two options will be presented by our speakers: **Joshua Lopez**, Director, Willied Body Program, College of Medicine, Cell Biology & Anatomy, U of A Health Sciences Center, whose topic will be “*Whole Body Donation for Medical Education.*” **Bob Marcotte**, Donor Development Coordinator, LifeLegacy Foundation, whose topic will be “*Whole Body Donation for Medical Research.*” Meeting will end at approximately 11am unless there are lots of questions. The meeting will be held at La Posada at Park Centre in the El Dorado Room at the La Perla Apartment building. The address is

635 S. Park Centre, Green Valley, AZ. Take Hwy 19 to Exit 63 (Continental Rd.), go east through stoplight to 1st stop sign (Park Centre), turn left onto Park Centre and proceed to 1st stop sign, turn right to the La Perla building, park and go in main (front) entrance. Ask at the reception desk for location of El Dorado Room. *Questions?* Contact Pete Smith at (520) 648-8487 or email: peterd@laposadagv.net.

☐ Saturday, December 10 - Green Valley Chapter meeting at the Country Club (luncheon meeting). Details to follow.

Sierra Vista

☐ Saturday, October 8 - 12:30pm. Meeting of the Cochise County Chapter in the Mona Bishop Room of the Sierra Vista Public Library, 2600 E. Tacoma St., Sierra Vista.

Prescott

☐ **Dr. Bob Friedman**, Director of Granite Mountain Home Care and Hospice has agreed to be one of our speakers at the October 15 meeting. It will be at the Granite Peak UU Church from 2 - 4 PM.

Phoenix

☐ Saturday, November 5 - **State Conference** - 10am to 3:30pm. See page 5 for details.

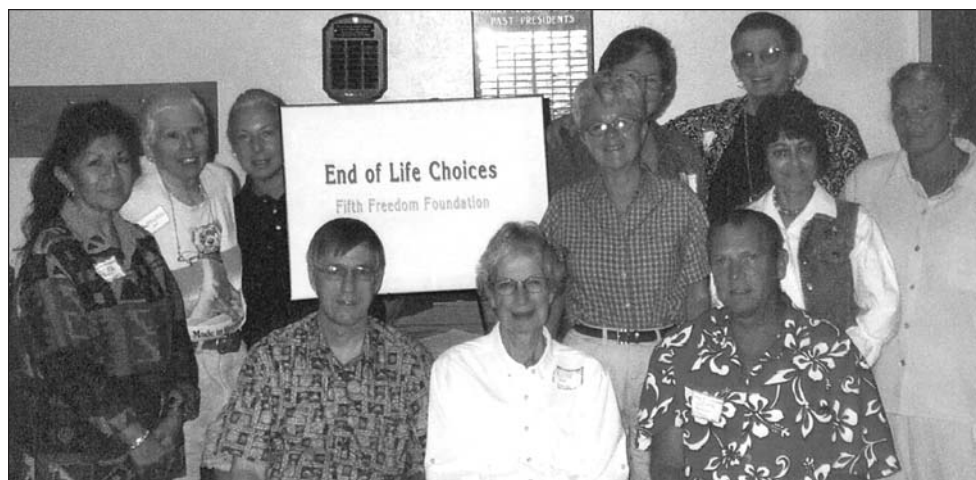
Northwest Valley

(formerly Sun Cities)

☐ Wednesday, November 9 - 1:30 to 4:30pm, in the Sun City West Lecture Hall at RH Johnson Recreation Center in Sun City West. There will be a double feature, **Donna Donohue**, RN,MS, will speak on: “*The Real Truth Why Your Pain Isn’t Addressed by the Healthcare System,*” followed by **Julian Rush**, Director of Volunteer Services for the Client Support Program of Compassion and Choices. His topic: “*From Caring Friends to Client Support Program.*”

Questions from the audience will be welcomed by both speakers. Parking is free. The lecture hall is located between the Sundome and J Michael’s Strike Zone Eatery on North RH Johnson Blvd. near West Meeker Blvd. It is inside the Arts and Crafts Village building east of the Sports Pavilion. Use the entrance adjacent to the Sports Pavilion.

President and contact person: Irene Weitzman, Ph.D. at ireneweitz@aol.com or 623-214-6552.



Our leadership meeting in Prescott last month was a great success! You’ll be hearing more about our plans and projects!

ARIZONA CHAPTERS AND CONTACTS (9/05)

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Stanley Steinberg

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Treasurer - Susan Pedersen

Fifth Freedom Foundation Treasurer - Stanley Steinberg

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Luis Haj WONG



*Working Together
to Help You*



John T. THAXTON

www.BestTucsonRealtors.com

FINANCIAL SUPPORT to *COMPASSION & CHOICES*: John T. THAXTON and business partner Luis H. WONG, of Long Realty in Tucson, will donate to *Compassion & Choices* 10% of their 2005 commissions from properties bought or sold through members and referrals of *Compassion & Choices*. When contacting John, simply refer to *Compassion & Choices* to assure the 10% donation, which does not affect the transaction price of any properties. As a Board Member of the Tucson Chapter of *Compassion & Choices*, he looks forward to working with clients who share the value of *Compassion and Choices*, as well as to making a contribution to support the organization. Please contact: JThaxton@LongRealty.com; cell: (520) 603-3677; office: (520) 407-8627; www.LongRealty.com/JThaxton

Plan to join us!

Saturday, November 5

10am to 3:30pm (registration, coffee & pastries at 9am) Gainey Suites Hotel, 7300 E. Gainey Suites Drive, Scottsdale, AZ 85258. Gainey Suites Phone: 480-922-6969. For discount room call directly, mention End of Life Choices. 12:15 to 1:30 luncheon. **Cost including luncheon is \$35 per person. Please send checks payable to Fifth Freedom Foundation, P.O. Box 12126, Tucson, AZ 85732 by October 29, 2005.** This is the day before the State of Arizona's "Health Care Decisions Week" of November 6 -13. Our Conference will "kick off" the week.

We have a star-studded cast! Our keynote speakers are:

- ★ **MARSHA TEMPLE**, CEO, National Compassion & Choices: *"Compassion & Choices...a look back at the first year...how is this new organization helping you?"*
- ★ **CHRIS LOKER**, National Board member and Client Support volunteer, C & C: *"Client Support Program: How it has expanded since the creation of Compassion & Choices in 2005."*

Both Marsha and Chris want your input! We'll have plenty of time for your comments and questions for these two national leaders! They want to hear YOUR concerns!

- ★ **LINDA LOPEZ**, Arizona State Representative and Assistant House Minority Leader: *"End of life legislation at the Arizona legislature - reflections on the past and a look at the future."* Again, we'll have time for questions and concerns.
- ★ **JOHN ABRAHAM**, Executive Director, End of Life Choices Arizona

For more information please contact John Abraham at 520-577-2245 or john@choicesarizona.org or Ruthie toll-free at 1-877-535-3600.

"Control Your Own Destiny!"



If you would help get the word out by displaying a sign like this on your vehicle, please contact John Abraham and we'll get you the sign(s).



YES, I want to join End of Life Choices (Compassion & 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

A Case

In 1994, after my wife had spent four years as legal guardian to her mother, her mom died from a terrible genetic disease that plagues her family. Her mom had known that there would be some strife between her five children in determining whether extraordinary means should be employed to keep her alive, so she signed a living will, stating that she wanted no mechanical aids in the event that she neared death.

She also knew that some of her children would object to her being cremated, so she paid for cremation in advance, and made all the arrangements.

This all done, both she and my wife felt that her wishes should be carried out. Little did my wife know that both the medical profession and the mortuary industry would prey on her emotions when the final time neared, and finally passed.

My wife was called to the nursing home one day, and told that her mom was refusing to eat, that she was literally starving herself to death. Now, let's clarify what led up to this. This once intelligent school teacher was confronted with a loss of memory, lapsing into her deep past, had lost all control of bodily functions, couldn't feed, dress, or in any way take care of herself, and was fully aware that this was all happening. She made a conscious decision to speed up the already deteriorating process that was tearing her down. Yet, when my wife stated to the nurse that her mom had already made the decision to accept no help, she was told that this was no longer her mom's decision. I told the nurse that I could not believe that they were asking my wife to make such

a choice, when the decision had already been made by her mom. I was told that I had no say in the matter.

My wife decided to honor her mom's decisions, contrary to the wishes of some of her siblings. Within days, her mom passed on peaceably. Then came the meeting with the mortuary, where my wife was told up front that her mom's wishes were no longer the deciding factor. If my wife didn't want her mom turned to ashes, she didn't have to. Again, my wife decided to honor what her mom had wanted done, and opted for the cremation. These decisions led to alienation by my wife's sisters and brothers, which would never have happened if the laws called for her mom's wishes to be carried out.

Had my mother-in-law been stricken suddenly, to a point where she could make no rational decisions, I'd have no problem with my wife, as the oldest child, having to make such decisions. However, this was not the case. Her mom made the decisions when she was able to rationalize things, and chose my wife as her guardian, because she knew her wishes would be honored. The laws should prevent things like what happened here.

My dad had died suddenly just a few months prior to this, and like with my wife, I was told that his cremation, which he had chosen, was no longer his choice, but rested on my wishes. He had not only paid for the cremation, but had a companion niche, where my mother's ashes were also interred. I, like my wife, honored his wishes. Fortunately, I was an only child, so I didn't have the conflict that my wife had to deal with.

—Winn White, Casa Grande



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 577-2245); Fax: 520-751-1310

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

Press Release

John Abraham, Executive Director of End of Life Choices Arizona, and already a Certified Thanatologist, was made a Fellow in Thanatology.

The FT Credential

Fellow in Thanatology: Death, Dying and Bereavement (FT) is a professional certification in the field of thanatology. It is an Association for Death Education and Counseling (ADEC) volunteer initiated effort to recognize practitioners and educators in the discipline of death, dying, and bereavement who have (1) met specified knowledge requirements measured through a standardized testing process and (2) demonstrate advanced levels of competency in teaching, research and/or clinical practice through a professional portfolio. It is an advanced certification.

In today's competitive and challenging markets, it is important to identify individuals with qualified knowledge and advanced professional competency in thanatology. Successful candidates can use the FT designation after their names. They may also use the following statement on a separate line on business cards and stationary: Fellow in Thanatology: Death, Dying and Bereavement.

ADEC, a professional membership association in the field of thanatology, sponsors the FT. Members of the ADEC Board of Directors and the Credentialing Council and its committees provide oversight to the development and administration of the FT examination and the FT recertification program.

An Advanced Certification Task Force of experts from the ADEC membership with advice from members of associated organizations worked for more than two years to develop the FT credential and the criteria for the professional portfolio. ■



New Members

CHANDLER	Mr. & Mrs. Jack Finney
FLAGSTAFF	Ms. Kathleen Cooke Elizabeth Elgin
FOUNTAIN HILLS	Regeania Kinzle
GREEN VALLEY	Dr. and Barbara Harwood
MARANA	Russell Dover
MAYER	Mr. Greg Pilgrim
PHOENIX	Jeffrey Dunkley James Westerfield
PRESCOTT	Dr. Ellen Abell Jean Colbert Ms. Virginia De Cou Lois K. Eckman Jerry and Patricia Greene Ina Zive
SCOTTSDALE	Beverly N. Lane Mr. Norman Savin Mr. & Mrs. William Schoedidnger John Was Shirley Wechter
SEDONA	Ms. Ruth Dixon David and Edna Dunn
SUN CITY	Helen Caro
SUN CITY WEST	Mr. & Mrs. Marvin D. Brown
SUN LAKES	Mr. Donald Pollie Tom and Carol Hoepner
TEMPE	Marsha Presley
TUCSON	Munro C. Bobo Marion Brown Richard Cook Martin Diamond & Paula Wilk Eleanor Doren Shari Kelly Richard Lasky Jean Saliman Ruby Wahrhaftig
WILCOX	Diana Roll
WINKELMAN	Mrs. Vera Iser

Controlled Substances

Many years ago, society recognized the benefits of the judicious use of narcotics and other potentially dangerous drugs. In 1970, this issue was codified by the U.S. Congress, which introduced and passed a Controlled Substances Act. This Act classified controlled substances into five categories and set out rules dealing with the manufacture, storage, distribution, and use of drugs that fell within each of those categories.

Of particular interest was the fact that the Act limited the prescribing of controlled substances almost exclusively to medical practitioners. These practitioners had to be licensed in a state and also had to seek a specific license to prescribe controlled substances from the Drug Enforcement Agency. With very few exceptions, professionals who are licensed to dispense such substances have shown a high level of responsibility in the implementation of this privilege.

Today, however, a new dilemma is in the ascendancy. Our society is aging, more people are living longer, and the quality of life toward its end is frequently greatly diminished. Incurable malignant disease is often associated with severe terminal pain. Many senior citizens with degenerative neurological and neuromuscular diseases may suffer from progressive loss of control of bodily functions, loss of personhood and dignity.

Society is beginning to react to this situation as is evident by the arrival, nationally as well as locally, of organizations such as the Hemlock Society, End of Life Choices, Compassion in Dying, etc. There is every reason to believe that the positions being taken by such organizations will not only become more visible but, in time, will almost certainly prevail. This turn of events will stress the construct earlier adopted with respect to the dispensing of controlled substances, and medical professionals will be obligated to address and treat the needs of personhoods rather than diseases at life's end.

To accommodate this change, the loyalty of medical professionals will have to be redefined in favor of meeting the needs of the patient who is terminal rather than meet their own moral or ethical codes. Indeed, an unwillingness to put the patient's wishes first will likely result in the immediate transfer of the patient to the care of another professional, generate charges of elder abuse, or even trigger revocation of the practitioner's license by the relevant licensing Board.

Failure of medical professionals to accommodate to this situation may even be expressed through revisions of such policy statements as the Controlled Substances Act in favor of providing access to controlled substances through other means than health professionals. ■

How YOU Can Help

- 1) **Volunteers needed for our new and improved Client Support Program (formerly Caring Friends).** You can help those who call in for our guidance. You can receive excellent training on the National level. Please call or email John Abraham for more information.
- 2) **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.
- 3) **We need more physicians for our Medical Advisory Group.** If you know of a physician sympathetic to our cause, please advise us ASAP.
- 4) **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!
- 5) **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.
- 6) **Become a chapter leader where we need another chapter:** Kingman, Lake Havasu City, Mesa, Tempe, Glendale, Wilcox. We have a thorough Training Manual for you. Contact Executive Director.

- ★ If anyone in the Tucson metro area needs in-home care for a loved one, I know of good resources. Please contact John Abraham.
- ★ Thank you, Freda, for the Travel Donation!
- ★ We now have silicone End of Life Choices Arizona Wrist Bands and cotton T-shirts for sale! These will be pictured and available on our web site soon.
- ★ Thank you to Mary Siwek for donating your car to us!
- ★ Thank you, Moses, for the signs!
- ★ Thanks, Vickie, for the Billboards (see photo on page 11)!

Talking to Your Family about Dying

— *By Tom Preston, MD*

If you want to ensure that your own death is peaceful, you must talk to your family, which includes your closest and most trusted family members, and perhaps a close friend or counselor. Even with the best of care, you probably won't be able to make all your medical decisions at the end, and you will want people you trust to make sure your wishes are followed.

Long before you need their help, you should begin talking to your family, preferably before you become terminally ill. They must know your wishes in advance for end-of-life care. The best way of doing this is to discuss your advance directives with them. Children don't like to talk about your dying, but it's not threatening to say: "I have no intention of dying soon, but it's important for you to understand my wishes — just in case something unexpected should happen."

By going through your directives carefully, your family will know how you want to die. Talk about your wishes for treatment should you become terminally ill or incapable of making decisions or permanently unconscious. Do this every two or three years, so your family fully understands your directives and has opportunities to ask questions. Talking to your loved ones about dying also helps you know who will support you at the end.

If you become fatally ill, be sure your primary family caregiver is very familiar with your advance directives. Tell your family your preference about dying in a nursing home, a hospital, or at home. Talk about hospice care. If you want no artificial life-support, such as a ventilator or a feeding tube or antibiotics for pneumonia, clearly say so. If your family fully understands your wishes well in advance, they will almost certainly follow them.

Talk about palliative care. If you want maximal pain control, tell your

loved ones you will want enough morphine to eliminate pain — even if it results in drowsiness or—unconsciousness or, possibly, premature death. Tell them, if you wish, that if morphine can't control your pain, you want continuous sedation to the end. These are not easy directives for caregivers to carry out, so they must have time to wrestle with them in advance, not when there is an immediate need.

Toward the end, when a reasonable quality of life is no longer feasible and you are ready to die, you must let your family know this. They may not understand your condition or share your decision to let go. They do not want to lose you, and some of them may feel that the best way to show their love for you is to "help you" by keeping you alive or convincing you to continue living. You must share with them your reasons and your determination to stop all attempts to cure the illness. Assure them that they and the doctors have done everything possible to reverse your course, and now it's time to work on a different level. Remember this: They are grieving for you, and grieving takes time. Everyone is different but, on average, it takes at least two months for a person to come to terms with the impending loss of a loved one.

As the end approaches, if you want to hasten death by self-administration of medication or by not eating and drinking, it is best to discuss this plan with all close family members, as any one of them may forever feel anger toward you and the others if he or she is excluded. Do not try to do this alone; you will need your family's help. It is imperative to have someone knowledgeable advise you on the procedure. Contact Compassion & Choices and ask for help.

By now you may have a good idea of what your loved ones think about

hastened dying. If there are three or more of them, however, it's likely that someone may object, even to the point of saying he will block any attempt. If one of them objects to you hastening death, tell him you respect his feelings, and he doesn't have to approve. Ask that he respect your wishes by not interfering. Even if an objection is based on a religious or ethical principle and not just fear of losing you, if the objecting family member knows your wishes and "hears" what you want, he will usually at least "allow" you to do it after processing your request. In this case, the loved one is not only grieving, but also must set aside his scruples on the issue. This takes time — count on a month or two at least.

Another way of approaching this problem is not to tell any important loved one likely to object. But unless this person is not living close to you, it requires careful concealment and a high risk that the person will find out anyway. It's best not to exclude an important person. If even one close family member persistently opposes your plan to hasten death, regrettably, I recommend against doing so, as enduring family discord could result. Also, do not discuss your plan with anyone else, even a trusted hospice nurse or good friend. Word gets around, and even hospice people who are sympathetic may feel endangered if they know your plan.

By now, it should be clear that you must plan and talk in advance. Near the end there's one more bit of talking you should do. Tell your loved ones everything you want them to remember after you leave them. Ask them to forgive your past imperfections or wrongs in dealing with them, and tell them you forgive theirs. Connecting with your family at this time is the best way of showing your love for them, and providing the emotional peace your family will need after you leave. ■

Our Client Support Program

(Formerly called "Caring Friends")

Our Client Support Program is a program administered through our national office, which informs and advises members of End of Life Choices on an individual basis about their options at the end of life, including hastening the dying process. The goal is to ensure that whenever possible, individuals facing the end of life can do so peacefully and with dignity.

When the required documents are received, a Client Support Program counselor contacts the applicant for an extensive interview. If the applicant is accepted, the counselor will assign a trained volunteer to work directly with the client in examining information relevant to the client's end-of-life issues. Should the client decide to proceed, an experienced and trained volunteer will join the case to ensure that the client is acting under his or her own volition and without coercion.

Our Client Support Program has several areas of service. They provide information, counseling, and guidance about end-of-life choices and offer free assistance in obtaining and completing advance directives. The services of Our Client Support Program are available to End of Life Choices members and to those who are not yet members.

We encourage requests for information and questions regarding all end-of-life issues. Through advance directives, we offer assistance in determining one's wishes in regard to health care, instructions for documenting such wishes, and information for using such documents effectively. Specifically, we assist with the creation of a living will and medical durable power of attorney.

A living will is a document that outlines one's wishes in regard to health care at the time one is termi-

nally ill and can no longer speak for oneself. A Medical Durable Power of Attorney designates a surrogate (sometimes called an advocate or proxy) to act on one's behalf, with directions for the surrogate to follow. The titles of these documents can vary by state.

Services

- State-specific assistance on advance directives guidelines
- Examining completed directives for accuracy
- Providing guidance in how to use directives effectively
- Instructing surrogates on their responsibilities
- Maintaining copies of members' advance directives

Additionally, we provide assistance on issues not directly related to choosing a hastened death, such as hospice care and resources to assist with mental health concerns.

Below is a recent article from the directors of our Client Support Program. Please read:

Our Client Support Program is starting strong. By combining and expanding Choices' Caring Friends and Compassion's Case Management Programs, we have created a comprehensive program of service and support to assist people at any point along their end-of-life journey.

The Client Support Program was designed by volunteers and staff from both original programs, starting with the question, "Why do people call us and what do they need?" In addressing this question, it quickly became evident what our program should be.

The Client Support Program provides services at no cost to anyone who contacts us, regardless of diagnosis or membership status. Information, support, counsel and

referral are available to all callers. If we have local volunteers in a client's community, the client may be connected with a nearby volunteer. If there are no local volunteers available, a staff counselor will work with the client by phone. Everyone who calls is served.

Client Support Program staff and volunteers are open to all types of questions. We offer referrals to local pain specialists, hospice programs, social service agencies and disease-specific support groups. We help people to complete their advance directives and talk to their loved ones and health care providers about their wishes. We advocate for people in nursing homes or who are receiving inadequate care.

We continue to serve those who have been diagnosed with a terminal illness and are interested in learning about hastened death. Those not yet in the terminal phase of their illness may receive information about stopping medical therapies, such as dialysis or medication, and forsaking food and water. Those who are terminally ill and are mentally capable may receive detailed information on other options such as the use of medications and helium. If requested, two trained Client Support representatives may be present when a client hastens death.

Last year our programs served more than 3,000 clients with direct support and presence. Now we have widened our scope and hope to reach even more. Members, local groups and the general public can reach us toll-free at 800-247-7421. Let us know what you need as you contemplate life's end. Whether it is advocacy, information, counseling or specific, concrete help, you only need to pick up the phone. ■

Shop 4 Zero

In the past, you have supported our organization in so many ways. Now, we want to thank you by instituting a program that will not only allow you to continue to support us, but will help you as well. Just register for free with our fundraising partner, SHOP4ZERO and take advantage of all that they have to offer. Everything you do through SHOP4ZERO will save you money through Cash Back AND automatically generates a contribution to our organization. Thank you in advance for your support.

About SHOP4ZERO

SHOP4ZERO is one of the Internet's largest and fastest growing shopping portals. SHOP4ZERO provides Cash Back Shopping at more than 700 of the Internet's most popular retailers and service providers. It is very possible that you already shop at a number of the retailers that you will find in SHOP4ZERO. The only difference is that if you go direct you will not get Cash Back. So make sure you register for free and start your shopping at SHOP4ZERO!

SHOP4ZERO also offers one of the Internets most popular fundraising programs for not-for-profit organizations. A portion of your purchases made through SHOP4ZERO will be contributed to your not-for-profit organization.

To sum it up, when you shop through SHOP4ZERO, you get Cash Back and you help your organization at the same time, a true win-win!

Happy shopping!

We are so excited about the tremendous opportunity for you, our member, to be able to contribute towards our wonderful organization with no extra expense! All you have to do is register for free! Then just



Lower cost. Automatic donation.
No brainer.

remember to always shop online through our branded shop4zero site! Every purchase you make will contribute a percentage to the organization.

This program has already proven beneficial to other nonprofit organizations. One church already made over \$14,000! This fundraiser operates 24 hours a day ... all year. With a program that never stops, imagine how this could benefit our organization!

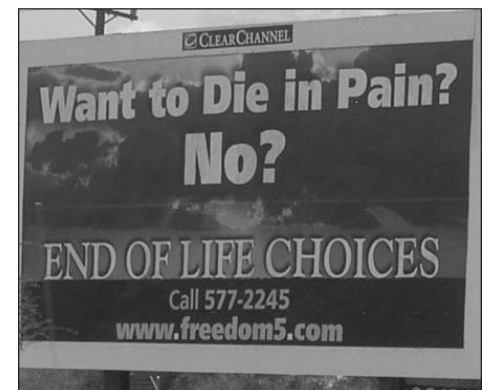
I urge you to register at our website, <http://fff.shop4zero.org> to learn more about this program. Then, tell others about its benefits and earning potential (use the invitation form on the site so you receive cash back from your referral's purchases too)! Using <http://fff.shop4zero.org> for all your online shopping and using one of the services they offer, will not only help and support End of Life Choices Arizona, but earn cash for

you from the explosive growth of the Internet.

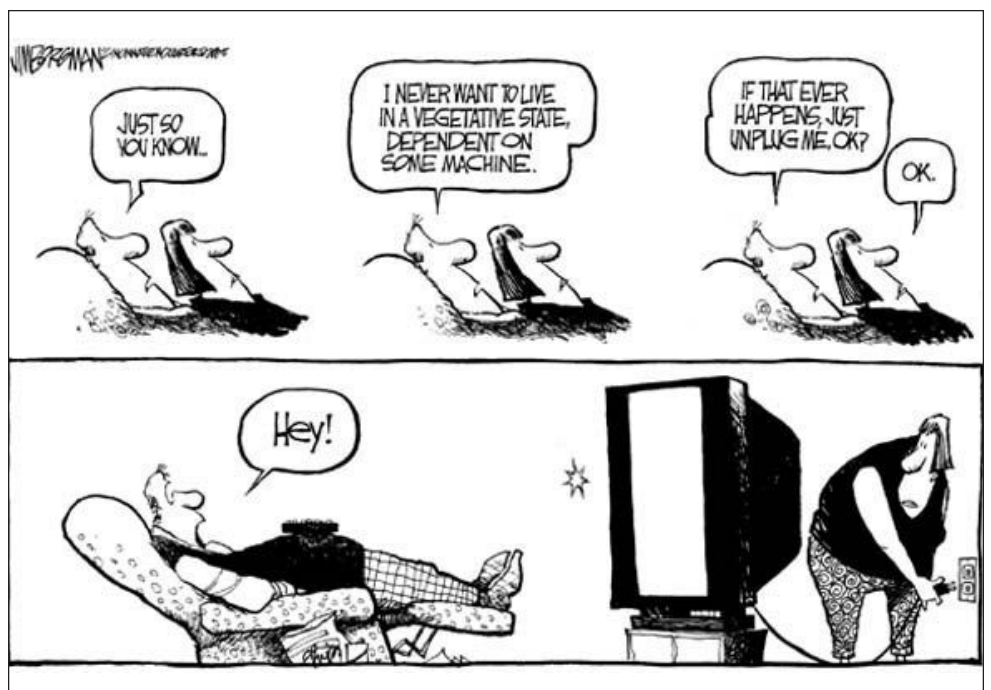
Thank you, in advance, for your support!

Hurricane Relief

All Cash Back we pay out to all our Free Members, Platinum Members and Fundraisers for all purchases in September will be **MATCHED** by SHOP4ZERO and paid to the Red Cross for helping Hurricane Katrina victims.



One of four in Tucson, six more in December!



Volunteer to Help the Dying

We are seeking to build our own AZ team of Client Support Program Volunteers. A few of you have already signed up for a tentative February training session *right here in Arizona*. We really need people in this field. If you may be interested, please read page 10, then please call Julian Rush at 1-800-247-7421, ext. 2158. Tell him John Abraham sent you. Ask him to mail you the preliminary paperwork to apply for training as a Client Support Program Volunteer.

End of Life Choices Arizona and FEN

If you are receiving mailings from an organization whose acronym is FEN, and you are not already a FEN member, you should not. They have been using our mailing list contrary to policy and, moreover, do not do anything that End of Life Choices does not already accomplish.

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.

Newsletter Schedule

Our Newsletter schedule is as follows:

Mailings on or about:

- ◆ September 22, 2005
- ◆ November 1, 2005
- ◆ January 22, 2006
- ◆ April 1, 2006

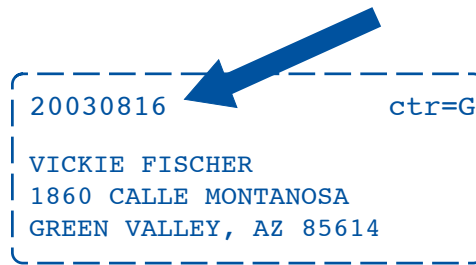
I welcome all news contributions!

Please submit your suggestions/articles to John Abraham, john@choicesarizona.org

The deadlines for submissions are: September 1, October 1, January 1 and March 1—always the first of the month prior to mailing.

I'm looking forward to your contributions.

Check your renewal date



If you are a member of End of Life Choices (formerly Hemlock, now Compassion & Choices), your mailing label on this newsletter will say "M" or "L" (Life member), and show when your membership expires (year/month/day). Your chapter cluster code is at the right side.

END OF LIFE
CHOICES★ARIZONA
Fifth Freedom Foundation

P.O. Box 12126 • Tucson, Arizona 85732

ADDRESS SERVICE REQUESTED

IS YOUR MEMBERSHIP ABOUT TO EXPIRE?



If it is, please renew soon.
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