

“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 2005

COMPASSION & CHOICES ARIZONA (formerly Hemlock Society and End of Life Choices)

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

A State Chapter of



COMPASSION &
CHOICES ARIZONA
Compassion In Dying • End-of-Life Choices

Formerly known as

END OF LIFE
CHOICES★ARIZONA
Fifth Freedom Foundation

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www.choicesarizona.org

More on 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!

This will be the first-ever march on the Arizona Legislature for your freedom at end of life. Directions and parking information are below. Chapters throughout the state will be helping to arrange car pools. Contact your local chapter leader if you would like to car pool. End of Life Choices Arizona will provide picket signs, or you may bring your own. The odds of good weather in January are high, but we will march rain or shine. If rain, bring an umbrella.

Everyone should be on their best behavior for this March. Our behavior will directly reflect on those legislators who support us, so not a harsh word to anyone – even to those legislators who adamantly oppose freedom for others. We intend to march peacefully and respectfully at all times.

Our bus from Green Valley and Tucson

End of Life Choices Arizona will be providing a bus from Green Valley and Tucson. This will be a comfortable motor coach and a rest room is available on board. However, bring

your own bag lunch and water as we will not be stopping for lunch. You may reserve your place on the bus using the coupon below or on our website. We are requesting \$10 per person in advance for the bus trip, which is about half of our cost. We will waive this on request. We of course need an accurate count of who will be on the bus so we can be sure there are enough seats. Therefore, we must receive your reservation and payment by January 11 to assure you space. After that, call us at 520-577-2245 to check on availability.

The bus will pick up people in **Green Valley at 8:00 am** at the Valley Presbyterian Church, 2800 S. Camino del Sol, in the SW corner of their lot. Directions: Take Exit 63 and turn west and then immediately turn south on Frontage Road for 1.7 miles to Camino Encanto. Turn right onto Camino Encanto and proceed 0.5 mile to stoplight at Camino del Sol. Turn right onto Camino del Sol and proceed 0.2 mile to the Valley Presbyterian Church.

(continued on page 2)

More Million Geezer March *(continued)*

The bus will pick up people in Tucson at 9:00 am at the NE corner of Miracle Mile and Flowing Wells (plenty of parking space available). This is located about 0.5 mile west of Interstate 10. There is a traffic light at the intersection.

Driving directions to the Arizona Legislature

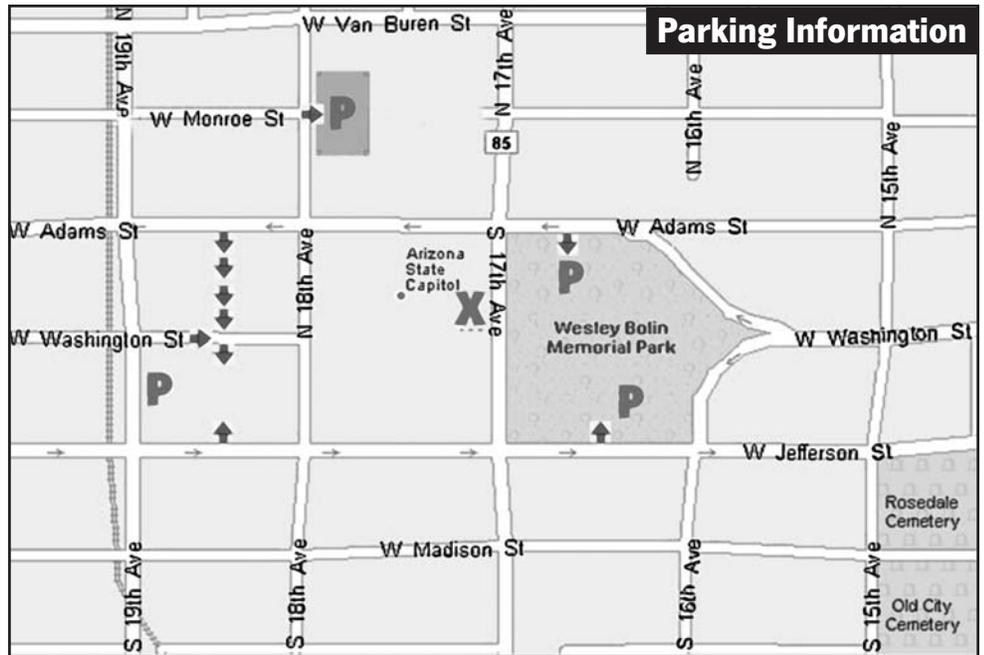
The Arizona Legislature is located at 1700 W. Washington Street, Phoenix. See Parking Map for our staging area on the House Lawn, just west of Wesley Bolin Memorial Park.

From the north: From Interstate 17, take Exit 199B toward Jefferson Street. Turn left onto Jefferson Street and proceed 1 mile. See Parking Map.

From the west: From Interstate 10 going east, take Exit 143B onto Interstate 17 South. In one mile take Exit 199B toward Jefferson Street. Turn left onto Jefferson Street and proceed 1 mile. See Parking Map.

From the east: From Interstate 10 going west, take Exit 144 to 7th Avenue and turn left onto 7th Avenue. Proceed south on 7th Avenue for 0.5 mile to Washington Street and turn right. See Parking Map.

From the south: From Interstate 17 going north (although actually going west on this portion of I-17), take Exit 196 to 7th Avenue and turn right (north). Proceed 1.2 miles to Washington Street and turn left. See Parking Map.



X = Assembly area for Million Geezer March • P = Parking areas
Thick arrows = parking entrances

There are 4 main parking areas (listed in order of recommendation):

1. Turn left off W. Adams Street (it is one-way going west) into the north section of Wesley Bolin Memorial Park. This is the closest parking, but it is often filled up.
2. Parking area off 19th Avenue between Washington and Jefferson, at the west end of the lot. There are three entrances: from W. Washington, from W. Jefferson (which is one-way going east), and from W. Adams (which is one-way going west). See arrows on map.
3. There is a free multi-level parking garage for the Department of Health Services at N. 18th Avenue and W. Monroe.
4. Turn left off W. Jefferson Street (it is one-way going east) into the south section of Wesley Bolin Memorial Park. There is a two hour parking limit here. This lot is not connected with the lot in the northern section of the Park.

If you may be interested in a bus from our Northwest Valley Chapter (Sun City area), please contact Irene Weitzman at (623) 214-6552 ASAP.

YES, please sign us up for the Million Geezer bus from

Green Valley Tucson

Enclosed is \$10 per person.

Please make check payable to End of Life Choices Arizona.

You may also sign up on our website.

Name(s) _____

Address _____

Phone _____ Email _____

Send to: End of Life Choices Arizona,
207 N. Maguire Ave. Suite 111, Tucson AZ 85710

Call 520-577-2245 for more information.

Seeking Help in Dying Is Not “Suicide”

With the U.S. Supreme Court and California’s Legislature about to weigh in on letting terminally ill patients end their lives, advocates say the public is easily swayed by the language with which the issue is discussed.

Words and phrases such as “death with dignity” and “compassionate choices” bring very different reactions from the public than the word “suicide,” according to a San Francisco pollster’s research rolled out by advocates.

“The language used by the media to describe the issue has a critical impact. It is critically important to how the issue is perceived by audiences,” **Steve Hopcraft**, spokesman for Californians for Compassionate Choices, said during a teleconference.

Barbara Coombs Lee, co-president of the national group Compassion & Choices, said that in 14 years of working on this issue, she has “never felt comfortable talking in terms of ‘suicide’ with a dying patient.” People fervently want to live as long as their life has quality, she said, but “they do want to make a choice of ... the least worst death, they would like to choose to avoid suffering.”

“Asking for assistance in dying is not suicide,” she said, calling the lat-

ter word a “hateful and derogatory” term when used for someone who most likely lost a valiant fight to survive.

San Francisco pollster **David Binder** said a Gallup poll conducted this year found 75 percent of Americans support “euthanasia” — letting a doctor take the life of a patient who is suffering from an incurable disease and wants to die — but only 58 percent support doctor-assisted “suicide” for patients in the same condition.

Binder said this shows “the word ‘suicide’ connotes some negative reaction” as “a pejorative term that causes many people ... to react differently than they would if the same question were asked without that word.”

That was borne out by his recent focus-group research, commissioned by Californians for Compassionate Choices, he said. Participants found terms such as “death with dignity,” “right to die,” “compassionate choices,” “end of life choices” and “terminally ill patients’ rights” far more accurate and palatable than “suicide,” which has religious connotations and legal ramifications in areas such as life insurance. ■

— *The Argus*
10/03/2005

www.insidebayarea.com/argus/localnews/ci_3082697

To fear death, my friends, is only to think ourselves wise, without being wise: for it is to think that we know what we do not know. For anything that men can tell, death may be the greatest good that can happen to them: but they fear it as if they know quite well that it was the greatest of evils. And what is this but that shameful ignorance of thinking that we know what we do not know?

— Socrates

Upcoming Chapter Meetings

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

Scottsdale

☐ 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 Road, Scottsdale. Open to the public.

Green Valley

☐ Saturday, December 10 - 10:30am.
Green Valley Chapter meeting at The Country Club (luncheon meeting). Guest speaker **Roland Halpern**, Director of Community Relations for Compassion & Choices, will talk on “*The Future of Assisted Dying in a Post-Schiavo World*” and what we need to do to improve odds our own end-of-life wishes will be honored. A confirmed, prepaid luncheon is mandatory; deadline for reservations is December 1.

Tucson

☐ Saturday, January 21 - 10:00am.
Tucson Chapter meeting, River Center Branch Library, 5605 E. River Rd. (NE corner River and Craycroft, in NE corner of shopping center). Topic to be announced.

**Wednesday
January 25, 2006
Arizona State Capitol
The Million Geezer March
for Human Freedom and
Human Dignity**

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Jean Osborne
Stanley Steinberg
Billie Stockl

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Treasurer - Susan Pedersen
Fifth Freedom Foundation Treasurer - Stanley Steinberg

END OF LIFE CHOICES ARIZONA MEDICAL ADVISORY GROUP

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

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Monte DuVal, M.D., Phoenix

New Members Since Our Last Newsletter

DOUGLAS

Richard and Mary Winkler

GREEN VALLEY

Bernice Morell

MESA

Janet Connell

ORO VALLEY

Caroline Warner

PHOENIX

Anita Silverthorn

PRESCOTT

Mary Anderson
Bruce Hardwick
Ina Zive

RIO RICO

Stephen and Suzanne Schinkel

SCOTTSDALE

Helen D. Gay
Susan Leeper
Pam Logan
Miriam Sack
Carol Sinai

SUN CITY

Marsha E. Rutt

TUCSON

Joan Bole
George and Mary Frances Fisk
Jayne Ann Pillman
John J. Was

Group Discusses Advance Directives at Compassion & Choices Meeting

Approximately 30 people gathered at the Verde Valley Manor in Cottonwood on November 13 to hear **John Abraham**, Executive Director of Compassion & Choices Arizona, address issues regarding Advance Directives. The term Advance Directives refers to the paperwork required to make certain that an individual's death and dying wishes are carried out as they near the end of life.

"The literature indicates that up to 70% of Advance Directives are not honored immediately, resulting in overstressed families having to make decisions in a time of crisis that were previously made by the patient," said Abraham. "The need for an advocate, or surrogate—the legal term in Arizona—is critical."

Families and health care professionals need to be included in these discussions to the extent that they know what each individual's wishes are, according to Abraham. "And if your immediate family does not or cannot concur with your wishes, it may be in your best interest to choose an advocate from your circle of like-minded friends." Sometimes the advocate or surrogate is called upon to be a "witch on wheels", demanding that the patient's wishes be granted by healthcare professionals and systems says Abraham.

Hospitals, doctors and even family members can sometimes make it difficult to make sure that your wishes are carried out. "It's a very stressful time," says Abraham. "When you are absolutely certain of what you wish to have done—or not done—it just makes sense to have somebody who can be somewhat objective in your corner."

Abraham fielded inquires from the audience, ably assisted by long-time Compassion & Choices members and supporters such as **Joyce Murphy**, **John Delventhal** and **Carla Feldsted**, who were also in the audience.

Abraham also made a presentation on November 12 in Prescott to the League of Women Voters as part of a panel. According to both Abraham and Prescott C&C representative **Margot Champagne**, the meeting brought in Prescott's League of Women Voter's "largest turnout ever."

"The issue of how, when and with whom we choose to die is something us Baby Boomers feel strongly about," says Abraham. "We welcome all inquires either at our website: <http://www.choicesarizona.org/> or at our toll free telephone number: (877) 535-3600. Those who wish a local contact may call **Deborah Darby** at (928) 634-3237. ■

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.



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

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

ANNUAL CONTRIBUTION

JOIN NOW! Dues increase in January

\$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: P.O. Box 101810, Denver, CO 80250

Our 2005 Annual State Conference Was a Great Success

Among the many present were:



Marsha Temple
Our National CEO



Chris Loker
Our National Board Member and Client Support Volunteer



Linda Lopez and Billie Stockl
Our Legislative friend and our State President of Fifth Freedom Foundation



Margot Champagne
Our new State President of End of Life Choices



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

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 520-577-2245 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.

END OF LIFE
CHOICES★ARIZONA
Fifth Freedom Foundation

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 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! ■

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).

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.



Lower cost. Automatic donation.
No brainer.

- ★ Thanks to **Janice McGrath** and **Vickie Fischer** for the "What We Do" brochure.
- ★ A big "Thank You" to **The Gertrude B. and Mortimer May Foundation** for the donation.

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*. Please contact: JThaxton@LongRealty.com; cell: (520) 603-3677; office: (520) 407-8627; www.LongRealty.com/JThaxton

www.BestTucsonRealtors.com



Newsletter Schedule

Our Newsletter schedule is as follows:

Mailings on or about:

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

20030816 ctr=G

VICKIE FISCHER
1860 CALLE MONTANOSA
GREEN VALLEY, AZ 85614

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.

Give this newsletter to your physician and to interested friends who may want to join us. For additional copies please contact your local chapter leader or myself, John Abraham at 520-577-2245 or john@choicesarizona.org

Is Fifth Freedom Foundation in your Will?

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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