



# Voices of Choices

## Compassion & Choices Arizona Newsletter

Previous Issues at: [www.choicesarizona.org](http://www.choicesarizona.org)

Issue #1 - 2007

**Compassion & Choices Arizona (formerly known as Hemlock Society or End of Life Choices)**

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## MARCH FOR HUMAN FREEDOM & DIGNITY

### UPDATE AND LESSONS LEARNED

Something less than a million activists turned out for the March for Human Freedom & Dignity affectionately known as the "Million Geezer March". Nonetheless, as you can see by the photos on this page, Compassion & Choices was well represented by board members and chapter members alike.



State Representative from District 29, Linda Lopez, spoke to the crowd regarding the bills that she submitted for the fifth year in a row. (See Page 5 for her thoughts.)

While our speakers, Margot Champagne, Compassion & Choices Arizona State Board of Directors President, Billie Stockl, State Board Vice President and member



Peter Bergsneider addressed the group, there was a sudden interruption because of the sighting of a 'suspicious' packages in the House Building. We lost the press at that moment!

Still, in all, we had excellent media coverage, including segments on television news that evening and multiple articles in area newspapers.

According to those who attended, we learned several important lessons: the importance of everything from logistics to transportation to position assignments.

*Yes, it's true. We really do need someone to step up and offer to blow up the balloons on site and sit at the information table for us!*



Rep. Linda Lopez addresses the group

If you did not attend the march, please consider doing so next year. Also consider being an active participant in getting ready for the event. We need you to volunteer!



**CONTROL YOUR OWN DESTINY**

*All photos on this page courtesy Moses Weitzman*



Here's hoping that we see many more of our members at the march next year. And here's hoping that the year after that we won't need to hold the march at all!

# TO CONTACT YOUR LOCAL CHAPTER OR STATE LEADERSHIP

## CHAPTER LEADERSHIP

**Casa Grande - Francene Haskins**  
**(520) 836-9272**

1268 E. Crown Circle, Casa Grande, AZ 85222

**Cochise County - Billie Stockl**  
**(520) 803-9285**

3305 E. Mohawk Drive, Sierra Vista, AZ 85650  
Email: bstockl@cox.net

**Flagstaff - Need a Chapter Leader!**  
**Contact: Severy Partridge (928) 774-5105**

P. O. Box 22003, Flagstaff, AZ 86002  
Email: partridgebird2@yahoo.com

**Green Valley - Peter Smith**  
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Green Valley, AZ 85614  
Email: peterd@laposadagv.net

**NW Valley (Carefree, Cave Creek, Glendale,  
Litchfield Park, Peoria, Sun City, Sun City Grand,  
Sun City West, Surprise)**

**Irene Weitzman**  
**(623) 214-6552**

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Sun City West, AZ 85375-2928  
Email: ireneweitz@aol.com

**Phoenix/Scottsdale/Tempe**  
**Need a Chapter Leader!**

**Contact: Marshall Lindsay**  
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Email: dwdchoice@hotmail.com

**Prescott - Need a Chapter Leader!**  
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**Sedona - Deborah Darby**  
**(928) 634-3237**

Email: wordcraftaz@msn.com

**Sun Lakes - Bob Wallace**  
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**Tucson - Cherie Esser**  
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**Yuma - Need a Chapter Leader!**

**Contact: Mary-Anne Chaulk**  
**(928) 344-1508**

3094 S. Arizona Avenue, Yuma, AZ 85364  
Email: itsonlyMAny@aol.com

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## STATE LEADERSHIP

**Compassion & Choices Arizona Board**

President: Margot Champagne, Prescott

Vice President: Billie Stockl, Sierra Vista

Secretary: TBA

Treasurer: Stanley Steinberg, Tucson

Cherie Esser, Tucson

David Brandt-Erichsen, Tucson

Marshall Lindsay, Scottsdale

Bob Wallace, Sun Lakes

Irene Weitzman, Sun City West

**Newsletter Editor**

Deb Darby (send info: wordcraftaz@msn.com)

**Compassion & Choices Arizona**

**Medical Advisory Group**

Dr. Robert H. Furman

Dr. Harvey Turner

### FLAGSTAFF NEEDS NEW LEADER!!

Severy Partridge & Arlene Begay are ready to "retire" from their positions as President (Secretary & Treasurer, too!) and

Vice-President, respectively, of the Flagstaff Chapter of Compassion & Choices Flagstaff. Severy & Arlene are now waiting for a new person with new ideas to step forward and take on the responsibilities of the chapter here. Otherwise, the Flagstaff chapter will eventually close. Anyone interested in taking on the responsibilities of the Flagstaff chapter please contact Severy at Partridgebird2@yahoo.com .

## DR. MONTE DUVAL, WE MISS YOU!

Submitted by John Abraham, C&C Member, Prescott

Some of you knew Dr. Monte DuVal. I was privileged to have known him for about five years. While many physicians privately support our cause, very few (as you know) are bold enough to stick their neck out publicly. Monte had no compunction about doing so – in fact, he felt obligated to speak out!

Monte served as advisor to the Board of Directors of End of Life Choices Arizona and always offered sound counsel. He struck me as someone who said what he meant, and meant what he said. His advice was always practical, insightful, helpful and well-thought-out.

In addition to attending Board meetings and other events, Monte met with State Representative Linda Lopez on several occasions to champion our cause and was a staunch advocate of the right to die. I remember when he and I were on a panel in Phoenix, August of 2005, addressing the organization called Arizona Bridge to Independent Living (ABIL), an advocacy group for the disabled. Monte cut to the chase in countering their arguments that we were somehow advocating that disabled people end their lives. He minced no words and made strong, clear, cogent, and persuasive points, as always.

And wow, was he creative. He sought new ways around the problem of the right to die. While many folk knew much about Monte, few knew that he went so far as to contact AZ State officials about setting up a State regulated system to choose to die. He thought: if a murderer can receive a calm, peaceful, painless death, why can't we? Monte researched how the State ends people's lives, discovering the mechanics of enacting the death penalty. He discovered that a doctor is not in any way proactively involved, but simply must be present to watch the heart monitor. Upon finding the exact methods used for death by lethal injection, Monte challenged the State to provide the same humane "out" for mentally competent terminally ill adults who so chose. What a concept!

We shall miss Monte's courageous, caring, and creative contributions!

## THE FOLLOWING APPEARED IN THE *TUCSON CITIZEN*

Legendary Dr. Merlin K. "Monte" DuVal, founding dean of the University of Arizona College of Medicine, died of a heart attack Tuesday. He was 84.

The DuVal family and the medical community are remembering the man who advocated a patient's right to die, pushed for policies to improve health care and pioneered the creation of Arizona's first medical school.

"I would argue that he is the most important individual in the College of Medicine's history," said Keith Joiner, dean of the UA college. "I think there are probably few people that would argue with that."

In 1964, Dr. DuVal arrived with the awe-inspiring task of finding the school's first faculty and leading fundraising efforts. The college began in 1967 with 32 students.

Dr. DuVal's bequest is a life of service, said Fred DuVal, one of his three children.

"The whole family is so proud of his extraordinary legacy, which runs from Tucson to Phoenix to Washington," said DuVal, 52, an Arizona Board of Regents member who lives in Phoenix.

In the 1970s, Dr. DuVal served as the U.S. Department of Health, Education and Welfare's assistant secretary in Washington, D.C. It was there that he became the first federal official to warn the public about the dangers of smoking.

Dr. DuVal is survived by his wife, Ruth DuVal; his first wife, Carol Whiteman; children David DuVal of California, Barbara Fenster of Phoenix and Fred DuVal of Phoenix; six grandchildren; and four great-grandchildren.

*~ Rest in Peace, Dr. DuVal ~*

For more about Monte DuVal, go to:

[http://dartmed.dartmouth.edu/spring06/html/alumni\\_album.php](http://dartmed.dartmouth.edu/spring06/html/alumni_album.php)



# DISCONTINUING FOODS AND FLUIDS AS A MEANS OF ENDING LIFE

By Winston C. Mani  
C&C Member, Green Valley



**I** live in Green Valley in a retirement complex that offers three levels of care: Independent Living, Assisted Living and Long Term Care.

In recent years three of my friends here chose, to some degree, the discontinuing of foods and fluids as a way of ending their lives more quickly.

All three were under Hospice Care. One was able to continue living in his apartment because his son lived with him during the process. The other two moved to the long term care unit. I visited these friends periodically during their last days. Each seemed well satisfied with their decision. The length of time to die varied from about two to six weeks. I do not know the degree to which each adhered to the regimen. I believe none did so completely.

All three had friends and family visit during the process. The son and daughter of one brought a bottle of wine. They sang songs and had a happy party.

On a personal note - if conditions seem appropriate in my own case I plan to use this process. My family accepts my decision and my oldest daughter who has my Power of Attorney for Health Care has this in writing. If anyone wishes to contact me on this subject they may do so by email: mani05@webtv.net.

**In 1999 the Hemlock Society issued a reprint on this subject. Following is a quote therefrom:**  
**"In 1989 there was a survey of hospice nurses in two Eastern States. More than 80% of the nurses indicated that dehydration did not appear to cause pain in dying patients, and more than half felt it was a benefit for the patient to avoid fluids."**

## “DEATH IS EASY...PARKING IS HARD!”

That pearl of wisdom comes by way of Pulitzer Prize-winning humorist Art Buchwald, who died peacefully at his son's home in Washington, D.C. on January 17 at the age of 81. Buchwald made headlines a year ago by making the conscious choice to die by refusing life-sustaining kidney dialysis treatments.

Expected to live only weeks after stopping dialysis, Buchwald surprised doctors, family and friends by moving out of a hospice in July of 2006. He went on to write his final book "Too Soon to Say Goodbye," a funny, introspective tale of ending his life on his own terms.

In the last phase of his life, Buchwald became an inspiration to many by facing death with dignity, candor and his trademark wit. He gently reminded us, "the big question we still have to ask is not where we're going, but what we were doing here in the first place."

Compassion & Choices salutes Buchwald's decision to refuse medical intervention, which is a private, legal decision that can be made by anyone facing a life-threatening illness.

Article reproduced from the national C&C newsletter:  
<http://www.compassionandchoices.org/newsletter/>

## ARIZONA, VERMONT & CALIFORNIA INTRODUCE BILLS

On January 12, H.44, the "Patient Choice and Control at End of Life" bill was introduced to the House Human Services Committee. The bill is based on the Oregon Death With Dignity Act, which has been working extremely well for over eight years without a single documented case of abuse.

continued on Page 5...

The Vermont C&C Chapter, in coalition with other like-minded organizations, has been moving this piece of legislation forward. While a bill's introduction is no guarantee it will ultimately pass, it is reassuring that it has been entered so early in the session and that its sponsors are prominent and influential legislators.

In March, the Vermont bill passed its first hurdle as the Vermont House Human Services Committee voted 7-4 in favor of the Patient-Directed Dying Bill (H.44) after a week of hearings.

### CALIFORNIA ASSEMBLY TRIES AGAIN

California Assembly Speaker Fabian Nunez joined Assembly members and seasoned aid-in-dying proponents Patty Berg and Lloyd Levine to introduce AB 374 at a press conference in mid February. The Compassionate Choices Act of 2007 would bring peace of mind to dying Californians by allowing mentally competent, terminally ill adults to request a prescription they, themselves, could take to end life if suffering became unbearable.

The measure carries the same provisions as AB 651 that was defeated by just a single vote in the Senate Judiciary Committee in June of 2006. The backing of Speaker Nunez along with more than two dozen co-authors and the majority of Californians raises expectations the bill will arrive on Governor Schwarzenegger's desk for a signature this session. Last year he promised to sign such a bill when it passes the California Assembly.

### RIGHT-TO-DIE BILL WON'T DIE,

#### MERITS AIRING

By Anne T. Denogon  
*Tucson Citizen*  
Reprinted with permission

State Representative Linda Lopez recalls her father's final years as a time of devastating misery.

"He'd had several strokes, wound up in a nursing home. He was cognizant of what was going on with him. He didn't have control of bowels. He couldn't walk. He was literally bed bound and very distressed about all that. He didn't want to go on." After three years in a nursing home, he died in 1993 at age 73.

Lopez has seen death stripped of dignity. That has fueled her desire to help other Arizonans die with dignity.

For the fifth year in a row, the Tucson Democrat has introduced legislation to allow terminally ill patients with less than six months left to request and obtain a doctor's prescription for a lethal dose of an oral medication.

The bill is closely modeled on Oregon's Death with Dignity Act, which voters passed in 1994 and reaffirmed over legislative challenges in 1997 and 2006.

Through 2005, 246 Oregonians have taken their lives with prescribed medication.

Except for in 2003, Lopez has not been able to secure a committee hearing for her bill. So far this year, leadership hasn't assigned it to a committee.

Lopez is realistic about the bill's chances, even if assigned. "The reality is that committee chairs have a lot of control over what goes on in their committees, which bills get heard, which bills get voted on and which bills get stuck in a drawer. This bill gets stuck in a drawer," she said.

Recent chairmen of the health committee "have a different philosophy about people directing their physical well-being and believe that their own moral values should impede upon the rest of us," she said. "I keep bringing it back because this is an issue that citizens care about, and the folks in charge at the Legislature are out of touch with what citizens want."

The "Million Geezer March," sponsored by Compassion & Choices Arizona, is part of Lopez's strategy to keep the issue in the spotlight until society reaches a tipping point on it.

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**Ms. Denogon says:** Of one thing I'm sure. I'm quick to point out silly legislation, as regular readers know. This bill is a serious and profound piece of legislation deserving of a hearing. Arizonans of all beliefs should have their say.

Good lawmakers vote their consciences on these types of bills, but to refuse to even consider this one year after year is unconscionable.

# Yes, I want to join Compassion & Choices!

I understand that this automatically includes national membership and state membership privileges in Compassion & Choices Arizona and membership in my local chapter as well. Please make checks payable to Compassion & Choices.

## Membership Options

- Individual Membership (one year): \$45       Life Membership for Individual: \$450  
 Couple Membership (one year): \$60       Life Membership for Couple: \$600



Remember! If you join for a year, the membership needs to be renewed annually.

- I want to support the cause. Here is an extra \$ \_\_\_\_\_ contribution. Keep up the good work!

## Please send my newsletters (national and state) to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email: \_\_\_\_\_

Send a check or money order along with this form to:

Compassion & Choices

P. O. Box 101810

Denver, CO 80250

To join with Credit Card: Call 1-800-247-7421 (National Compassion & Choices)

To join online: <http://compassionandchoices.org/>

Any questions regarding membership must be directed to the National Office at 1-800-247-7427 (ask for "membership").

Our state no longer handles membership issues.

If your chapter would like to have Arizona State District 29 Representative Linda Lopez, our Legislative Champion, who submitted HB 2357 and HB 2572 to the Arizona State Legislature early in 2007, speak to a public meeting in your area, please contact her assistant, Faye Parkin: [Fparkin@azleg.state.az.us](mailto:Fparkin@azleg.state.az.us)  
Faye handles all of her calendar appointments.

**This is the fifth year in a row that Linda has submitted bills of this nature; by press time it appears that neither bill will be sent to committee. See Page 4 for updates on this and other states' efforts.**

# BOARD MEMBER BILLIE STOCKL TELLS HER STORY

As told to Dana Cole of the Herald/Review by Billie Stockl



Billie Stockl speaks out  
Photo by Moses Weitzman

On Jan. 24, 2006, Billie was part of the Million Geezer March at the state Capitol, where she spoke about her husband's illness and how he suffered. Billie's husband, Ludwig (Lu) Stockl, died in January 2003 from a rare form of soft tissue cancer, called leiomyosarcoma.

"Three years from the time he was diagnosed, he died a horrible and painful death, one that most people would never even begin to imagine," she tearfully recalled. "We weren't given the option of treatment in Sierra Vista and traveled to Tucson for six weeks. Lu was weak and in such awful pain. Those trips to Tucson were very hard on him. He died a horrific death."

Convinced the terminally ill should not have to suffer, Billie has been on a crusade since her husband's death, pushing for legislation similar to Oregon's Death with Dignity Act. As president of a local organization called Compassion & Choices and vice president of the organization's Arizona state chapter, Billie's goal is to educate the public about end-of-life options, including living wills, do-not-resuscitate orders and medical and mental power of attorney instructions.

"In October I found out that I have breast cancer. I've had surgery, finished radiation and continue on with chemotherapy. Compared to what my husband went through, it's a walk in the park. I hope that Representative Lopez's bill is passed should I ever become terminally ill," she said. "Please don't wait until your loved ones die a horrible death to get involved. Let your legislators know that you want this bill passed. We need this legislation now."

Billie said living with her diagnosis has been frightening. But her work with Compassion & Choices, along with the friends and contacts she has made through the organization, have helped her deal with her illness.

"And I can't say enough for all the support I've had at the Sierra Vista Cancer Center, as well as my doctors there. I'm grateful for the compassion and care I've received. If nothing else comes out of this, I hope women see this story and follow through with their annual appointments. I hope Arizona passes end-of-life legislation for the terminally ill and that it happens soon."

# EDITOR'S CORNER



Deb Darby

It was my pleasure to receive the following note recently.

*Deborah,*

*My husband and I TOTALLY agree with your stance on getting new members. We too speak to our friends and any group we are with about our particular belief/passion about choices. I keep literature handy and we have purchased Advance Directive packets to give to family and friends as sort of an incentive to give thought to these end of life choices.*

*We find that, in general, people are doing their best to keep their heads above water in the strife of life and the idea of volunteering to take ON more DEMANDS is a bit daunting. I think for our organization the issue may not be so much taking on NEW people as helping the members we do have make their voice heard in a reasonable way.*

*My point is, it would be good if members and others interested in our issue had a couple of concrete examples of what to say; to whom our position should be addressed and the address and phone number readily available.\* I think more people might come off the couch and make their feelings known. **THANK YOU. Sarah and John Calvin, Scottsdale, AZ***

**Thank you Sarah and John.** Building constituency is a slow process and it's almost always a one-on-one process. Perhaps because our roots are Hemlock we have some lingering secrecy habits. But our beliefs in individual rights need generate no shame.

Our being unafraid to discuss death out loud gives us the upper hand in most of these discussions. Most recently I saw a woman decry The Hemlock Society (something she obviously knew little or nothing about) with high color in her cheeks. When I calmly said to her, "Supporting the right to die is my passion," she mumbled something about "everyone's personal decision" but still speaks to me. If the other person is upset, that is not my problem. This is our opportunity to be bold, to speak up about our passionate belief in something important.

\*Please see Legislative Update sent to members by David Brandt-Erichsen in January for your legislator's email address and phone.

# UPCOMING MEETINGS & EVENTS!

**WEDNESDAY, MARCH 28, SUN CITY WEST, 1:30 PM:** The Northwest Valley Chapter of Compassion and Choices Arizona, will meet March 28, 2007 at 1:30 pm at the Coyote-Quail room at the Sun City West Foundation Center at 14465 R. H. Johnson Blvd in Sun City West. Dr. Lorree A. Ratto, our guest speaker, will give a talk entitled, "Triple A: Attention, Advocacy and Action at End-of-Life". Dr Ratto, of Ratto Consulting in Chandler, Arizona, was formerly a counselor with 10 years experience working for Odyssey Health Care and Sojourn Hospice Care. Refreshments will be served, parking is free and the meeting is free. Bring a friend. Questions, 623-214-6552

**SATURDAY, MARCH 31, SUN LAKES, 10:00 AM** in the Navajo Room of the Sun Lakes Country Club (Phase I). The topic will be: "Compassion and Choices at the End of Life." Come and hear Bob Wallace, Ph.D., who will discuss issues in patient choice and physician aid in dying. He will consider the moral controversies about refusing or withdrawing life support and the dubious moral distinction between "letting die" and "assisting dying." He will also discuss how the Terri Schiavo case is being used in some states to promote bad legislation and how Arizonans should support the good bills recently introduced in the Arizona legislature. Questions and comments will be invited. Dr. Wallace is a retired university philosophy professor whose teaching included medical ethics. He is also president of the Sun Lakes Chapter of Compassion & Choices Arizona. For more information, call Bob at (480) 802-4327.

**SATURDAY APRIL 21, SEDONA, 10:00 AM** at the Sedona Community Center, 2615 Melody Lane. In her doctoral work, Ilene Decker, RN, PhD, interim Executive Director of the School of Nursing at Northern Arizona University, examined ethical/legal issues, specifically advance directives and decision-making at the end of life, specifically self-transcendence. She has published articles on elders' perceptions about the end of life and the reasoning processes used to form preferences for treatment at the end of life. She spent six months in the Netherlands working with elders living in a senior community arrangement and working with nursing faculty who teach death and dying at a University program to determine cultural determinants of end-of-life care. Watch the website: <http://www.choicesarizona.org/events.htm> for further information or call Deborah Darby at (928) 634-3237.

Please make sure we have the information about your Chapter events at least six weeks in advance to assure that your event gets good coverage on the website, in the newsletter and with the screaming yellow cards we will prepare and mail to your constituency!  
Send info to: [info@choicesarizona.org](mailto:info@choicesarizona.org)

**COMPASSION & CHOICES ARIZONA SUPPORTS OPTIONS FOR THOSE WHO ARE 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.**

Please Check your Renewal Date

**SEND YOUR RENEWAL TODAY!**

Membership  
Compassion & Choices  
PO Box 101810  
Denver, CO 80250-9911

**THANK YOU!**

20070125

ctr=G

Jane Doe  
123 Smith Street  
Anytown, AZ 86002



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