



Voices of Choices

Compassion & Choices Arizona Newsletter

Previous Issues at: www.choicesarizona.org

2007 - Issue #4

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

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

ANNUAL MARCH FOR END OF LIFE CHOICES

WEDNESDAY, JANUARY 23, 2008

11:30 AM TO 1:30 PM

Once again, we plan to march on the Arizona State Legislature! We will let them know that the residents of the state of Arizona are serious about passing an Oregon-type aid-in-dying bill. This year, both Representative Linda Lopez (D), Legislative District 29, Tucson, and Senator Carolyn Allen (R), Legislative District 8, Scottsdale, plan to introduce Arizona's aid-in-dying bill. The bill, written and introduced by Representative Lopez for the past four years, has been written with the utmost care to protect both physicians and patients in this undertaking. The bill asks for aid in dying, and control of suffering for terminally ill patients.

If the participation is great enough in your area, we will provide FREE bus transportation. Bus routes identified below are confirmed (see locations below). We will do everything we can to provide transportation support.

SPECIAL INSTRUCTIONS:

1. Contact your Local Chapter Leader as soon as possible, but no later than December 28, to reserve a seat on the bus, or to voice your interest in bus transportation.
2. The bus schedule will be strictly adhered to; please be on time.
3. Bring water for the bus ride. Water fountains are available at the Capitol Building.
4. Bring your 'picnic' lunch. You can either eat on the bus or on the Capitol grounds.
5. Wear comfortable shoes
6. Bring a lawn chair. Marching is not mandatory – you can support our efforts by just being there!
7. We will DEPART the Capitol PROMPTLY at 1:30 PM.

NORTHWEST VALLEY: The Arrow Stage Line Bus (with bathroom) will DEPART Sun City West at the R.H. Johnson Recreational Center, Aisle 17, near the Maricopa County Activities Center (formerly the Sundome) at 10:15 AM. The bus will then proceed to Sun City to the Bell Recreational Sun

City to the bus tour lane at Bell Recreational Center, N. 99th Avenue near Hutton and Le Petit Café. The Arrow Stage Line Bus will DEPART this location no later than 10:45 AM.

Reserve your seat by contacting Chapter Leader Irene Weitzman at (623) 214-6552 or ireneweitz@aol.com.

GREEN VALLEY and TUCSON:

The Gray Line Bus (with bathroom) will DEPART Green Valley at 8:30 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. This bus will proceed to the following designated pick-up location in Tucson.

The bus originating in Green Valley will arrive in Tucson at approximately 9:15 AM and will DEPART Tucson promptly at 9:30 AM. The designated meeting spot in Tucson is at the Park & Ride lot on the NW corner of Interstate 10 and Cortaro Road (Exit 246). Directions: Heading west on Cortaro Road from I-10, stay right and turn right immediately after McDonald's. Go one block to stop sign and turn right again at Hospitality. Go one block to the Park & Ride lot, which is located "behind" McDonald's between McDonald's and the I-10 frontage road. You can also access the Park & Ride lot from the McDonald's parking lot.

Reserve your seat by contacting Chapter Leader Peter Smith at (520) 648-8487 or peterd@lajosadagv.net.

OTHER CHAPTER LEADERS:

Cochise County, Billie Stockl (520) 802-9285 or bstockl@cox.net

Metro Phoenix Area, Loretta Lande (480) 990-8086 or lorettalande@aol.com

Sedona, Deborah Darby (928) 634-3237 or peacefulpassing@msn.com

Sun Lakes, Bob Wallace (480) 802-4327 or joyrobwall@wbhsi.net

Tucson, Cherie Esser at (520) 825-2219 or jcbesser825@yahoo.com

Questions? please call 1-877-535-3600 and/or check our website www.choicesarizona.org.

CONTACT INFORMATION

We want to hear from you! Please let us know your ideas, concerns, etc.

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Tucson - Cherie Esser
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Email: jcbesser825@yahoo.com

Yuma - *Need a Chapter Leader!*
Contact: C&C Toll Free 1-877-535-3600

STATE LEADERSHIP

Compassion & Choices Arizona Board
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Cherie Esser, Tucson
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Bob Wallace, Sun Lakes
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Newsletter Editor
Deb Darby (send info: peacefulpassing@msn.com)

**Compassion & Choices Arizona
Medical Advisory Group**
Dr. Robert H. Furman
Dr. Harvey Turner



~ LOCAL NEWS: STATE CONFERENCE SUCCESSFUL ~

Compassion & Choices Arizona held our state conference on February 3. Approximately 60 people enjoyed hearing our Keynote Speaker, **William H. Colby**. Bill has been a lawyer for 25 years, and has been involved in the debate about law, medicine, and appropriate healthcare decisions for the seriously ill almost since the beginning. He noted that the Nancy Cruzan case was his first and he was told to “handle the Cruzan case... it might take a couple of weeks...” His next sentence began, “Nearly four years later, after two trials and an appearance before the Supreme Court of the United States of America...” his career had found its course.



William Colby

The Cruzan’s fought on behalf of their daughter’s care in a legal case that catapulted end-of-life issues to national attention. Following his sudden immersion into the field of end-of-life law, Bill worked on legislation that eventually became federal law, the Patient Self-Determination Act, and has testified before different government bodies regarding law and ethics at the end of life.

With a healthy mix of humor and profound respect, Bill kept the rapt attention of everyone in the room. We were all hoping to get our legislators to ponder new ways of thinking.

Attendees also enjoyed hearing from our Legislative Champion, **Representative Linda Lopez (D), District 29**, Tucson, on her success in passing “Arizona’s Health Care Decision Week” and her efforts in passing a physicians’ aid in dying bill for all Arizonans. She told of meeting one of our state senators, **Senator Carolyn Allen (R)** from Scottsdale, in a casual situation where they discovered a mutual respect for individual choice at the end of life. Linda noted that the bills she submits don’t normally even get “read in committee” because the House of Representatives’ subcommittee on health issues is headed by someone who is staunchly opposed to our cause. However, her new friend Carolyn Allen IS the chair of the subcommittee in the Senate and she told Linda that she would submit the bill to the Senate in January! We will follow up on this story as it unfolds.

Roland Halpern with the national Compassion & Choices office in Denver gave a presentation describing the latest efforts of the organization. Several states, including Montana, have initiatives or cases underway. Halpern noted that two terminally ill Montanans were expected to file suit against the state of Montana for the right to die on their own terms. They are joined by four Montana physicians and a nonprofit patients’ rights organization. According to Montana legal commentators, including Scott Fisk in an article in the Montana Law Review, have said that the success of previous lawsuits in favor of privacy rights and personal autonomy sets a good precedent for the case. As the court explained in State v. Burns in 1992, “Montana adheres to [some] of the

most stringent protection[s] of its citizens’ right to privacy in the country.” (See related article on Page 7).

Montana’s constitution provides unusually strong protections for residents’ rights to individual dignity and privacy: “The dignity of the human being is inviolable,” the constitution states in Article II, Section Four. The case contends that competent terminally ill Montanans are guaranteed privacy and dignity by the Montana State Constitution and that these guarantees protect the right of such patients to control their own death by obtaining medications from their physician to enable the patient to achieve a peaceful death, if they so choose.

Those in attendance also heard from **Lee Ann Black with Hospice of the Valley**. Everyone present received a free Advance Directives Packet and detailed information on completing and submitting the forms from **Liz Atkinson of the Arizona Office of the Secretary of State**.

The event was lively and upbeat, although everyone who spoke was, of course, preaching to the choir. Perhaps the level of energy will be sustained and we will take our cause to our friends, our legislators and our entire circle of influence.

Many thanks our board members and volunteers who put forth the effort to help make this such a successful event.

ONE TO WATCH: “Two Weeks”

Thanks to David Brandt-Erichsen

Movie Review



This film is a drama-with-comedy about death and dying. Family members arrive for the “vigil” while their mother (Sally Field) is dying of cancer. This is not a right-to-die movie but rather one about a family’s uncomfortableness in dealing with death. Right-to-die issues are touched on only briefly and matter-of-factly. Sally’s character is dying at home under Hospice care with patient-controlled anaesthesia (she can push a button to get morphine whenever she wants). In a discussion with the Hospice nurse about raising the settings on the machine so more morphine can be dispensed, family members are reluctant to discuss outright that this can hasten her death, but everyone understands that and accepts it as appropriate. At one point Sally Field says, “Nobody should have to go through this.”

This is a low-budget movie, but nicely done. Sally is the only big-name star, but the rest of the cast does a creditable job, the writing is good, and the humor not only lightens the load but brings out the “human-ness” of the characters and their plight.

Overall, a good movie worth viewing -- but not a great one (I’d rent the DVD rather than buy it). Filled with poignant humor that serves to demonstrate our humanity.

BOOK REVIEW

by David Brandt-Erichsen

ENDING AGING: The Rejuvenation Breakthroughs that Could Reverse Human Aging in Our Lifetime

by Aubrey de Grey, Ph.D., with Michael Rae
(New York: St. Martin's Press, September, 2007)

Ending aging in *our* lifetime? Not too likely, it would seem. Nevertheless, this book is probably the most significant, exciting, pathfinding book I have read so far this century. This is one of those rare books that create a brilliant new synthesis of ideas that has the potential of significantly altering the future of the human species: it presents nothing less than a complete scientific roadmap to eliminate the effects of human aging.

Most books with titles like this are long on wishful thinking and short on hard science, even when written by MDs, so I have an automatic tendency to avoid such literature entirely. But I had good reason to suspect that this book might be different, and indeed it was.

Having myself worked in the field of molecular biology, I kept hearing about Aubrey de Grey for some years now, and have even met him briefly. He is already the world's most famous biogerontologist — at least I cannot name any others who have appeared on 60 Minutes (in fact, I cannot name any others at all). So when a book came out in September 2007 with Aubrey de Grey as the author, I immediately grabbed a copy and moved it to the top of my reading list. As he himself states, his ideas really require book-length treatment to explain. I was about half way through the book before the true magnitude of his accomplishment really hit me.

The book is written so a person without any science background can understand it, yet is detailed enough to communicate the ideas to scientists as well. This can be a fine line to tread, and the book does a reasonably good job of it. Portions of the book may be a struggle for those with little interest in science, but the significance of the subject warrants attention from anyone with an interest in life and the world around them, and the general reader should find at least 90% of it comprehensible.

Despite some "slow" sections, this book at times becomes more exciting than the best detective novel, as the mysteries of aging are gradually unraveled, the results of the latest studies are revealed, and the bio-engineering strategies for actually reversing the effects of aging are systematically developed.

I am not going to even try to summarize the ideas in this book. Suffice it to say that the book presents aging as a genetic disorder which can, should, and will be defeated, and describes, for the first time, a detailed path by which that might be accomplished.

De Grey's ideas are controversial in the scientific community. This is as it should be: it is constant criticism and testing that weed out the good scientific ideas from the bad ones. Ultimately, only time will tell how valid his ideas are. In 2005 and 2006, MIT's Technology Review offered a \$20,000 prize for any scientist that could convince an independent panel of biotechnology experts that de Grey's ideas were shown to be invalid. The prize went uncollected, although this of course does not mean that the ideas have been shown to be valid either. The arguments and counter-arguments are available on the Technology Review website www.technologyreview.com/sens.

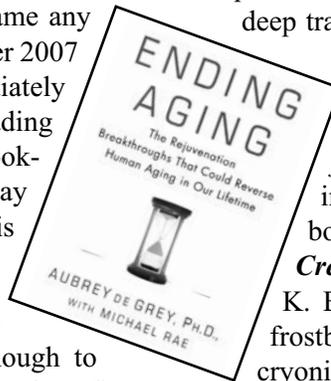
There are those who argue that aging and death are natural parts of life and should be accepted as such. This philosophy might be appropriate when there is no other choice. But it is difficult to read this book without concluding that in the future there will indeed be another choice, and that the coming end of aging can be measured in decades rather than centuries.

But what good would that be for people in our age group? As I write these words, I am 60 years old. Do I believe that de Grey's plan to reverse the effects of aging will be a clinical reality in time to do me any good personally? My answer to that is a firm "No".

One question not discussed in the book is: Wouldn't it be a deep tragedy to be a member of the last generation that has to suffer the ravages of aging and death? Perhaps not, if only some decades even further in the future a cure can also be found for *frostbite*. (A future cure for frostbite is described in the single most significant and pathfinding book I have read in my lifetime: *Engines of Creation - The Coming Era of Nanotechnology* by K. Eric Drexler.) A future cure for both aging and frostbite opens the door for the theoretical success of cryonics, the practice of being stored at super-cold temperatures immediately after legal death in the hopes of being revived with future technologies and made young and healthy again. In this way, future repair technologies can benefit those of us alive today, no matter how old we might be. This is why I have been signed up for cryonics for the past 20 years, and why, in addition to being volunteer webmaster for Compassion & Choices Arizona, I am also volunteer webmaster of the largest library of information about cryonics on the web at www.alcor.org.

The future is going to be a very exciting place. People like de Grey are showing the way to that future, and I aim to be there. Anyone care to join me?

For more information on how to join David as he surveys the future, contact him at davidbe@davidbe.net.



MEETING UPDATE: NORTHWEST VALLEY CHAPTER

Thanks to Irene Weitzman, President
Northwest Valley Compassion & Choices AZ

A whopping 100+ assembled to hear Rep. Linda Lopez discuss her six-year crusade to get legislation similar to the Oregon Death with Dignity Act passed in Arizona. The bill would allow physician aid in dying for the mentally competent terminally ill. Only after strict guidelines are met would these patients be able to obtain a prescription for a lethal medication from their physician to be self-administered. "This is a civil rights issue for this era," she said. "Opponents of this issue are people who want to impose their moral beliefs on others. I don't want people telling me how to write my last chapter. I don't want other people having control of my body." She urged the crowd to write to their legislators and make their voices heard. They should also participate in events like the march and rally scheduled for January 23, 2008. A lot of people think "my voice doesn't count" but it is personal stories that make a difference. "Everyone in this room has a story. You evoke in listeners (and hopefully our legislature) an emotion that gives them pause and makes them think. They have their own story too." Linda said getting the bill heard has been a tough road because the health committee that would hear the bill has often been led by people with religious beliefs that won't allow the issue to come for a vote. But she will keep trying! The crowd roared their approval! The situation may improve in 2008 as Senator Carolyn Allen (R) from Scottsdale has vowed to have the bill heard in the Senate.

This meeting made large front-page headlines in the *Daily News Sun*, November 8, 2007: "**Lawmaker revives right to choose debate**" and "**Lopez urges crowd to voice opinion**".

Twenty-nine new people signed in and a personal letter and a membership application was sent to each one.

CHOICE TO DIE SHOULD BE OURS

by Irene Weitzman, Ph.D.

"...A response to a letter to the editor"

from the *Daily News Sun* November 29, 2007

It is with indignation that I read *My View* by Ms. Leatrice Miller. Ms. Miller wants to impose her religious views on others. This is in opposition to our Democratic tradition regarding freedom of religion. The Oregon **Death with Dignity Act** did not cut short the lives of the elderly, infirm or dying but rather gave mentally competent, terminally ill suffering patients the option of CHOICE of a peaceful death, to go quickly, and end their suffering with a lethal prescription from their physician. This prescription is given only after

(the patient meets) strict provisions and guidelines. The medication is self administered to bring about a peaceful death, or the patient may hold the RX for security, peace of mind and take it if or when ready. No one should be forced to suffer needless pain or endure the relentless loss of body and mind because there are no options. I hope that Ms. Miller will enter into the loving arms of her Lord when her time has come. However, contrary to her death experiences of peaceful coma followed by death, I have seen in my own family, mother, aunts, cousins and sister begging to die from the pain of cancer. I have a vivid recollection of my frail, emaciated mother crying for death, agonized with pain, with yellow eyes, bent body, barely able to walk because the cancer had spread from the breast to the spine, bones and liver. Unfortunately, that is how I remember my mother, not the peaceful death with dignity I would want for her final remembrance.

The key word is CHOICE and that is what my organization, Compassion & Choices, stands for. Those who want to die in pain and wait for the Lord to take them should have that choice, but others should not be forced to die in pain and suffer because of someone else's religious beliefs. We will rally at the State Capitol on January 23, 2008 from 11:30 AM to 1:30 PM to support the *Physician Aid in Dying* bill, which is similar to the Oregon Death with Dignity Act, to be submitted by State Representative Linda Lopez. That is what most Arizonans want. This is not considered suicide by the State of Oregon. The law in Oregon has brought peace of mind because legalizing dying has given hope and the choice of choosing death only as a last resort. The American Women's Medical Association supports the Oregon Law, concluding that the availability of aid in dying has posed no harm to patients, vulnerable populations or physicians. They also advocate that terminally ill patients be provided with a full range of information about end-of-life options. (See Page 6 for more info.)

Since this act was finally passed in 1997 and until 2006 when the last statistics had become available, only 292 Oregonians died utilizing the tenets of this law, although hundreds of prescriptions had been given. Most of the 292 chose to die because of (their suffering from) cancer. According to a recently published article in the *Journal of Medical Ethics*, where assisted dying was legal there was no evidence that those who had received physician aid in dying had a disproportionate impact on vulnerable groups such as the elderly, poor, physically disabled, chronically ill, etc. In fact, in Oregon, palliative medicine, pain care and end of life care have made huge strides since the Oregon Act was passed.

Come join us January 23, 2008 and let the Legislature know that we want an Oregon-type Death with Dignity Act in Arizona. Free buses will be available, stopping in Sun City and Sun City West!

Thanks, Irene, for stepping up to support our cause!



THE AMERICAN MEDICAL WOMEN'S ASSOCIATION (AMWA) is an organization of 10,000 women physicians and medical students dedicated to serving as the unique voice for women's health and the advancement of women in medicine. This professional group joined many outside observers in concluding that the availability of aid in dying has posed no harm to patients, vulnerable populations or physicians. Their website is www.amwadowc.org.

"We did so with the intention of continuing our advocacy for patient autonomy and dignity," said Susan Ivey, M.D., national immediate past president of AMWA. "Our policy expressly refers to the practice of a physician prescribing medication to a mentally competent, terminally ill patient. The patient administers the drug himself or herself to bring about a peaceful death. We reject inaccurate, value laden terms such as 'assisted suicide' and 'physician assisted suicide.'"

The association determined that terminally ill, mentally competent patients have the right to hasten what could otherwise be an undignified, prolonged or extremely painful death. Doctors who agree with the practice should have the right to provide such a patient with the means and/or knowledge to use medication to hasten death. It also strongly supports the use of palliative and hospice care for patients who are terminally ill.

"The new policy adopted by the American Medical Women's Association on Aid in Dying is the most progressive in the nation," said Kathryn Tucker, director of legal affairs for Compassion & Choices. "It is the first time a mainstream national medical organization has openly endorsed passage of Oregon-style aid in dying laws."

Group members worked with us to send out a press release and letters to major media outlets, openly supporting our issue by putting their names to the policy.

AMWA's announcement is also significant because it provides patients with more education about their choices.

"AMWA's landmark policy advocates that terminally ill patients be provided with a full range of information about end of life options, including palliative sedation, voluntary stopping of eating and drinking, and aid in dying," Tucker said.

KEVORKIAN HELPS BRING HBO

MOVIE TO LIFE

By Kimberly Nordyke, Reuters News Service

Jack Kevorkian, the advocate of doctor-assisted suicide who spent eight years in prison for second-degree murder, is cooperating with HBO Films for a movie about his controversial practices.

Watch for it!

Kevorkian, now 79, assisted in at least 130 suicides and beat the state court system in Michigan numerous times, but he was convicted in 1999 after he willingly sent a videotape of himself euthanizing a terminally ill man to CBS' "60 Minutes."

He received a 10 to 25-year sentence for second-degree murder -- serving his sentence in a maximum-security prison in Michigan -- but was paroled in June.

Executive producer Steve Jones -- who has been working on this project for a few years -- noted that it marks the first time Kevorkian has authorized any media-based project surrounding his life and efforts in assisted suicide. "He's a living icon, and he's led one of the most unique lives there is;

there's not a dull moment," said Jones.

"He doesn't grant interviews readily, but now he wants his story to be told. Whether or not you agree with his views or actions, one thing is for sure: His passion is something to be in awe of. He gave up eight years of his life to make a point."

The script is being written by Adam Mazer, who co-wrote the espionage thriller "Breach," released this year. Neal Nicol and Harry Wylie's book *Between the Dying and the Dead: Dr. Jack Kevorkian's Life and the Battle to Legalize Euthanasia* is being used as source material. Mazer said the project's aim is not to attempt to change anyone's views on euthanasia but is intended to bring to light the many parts of Kevorkian's life that people don't know.

"At the time of his sentence, he was probably the most recognized doctor in the world," Mazer said. "Most of what we know of him has been told through the media and headlines, but he's a very complicated and complex man, and a lot of things about his personality and background have never really been shared with the public, including his great intelligence and terrific sense of humor."

CONSTITUTIONAL CHALLENGE ASSERTS THAT DYING MONTANANS HAVE RIGHT TO CONTROL THEIR OWN DEATH

Two terminally ill Montanans recently filed suit against the state of Montana for the right to die on their own terms. They are joined by four Montana physicians and a nonprofit patients' rights organization.

The case contends that competent terminally ill Montanans are guaranteed privacy and dignity by the Montana State Constitution. These guarantees protect the right of such patients to control their own death by obtaining medications from their physician to enable the patient to achieve a peaceful death, if they so choose.

Robert Baxter, 75, a retired truck driver from Billings, and Steven Stoelb, 53, a former logger and forest technician from Livingston, are represented by Mark S. Connell, a Missoula attorney and Kathryn Tucker, Legal Affairs Director for Compassion and Choices, a patient advocacy group dedicated to protecting and expanding the rights of terminally ill persons. Baxter suffers from lymphocytic leukemia and Stoelb has Ehlers-Danlos Syndrome.

"This is a case that needs to and should be brought," Connell said. The suit challenges Montana's homicide statutes on several grounds under the Montana Constitution.

"This law adversely affects terminally ill patients who want to exercise a measure of control over their dying processes," Tucker said. "Physicians who would respect the request of their terminally ill patients seeking to exercise some measure of control over their deaths have potential criminal exposure to a felony prosecution. As a result, patients cannot expect to have their wishes about how they die, specifically including a request for assistance in hastening inevitable death, respected by their doctors."

Tucker wrote about this issue in an article entitled *Privacy and Dignity at the End of Life: Protecting the Right of Montanans to Choose Aid in Dying* for the summer 2007 issue of the *Montana Law Review*. She also made a powerful presentation a year ago at a symposium on privacy at the University of Montana Law School, asserting that the state constitution contains language that indicates a patient's rights to aid in dying would be protected. A powerful line of precedent from the Montana Supreme Court also suggests that this right will be recognized by this court.

Montana legal commentators, including Scott Fisk in an article in the *Montana Law Review*, have said that the success of previous lawsuits in favor of privacy rights and personal autonomy sets a good precedent for the case. As the court explained in *State v. Burns* in 1992, "Montana adheres to [some] of the most stringent protection[s] of its citizens' right to privacy in the country."

Montana's constitution provides unusually strong protections for residents' rights to individual dignity and privacy: "The dignity of the human being is inviolable," the constitution states in Article II, Section Four. **For more, visit www.compassionandchoices.org.**

EDITOR'S CORNER

NO SLIPPERY SLOPE

Many opponents to our Right to Die Movement have waved the banner of "slippery slope" to defeat our propositions in legislatures around the country.

But now a study led by the University of Utah shows that legalizing doctor-assisted death in Oregon and the Netherlands did not, as some critics predicted, result in disproportionate deaths among the elderly, poor, uninsured, disabled or the mentally ill.

Of the ten "vulnerable" groups examined in the study - which also included women, ethnic minorities, children and people with non-terminal, chronic illnesses - only AIDS patients chose to hasten their death at elevated rates.

In an article in the October 2007 issue of *The Journal of Medical Ethics*, it was reported that researchers asked: Would vulnerable populations "be pressured, manipulated or forced to request or accept physician-assisted dying by overburdened family members, callous physicians, or institutions or insurers concern about their own profits?" The answer was no. **To the contrary, the privileged - those with an advanced education and greater financial security - appear more likely to end their lives this way, researchers found.** The study is the first to look at data from Oregon and the Netherlands.

Opponents have many arguments about the study, mostly based on personal moral or religious tenets. The study does not speak to the morality of a practice of physician aid in dying. Instead, the study is "resolutely, empirically neutral," said lead author and University of Utah bioethicist Margaret Battling. Battling is philosophy professor and adjunct professor of internal medicine and is a respected scholar, specializing in suicide, death and dying. Most of her research is neutral, though she does serve on the advisory board of the Death with Dignity National Center, a nonprofit group that, along with Compassion & Choices, defends Oregon's aid in dying law.

...And Then There Was One

We will be discussing this wonderful workbook, "a tactical survival workbook following the loss of a spouse, life partner, or loved one" in Sedona on February 16. Please see back page for details or go to www.therewasone.com to preview or purchase the workbook.



Deb Darby



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Compassion in Dying * End of Life Choices

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ADDRESS SERVICE REQUESTED

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 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

UPCOMING MEETINGS & EVENTS!

METRO PHOENIX AREA Chapter will hold its next meeting at 10 AM on January 19, 2008, at the Granite Reef Senior Center, 1700 N. Granite Reef Road, Scottsdale.

Speaker will be Representative Linda Lopez (D), District 29, Tucson, who will provide Advocacy Training. Representative Lopez will explain how you can help by interacting and communicating with our legislators. The meeting is free and open to the public. Space is limited so make your reservations early. Contact Chapter Leader, Loretta Lande, 480-990-8086 or lorettalande@aol.com.



Linda Lopez

MARCH FOR END OF LIFE CHOICES to let the Arizona Legislature know that there is grassroots support for changing Arizona law, will be held on Wednesday, January 23, 2008, from 11:30 AM to 1:30 PM (details on Page 1)

SEDONA Chapter will discuss end of life issues at their next public meeting at 10 AM on February 23, 2008, at the Sedona Community Center, 2615 Melody Lane in Sedona. Charlotte Fox will be explaining the experience that led her to write her popular workbook, *...And Then There was One*.^{*} The workbook is a tactical survival guide to follow after the loss of a spouse, life partner, or loved one. We also hope to have a report on the March for End of Life Choices at this meeting, which is free and open to the public. ^{*}*Charlotte can be reached at www.therewasone.com for those who wish to review or purchase a copy of the book. We reviewed the book in an earlier newsletter and inadvertently left out purchasing info.*

GREEN VALLEY Chapter will hold its next meeting at 10 AM on March 8, 2008, at the La Posada Recreation Center. Speaker information is currently not available. Watch the Compassion & Choices website for the update!