

END OF LIFE CHOICES ★ ARIZONA

Fifth Freedom Foundation

NEWSLETTER

END OF LIFE CHOICES SEEKS TO LEGALIZE ALL THE OPTIONS FOR A DIGNIFIED DEATH, INCLUDING VOLUNTARY PHYSICIAN-AID-IN-DYING FOR ALL MENTALLY COMPETENT, CRITICALLY ILL PEOPLE.

Fall 2003

The Statewide Chapter of End-of-Life Choices (formerly Hemlock Society)

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

Choices Denver Staff Leaders Meet AZ Leaders

In an all day meeting in Scottsdale on November 9, **David Brand** and **Marsha Temple** from Denver Choices HQ met with 32 Arizona chapter leaders to discuss future plans. Brand is the national staff CEO and Temple is the Chapter Relations Director (formerly Chapter Development Director).

They came to learn what Arizona's leaders wanted to do and would be able to do after the resignation of Fifth Freedom President **Earl Wettstein** on March 1, 2004.

Jack Lander, a Sun Lakes chapter leader and long-time non-profit executive planner, presented a survey in which he and three others polled over 35 Arizona chapter leaders as to what they envisioned after March 1.

At the meeting, Lander presented his report as a "simple survey", but it was in fact a very thorough researching of what the state leaders who were polled hoped to see after Wettstein's resignation.

Although his report made no specific recommendation, it was clear that a majority of our state leaders feel we need to have either an Executive Secretary (part time) or an Executive Director (1/2 time), assuming we get some kind of

staffing grant from national. Of those polled, 90% said they find the current state operation helpful to the chapters.

Our hope is that we will get some financial aid to hire help for at least two years, at which time we hope to find a way to become self-reliant, such as with estate bequests. It was interesting that 16 of those polled said they would consider being a responsible leader in some capacity, if we get financial help from national.

But, if we got no funding, only four said that they would help.

Most chapters originally received "seed money" from the state, but are now self sufficient via passing the basket at each meeting. State serves them with meeting notices, program ideas, program announcements, Advance Directives Kits, newsletters, and all other needs as requested and without charge.

The meeting closed with a 10-person Transition Task Force being formed, with **Walter Urbach**, Sun City West, volunteering as Chairman.

And **David Brand** promised a response from the national Board of Directors to our Grant Request on or before the State Conference November 22. ■

Wettstein to Step Down as State President



Earl Wettstein, who in 1997 created the plan to develop an Arizona state chapter has decided to step down as President of the Fifth Freedom

Foundation effective March 1, 2004. He gave six months notice on September 1.

Wettstein, saying "I have done all I can. It's been a wonderful experience, but it's time for fresh ideas," will stay active in his Tucson chapter, his role as a Senior Caring Friend volunteer, and a member of the Caring Friends national Board of Directors.

He says he plans to "become a famous artist." In addition to painting, he will stay busy helping his wife, **Sherie Broekema**, in her real estate career at Long Realty in Tucson.

Good luck, Earl. And thanks for all you have done. ■

Your comments on any part of any article are welcomed!
PO Box 12126, Tucson AZ 85732 ... OR
520-299-1859 ... OR
president@endoflifechoices-arizona.org

Arizona Not on Nat'l "Choices" Top Priority State Legislative List

We used to be considered a "second tier state" after Hawaii and Vermont, but we have been down-graded in the eyes of national "Choices" legislative leaders to a state not even on their radar screen. That means we can not expect much in the way of help financially or logistically in our pursuit of another bill this Winter and Spring. Nevertheless, we will try. And that's what national wants us to do, keep trying.

The decision to downgrade us was because of our conservative voters, our conservative legislators, and our lack of any success so far in getting any kind of Aid in Dying bill to the floor of either Arizona chamber.

There are several other states that will move into the financial help queue ahead of us based on the more progressive nature of their voters and their legislators.

We need to elect better legislators. And plans are afoot to do that. ■

Name Change for Arizonans for Death with Dignity

Vickie Fischer, President of Arizonan's for Death with Dignity, polled her State Board and they agreed to change the corporate name to more closely match the new national name. AzDD has become "End of Life Choices-Arizona." The new corporate papers are now being prepared. As soon as the final i is dotted, copies will be sent to every chapter so that local bank accounts can be legally changed.

Fifth Freedom Foundation remains as is—our tax-deductible educational non-profit.

Sun Cities Creates Health Advocates Discussion Groups

Want a health care advocate? Or willing to be one? Walter Urbach, our Sun Cities chapter leader and his wife, Nancy, have started informal social/discussion groups among their members who indicate they would be willing to act in some capacity to help other members.

They normally have 6 to 12 in a group, and there are several groups within the chapter, grouped geographically, so that they all are in the neighborhood. They were given some general guidance, a list of possible discussion topics, and the "turned loose to sink or swim on their own" Walter says.

The groups meet in a social setting, usually someone's home, and style their group to meet attendee's needs. Four groups were started, and all are still going, some better than others.

(REPRINTS OF URBACH'S TWO-PAGE PLAN ARE AVAILABLE ON REQUEST—SEE PAGE 4 FOR HIS ADDRESS)

Recent Poll Shows Docs Support Legal PAS!

This poll taken this summer, finds that 57% of doctors feel "Physician-Assisted Suicide" should or maybe should be legal. Note they used the pejorative term "suicide." Only 208 docs responded to the poll, but still ... JAMA (Journal of American Medical Association) conducted the poll on-line. The results are very similar to last November's Medical Economic's Poll.

Do you favor the legalization of physician-assisted suicide (PAS) in the United States?

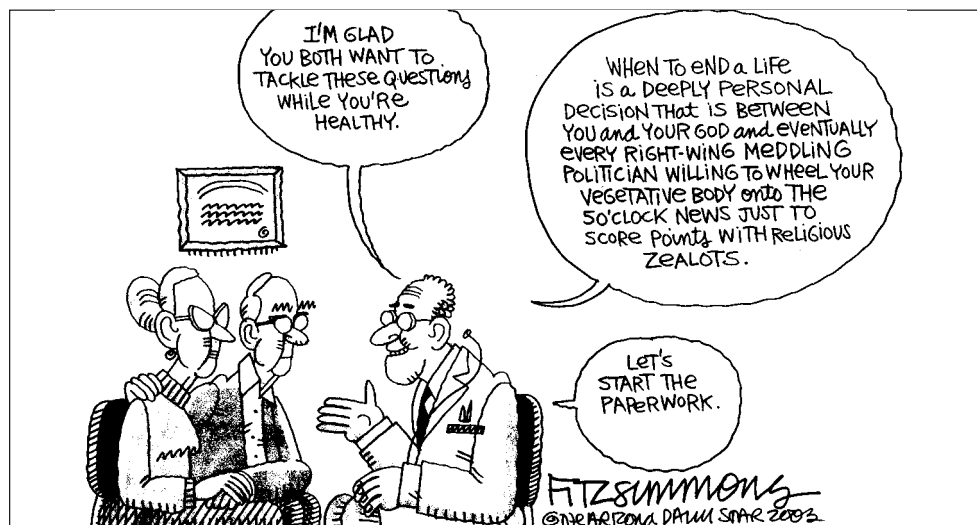
- A. Yes. PAS should be legal nationally.
- B. Maybe. This should be decided on a state-by-state basis, as it is now.
- C. No. PAS should be illegal nationally.
- D. Not sure.

A 46% (95)

B 11% (22)

C 37% (76)

D 7% (15)



End-of-Life Choices Statement on the Terri Schiavo Case

DENVER—End-of-Life Choices, the oldest and largest right-to-die organization in the country, issued the following statement regarding the recent events in the case of Terri Schiavo.

“Our hearts go out to Terri Schiavo and her entire family. We appreciate the intensity of the emotions on all sides of her situation. We are not taking a position on whether Ms. Schiavo’s feeding and hydration tubes should have been removed or reinstated. However, we are encouraging the national dialogue that is beginning to build around advance directives such as living wills and medical durable powers of attorney.

It is important for every American to have an advance directive and to make his or her wishes known. Each of us has the right to choose within the law to maintain control over how we live and how we die.

With regard to Ms. Schiavo, given the lack of a formal advance directive, it was for the courts to decide the merits of the case based on all of the evidence presented. The Florida State Legislature and Governor Jeb Bush have chosen to overturn what several courts have found to be a person’s expressed wish about her own health care.

If this hastily written Florida law stands, it will have a chilling effect on end-of-life choices for the individual since virtually everything regarding end-of-life care could be subject to the approval or, in this case, the disapproval, of the government. It is indeed unfortunate when the personal theology of elected officials starts to dictate aspects of the personal lives of Americans.”

David Brand

David Brand, CEO

ARIZONA HEMLOCK CHAPTERS AND CONTACTS (11/1/03)

CASA GRANDE

Francene Haskins • (520) 836-9272
Members attend Sun Lakes meetings.

FLAGSTAFF - Severy Partridge • PO Box 22003,
Flagstaff, AZ 86002

GREEN VALLEY

Harry Lien • 142 E. Los Arcos
Green Valley, AZ 85614 • (520) 625-7469

LAKE HAVASU CITY - New leaders needed.

MESA - New leaders needed.

PHOENIX/SCOTTSDALE

Marshall Lindsay • 4233 E. Coolbrook
Phoenix, AZ 85032 • (602) 493-0266

PRESCOTT

Gene Giermann • HC 30 Box 933D, Prescott, AZ 86305
(928) 445-6772

New Website:

<http://pws.prserv.net/yavapai/Hemlock/>

SEDONA

Jack Baldwin • 55 Roundup Drive
Sedona, AZ 86336 • (928) 204-1197

SIERRA VISTA

V.J. Plummer • 4685 Paseo Arruza, Sierra Vista, AZ 85635
(520) 452-8232

SUN CITIES

Walter Urbach • 22832 N. Dusty Trail Blvd.
Sun City West, AZ 85375-2044 • (623) 546-1994

SUN LAKES

Bob Wallace • 9306 E. Crystal Dr., Sun Lakes, AZ 85248
(480) 802-4327

TUCSON

Karen Tyner • 6419 N. Burro Creek, Tucson, AZ 85718
(520) 577-2857

YUMA

Ron Martin • 1067 W. Palmcroft Dr., Yuma, AZ 85364
(520) 341-9260

LOAN LIBRARY COORDINATOR

Jack Lander • 9607 Calgary, Sun Lakes, AZ 85248
(480) 895-1806

FIFTH FREEDOM FOUNDATION

Earl Wettstein • 6132 N. Camino Esquina, Tucson, AZ 85718
(520) 299-1859

ARIZONANS FOR DEATH WITH DIGNITY

Vickie Fischer • 1860 Calle Montanosa
Green Valley, AZ 85614 • (520) 625-6049

EXECUTIVE CO-ORDINATOR

Ruthe Steinberg (877) 535-3600

This Really Happened in A Courtroom:

Lawyer: Doctor, before you performed the autopsy, did you check for a pulse?

Doctor: No.

Lawyer: Did you check for blood pressure?

Doctor: No.

Lawyer: Did you check for breathing?

Doctor: No.

Lawyer: So, then it is possible that the patient was alive when you began the autopsy?

Doctor: No.

Lawyer: How can you be so sure, doctor?

Doctor: Because his brain was sitting on my desk in a jar.

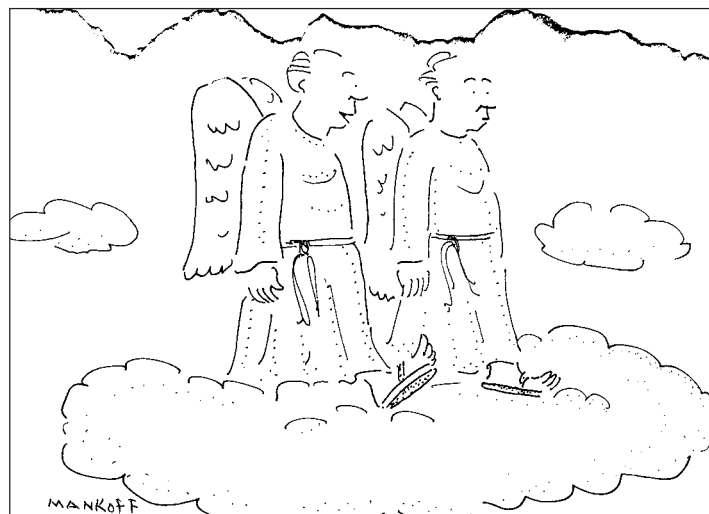
Lawyer: But could the patient have been alive, nevertheless?

Doctor: Yes, it is possible that he could have been alive and practicing law somewhere.

72 Year Old Baseball Manager Wins World Series!!!!!!

Marlins manager **Jack McKeon** guided his team to a 6-game win over the New York Yankees last month. You are never too old to achieve greatness.

The owners responded with a new one year contract for McKeon (well, after all, he is 72).



"Oh, eternal life is fine, but what I really like is getting to wear flip-flops all the time."

Your Government Is Out to Get You

— by Karen Tyner, Tucson Chapter President

If you take any kind of pain medication—Vicodin, Percocet, Oxycontin, and Morphine are the big four, but there are others—you have good cause to be very concerned about what is happening to the good physicians who prescribe these palliatives for your pain. This was the message of our speaker, **Bates Butler III**, at the fall meeting of our Tucson Chapter.

Tucson physician **Jeri Hassman, M.D.** has been arrested as a result of a sting contrived by the U.S. Drug Enforcement Agency and the U.S. Department of Energy. She is one of many physicians caught in this web of terror, and she is an innocent victim. The DEA, whose primary goal has traditionally been to keep illegal drugs off our streets, and from coming across our borders, has tired of their poor record on those fronts and has redirected their efforts to

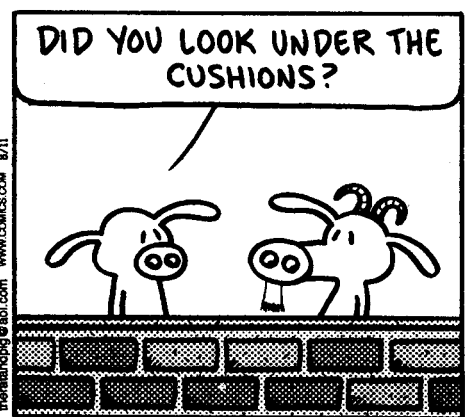
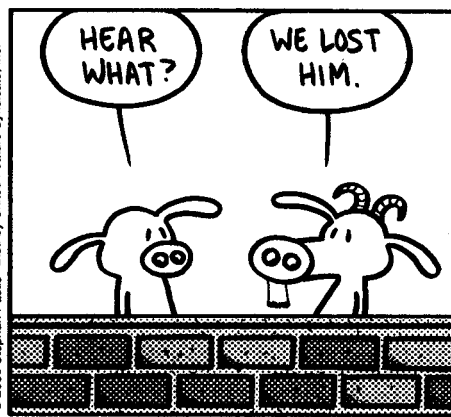
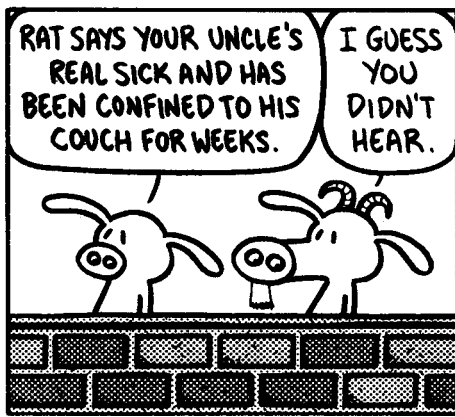
the safer objective of arresting doctors who prescribe pain medications.

Pain management physicians are sitting ducks who don't shoot back. They are trusting, law abiding people who, by the very nature of pain, must trust your word on the level of your pain. Dr. Hassman trusted a DEA agent trained in subterfuge and now she is facing loss of her income, a costly defense, possible jail time and loss of her license. All because our government has targeted your pain doctors instead of those dangerous real criminals out there.

Please consider giving your support to Dr. Hassman's defense fund and/or attending her Tucson trial beginning on February 18th.

Read more on her website at www.drhassman.com. ■

Pearls Before Swine



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
- Sun Cities/Glendale/Peoria/Cave Creek/Carefree
- Sedona
- Casa Grande Valley
- Sierra Vista/Tombstone
- Sun Lakes
- Prescott
- Yuma
- Flagstaff
- I WOULD LIKE TO HELP START A CHAPTER IN _____.

Phone: _____

Questions? Call our statewide answering service: 1-877-535-3600

Our website is <http://www.endoflifechoices-arizona.org> ■ Our email is info@endoflifechoices-arizona.org

END OF LIFE
CHOICES ★ ARIZONA
Fifth Freedom Foundation



President's Corner

Earl Wettstein
State Chapter President and
Member of the National
Caring Friends Board of Directors

It was back in May, 1997. The Board of the Tucson Hemlock chapter was sitting on **Vickie Fischer's** Green Valley patio. A cool, cloudless day. I was a relatively new member, recruited to the local Board just six months ago.

We were discussing why there were only three chapters in Arizona—Tucson, Prescott, and Phoenix. Someone said “We can't have a state chapter because (I forgot the reasons)...” but I said “What if someone came up with a plan to create one, what would you say to that?”

They said they'd listen. No one was overly enthusiastic. Cautious, I'd say. “Give me a month,” I requested. At the next Board meeting I showed them my one-page outline of how we might, underline might, start a state organization.

It involved having a team of volunteers going around Arizona to towns with over 30,000 population and having Founder's Day events with a prominent speaker, advance advertisements, publicity, postcards to our members, the works. It would not be cheap, but the Tucson chapter agreed to fund it. It cost about \$600 per new chapter for gas, ads, venues, motel rooms, and food.

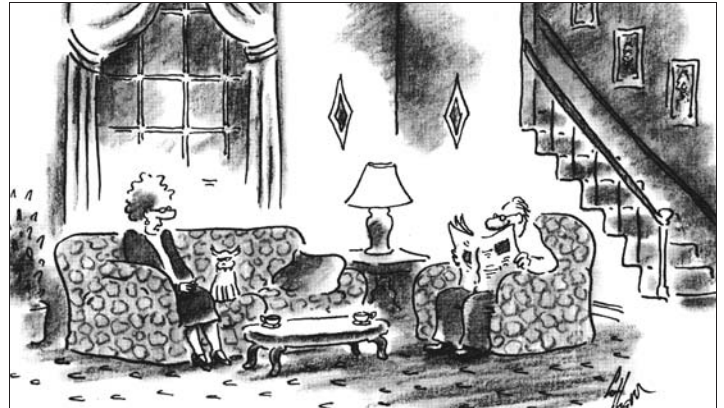
John Westover, then the national Hemlock president, was our speaker. I was the planner and advance man. **Vickie Fischer** and **Jean Chittenden** (RIP) were the greeters, the name takers, the energy. The four of us toured the state—weekend after weekend—from Sun City to Scottsdale to

Sierra Vista to Yuma to Flagstaff to Sedona to Green Valley and to Sun Lakes. We also started some chapters in Mesa, Lake Havasu and Casa Grande, but those have not been able to sustain leadership. We tried others in Chandler and Payson which never took off.

Often we would spend the night, either in member's homes or a cheap motel. But we always ate well, as Westover (who after all, was our star attraction) always insisted on a steak dinner at each town's oldest, funkiest restaurant.

And Westover named it “Arizonans for Death with Dignity.” And he said I was the President. I only wanted to be the temporary leader. “Can I just be the ‘interim’ leader?” John is persuasive. Now, seven years later, we have a strong, thriving volunteer organization of 2000 members (more per capita than any other state), a solid database, a great volunteer answering the phone at an 800 number, a long-time Treasurer, a responsible Secretary, great marketing counsel from senior volunteers, and good chapter leaders in every town.

I feel I have done all I can do. Which is why, effective March 1, 2004, I am retiring from my self-imposed volunteer duties. It's time for someone else to take the rudder. ■



“Let's update our will and go on vacation.”



YES, I want to join End of Life Choices!

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

ANNUAL CONTRIBUTION

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

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

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

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

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

Arizona Stars This Fall!

★ JACK LANDER

Sun Lakes

for developing and compiling a survey among 35 AZ chapter leaders to help determine our future leadership path. An extra-ordinary effort!

★ EDWARD W. MARKS

★ EMMA W. FEDORYK

★ JOHN S. MCELDFOWNEY

★ IRMA GAWBOY

More Folks Who Voted on Our New Name (some really, really hated it, some were accepting).

★ ILA DELUCA

Green Valley

for being elected to the national Board of Directors of End-of-Life Choices. Ila went to her first Board meeting in October in Boston.

★ GENE GIERMANN

Prescott

for another excellent local newsletter.

★ BILLIE STOCKL

Sierra Vista

This lady is full of energy. She did a terrific newsletter for the Cochise County Chapter. And an excellent display of all the contents in our state-of-the-art Arizona Advanced Directives Package.

★ GEORGE NEWMAN

Tucson

for marketing counsel on our annual fundraiser.

★ SEVERY PARTRIDGE

Flagstaff

This lady has revived the Flagstaff chapter with her non-stop energy and enthusiasm. Pace yourself, Severy, pace yourself.

★ DON LINDBOM

Sierra Vista

This gentleman has been the chapter Treasurer since day one, and does a fine financial report.

★ EARL WETTSTEIN

Tucson

for speaking to chapters in Yuma, Sierra Vista, Sun City West, and Sun Lakes on his "Farewell Tour." And he will talk to 250 doctors on November 13th at the Arizona Geriatrics Society annual meeting. His subject is "Let's Take the Physician out of 'Physician Aid-in-Dying'."

★ JEAN OSBORNE

Tucson & Flagstaff

for her continuing great job in on the job training as state publicity chairperson. She's getting us PR where we have never had it before.

★ JOHN ABRAHAM

Tucson

for making two appearances on local talk radio.

★ ANONYMOUS LADY

Green Valley

a superb contribution to be used exclusively for Caring Friends use in Arizona.

★ DAVID BRANDT-ERICHSEN

Tucson

for continuing good work on keeping our website up and looking beautiful.

★ END OF LIFE CHOICES

National Capital Area Chapter

for sending us \$500 because "they like our newsletter."

★ MARSHALL LINDSAY

Phoenix

for travelling to Yuma to debate our issue.

★ LENORE MARTIN

Tucson

for arranging that the 2003 Fund-raiser package "Stuffing Party" be held in the community room in her townhome neighborhood.

Fall Programs at a Chapter Near You

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

Sun Lakes

- ☐ Tuesday, January 20th, Methodist Church, Attorney **Chick Arnold** "Why You Need Advanced Directives."

Tucson

- ☐ January 10th, U/U Church; March 13th, U/U Church; and May 15th, Viscount Suites Hotel Annual Luncheon Meeting. Programs to be announced.

Sun Cities

- ☐ March or April (to be announced).

Green Valley

- ☐ Saturday, December 6th at 10:30A, Green Valley Country Club. **Linda Lopez**, our legislative champion from Tucson's District 29. Lunch is \$17. Reservations required, mail check to: P.O. Box 397, Green Valley, AZ 85622 by December 1st.

Folks who have seen the new movie "The Event" say it is excellent.

A movie about our cause.

Please see it, and take a friend who wants to learn more.

Fifth Freedom Applies to National for Grant to Hire Executive Help

Our educational side—Fifth Freedom Foundation—has applied to End of Life Choices in Denver for money to hire either an Executive Secretary (\$20,000 a year) or an Executive Director (\$32,500 a year). The Executive Secretary would work with a team of state volunteer leaders who would each share some of the duties ... while the Executive Director would run the organization, interacting with the chapter leaders.

The person would work out of their home, store all our papers, membership applications, stationary, displays, files, co-ordinate events, maintain contact with all chapters, respond to member's requests for help and information, and basically do what our current president has been doing as a volunteer.

The request was made in September, and we are awaiting the response of the national Board. The visit from the Denver staff on November 9 (see page 1) was a fact-finding mission to help determine the future course of action. **David Brand** and **Marsha Temple** will make a recommendation on funding to the national Board. ■

Help Wanted

New State Leader! Good salary to right person. Expenses paid. Apply to Walter Urbach, Sun City West, 623-546-1994. Or email Walter at wnurbach@cox.net.

Universities to Test Student Doctor's Communication Skills!

We think this is big news. Starting next Fall, all graduating medical students in the US will have to pass a new exam in order to become licensed to practice medicine. They have worked on this for 10 years. The new test measures clinical skills and how well doctors communicate with patients. First year med students already are required to take courses on what they call "bed-side manner."

SOURCE: NPR (National Public Radio)

Please Watch Your Mailbox for Our Once-a-Year Fundraiser Request and Gift

Inside it you will find a very helpful Free Pill Bottle Opener and a request for \$\$\$ help. We can't run the state chapter without your help.

Please help.

Teen Ager Dies Inhaling Helium

According to the reports the Vancouver youngster was simply inflating balloons for a toddler's birthday party. We presume also experimenting with the squeaky voice phenomenon. The coroner said it was likely that the helium "entered the bloodstream and caused a traveling embolism (a pocket of gas) to travel straight to the heart, and that would have killed him." Health experts said that inhaling any amount of pure helium can be dangerous because it displaces the oxygen in the lungs, raising the risk of suffocation.

"New Seconal Drug Planned"

— *Derek Humphry*

Derek Humphry, our grand finale speaker at the upcoming November 22 state conference tells us that Seconal was taken off the market last year by the manufacturers. They have requested FDA approval to resume making a new product called Seconal Sodium Special, also by doctor prescription. Derek will tell us the status on November 22 in Scottsdale. Be there.



HURRY! We Need Your Reservation NOW!!!

RESERVE TODAY! Only \$35 includes Gourmet Lunch!

This is going to be a good one!

You'll want to be there. It's scheduled right in the middle of the state—Scottsdale—so everyone can get there the same day and home again.

It's going to again be at the deluxe Radisson Resort, 7171 N. Scottsdale Rd., 1 block north of Indian Bend Rd.

Come the night before, stay in Scottsdale at one of our special rate hotels, have a shopping spree, and then have a leisurely morning before checking in to our conference at 10AM.

You'll Hear These Fine Speakers ...



Vickie Fischer
*Our Choices—
Arizona Leader*



Linda Lopez
Our Champion



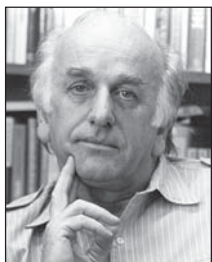
Fred Richardson
*Our Legislative
Whiz*



Susan Goldwater
Levine
Our Nemesis



Ila DeLuca
*Our National Board
Member*



Derek Humphrey
Our Founder



Julian Rush
*Our Caring Friends
Chief*



Paul Spiers
*Our National
"Choices" Leader*



Earl Wettstein
*Our Fifth Freedom
Foundation Leader*

The cost of the conference is only \$35 and includes the gourmet lunch. To register send your check made out to Fifth Freedom to Ruthe Steinberg, 6255 N. Camino Pimeria Alta #53, Tucson, AZ 85718. Your canceled check is your confirmation. Questions call 1-877-535-3600.

THE PROGRAM

- 10:00A** **Earl Wettstein**, President Fifth Freedom Foundation - WELCOME - and state of our educational work. Honoring Yuma & Flagstaff.
- 10:07** **Vickie Fischer**, President Arizonans for Death With Dignity - What we accomplished last year and OUR NEW PLANS FOR AN OREGON-LIKE BILL THIS FALL.
- 10:15** **Linda Lopez**, Arizona state Representative, District 29 - Keynote address. Why she introduced House Bill 2454 in February, and WHY SHE PLANS TO DO IT AGAIN.
- 10:30** **INTRODUCTION OF "PATIENT'S CONTROL & COMFORT ACT"(PCCA)** This idea, created by **Fred Richardson**, immediate past President of the national Hemlock Board, is a new Advanced Directive, and will be presented by Fred himself! It's planned as an alternative to the Oregon bill.
- 11:10** **DEBATE: "WHY WE ARE RIGHT ABOUT A HASTENED DEATH!"** **Paul Spiers**, national President of End-Of Life Choices (formerly Hemlock Society) vs. **Susan Goldwater Levine**, Executive Director, Hospice of the Valley.
- 12-1:20** **Sit-Down Gourmet Lunch** (included in the ticket price)
- 1:25-2:10** **Julian Rush**, Administrator of the **Caring Friends** death bed service program. He will tell us how it's going, plans for the future, where the action is, and what he foresees for the future.
- 2:15-2:20** **Ila DeLuca**, Advisor to The Fifth Freedom Board. "IT ALL BOILS DOWN TO ONE WORD..."
- 2:25-3:15** **Derek Humphry**, the Founder of The Hemlock Society in 1980. Derek will just be returning from a presentation at the World Federation of Right to Die Societies, and will speak on "CHOICE IN DYING - PROGRESS AROUND THE WORLD."
- 3:20** Close. **Fischer and Wettstein.**

Our Purpose

— by David Brandt-Erichsen, Tucson (Our State Webmaster)

For the benefit of those members who do not have internet access, we reproduce below the text of our home page at www.endoflifechoices-arizona.org. It is one of the most powerful statements of our purpose and philosophy that we have seen.

End-of-Life Choices is a non-profit organization dedicated to making physician aid-in-dying a legally available option for terminally or hopelessly ill persons in Arizona.

We believe that in a free society it is a fundamental right to choose the time and manner of one's own death. The right to choose the course of one's own death is as fundamental as the right to choose the course of one's own life.

We also do educational work to inform our members and the general public regarding the choices available as one approaches end-of-life. We do education on how to protect your rights in hospitals, nursing homes, and elsewhere. We provide information on how to express your wishes through advance directives such as Living Wills and Health Care Powers of Attorney.

We wish to obtain a law in Arizona similar to the existing Oregon law which allows some form of physician aid-in-dying for the terminally ill.

“Let me die like a dog”

It is not uncommon that the last days or weeks of life are accompanied by severe pain, suffering, or disability that many people would rather not put up with were they given the choice. We treat dying dogs better than dying humans because we do not allow dogs to suffer needlessly.

However, there is a fundamental and important difference between dying dogs and dying humans: the dog is not a free agent of choice in the situation.

Ironically, the law does not treat humans as free agents of choice in the situation either! We humans do not currently have the option, if we wish, to hasten our deaths with the aid of a physician. Physicians, after all, are the only ones who possess the knowledge and ability to relieve suffering by hastening death in an effective, humane, and dignified manner if the patient requests it.

It's simply a matter of freedom of choice

We believe that the right to choose the course and manner of one's own death should rest only with the individual involved, not with the State, the Legislature, the Medical Association, or with any other person.

We believe that those who feel that death must come without physician assistance should be free to follow that creed, whether they be doctors or patients. But they should not be free to force their views, their religious convictions, or their philosophies on all other members of a democratic society, nor should they be free to compel those whose values differ from theirs to die painful, protracted, and agonizing deaths.

Please join us

If you support our goals, we invite you to join us and work with us. We have local Chapters around the state that sponsor informational programs, provide Living Will and Power of Attorney forms, and where you can meet others of like mind, get your questions answered, or volunteer to help out. ■

To contact the right person at our national headquarters, see organizational chart on page 11. The toll free number is 1-800-247-7421. Most of the departmental titles are self-explanatory. Less clear is “Communication”—that team handles public relations and publicity. “Development” seeks donors, members, and raises money, “Governance” oversees the staff, and Administration does the rest. This chart was distributed at the recent Boston Board meeting in October. We have 27 on the national staff now—how about that!!!

Leave a Legacy to Us!

For further information, please contact:

State Chapter Leader, P.O.Box 12126, Tucson, AZ 85732

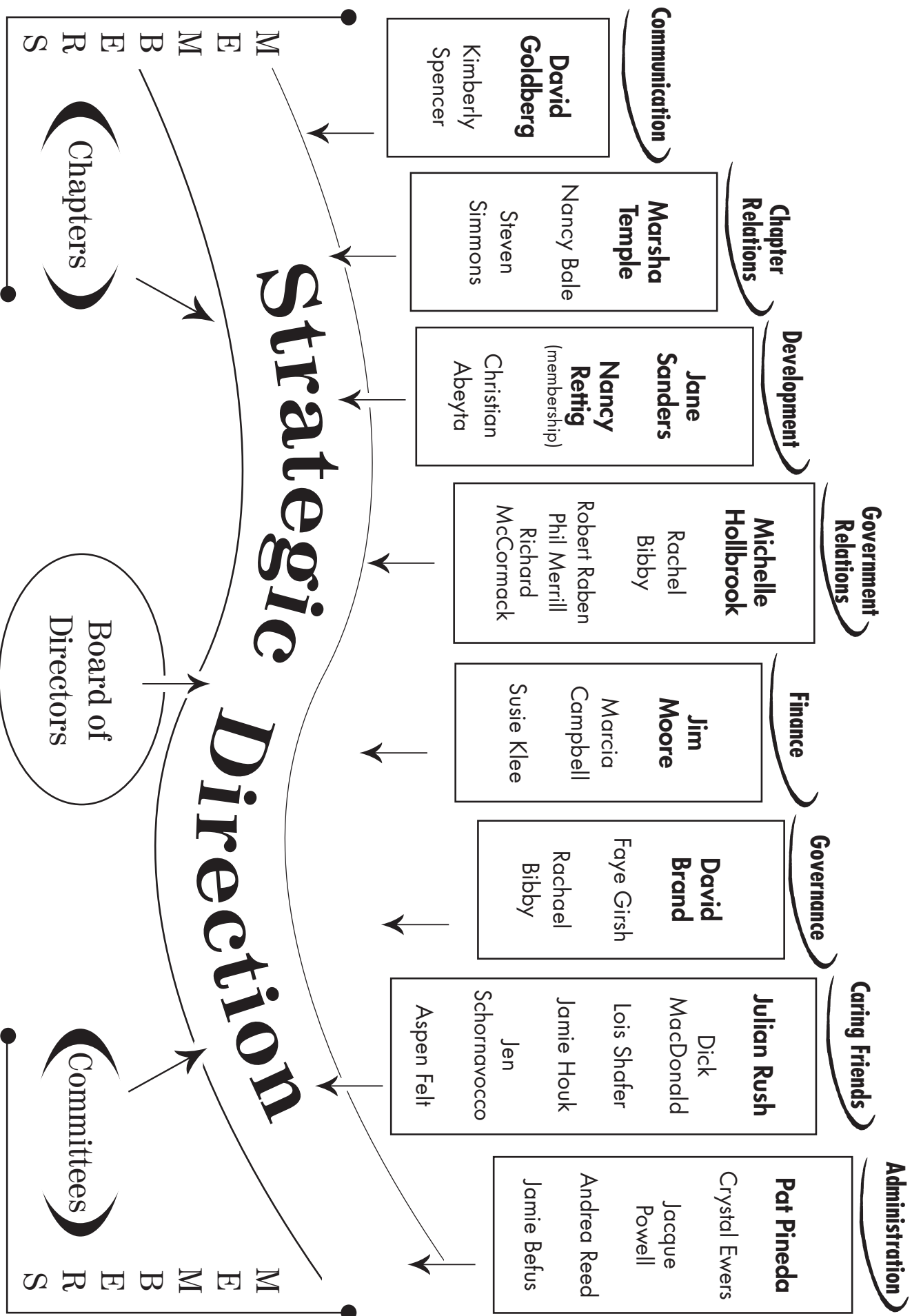
Or call Ruthe at 1-877-535-3600

We will use the proceeds of your gift to fund a permanent chapter leadership position, staffed by a compassionate, highly skilled, loving person.

And if you want, you can help select her or him.

END-OF-LIFE CHOICES

◆ National Staff Organizational Chart ◆



The Curse of the Hippocratic Oath!

How outdated is the Oath of Hippocrates?

Here's the last paragraph, **a stupid curse!**

“While I continue to keep this oath unviolated, may it grant to me to enjoy life and the practice of the Art respected by humankind at all times, but should I trespass and violate this oath, may the reverse be my lot.”

Oh, scary.

Planned Deaths Ease Grieving

Families of patients who die naturally display more symptoms of grief than those families of patients who die with advance notice of self-deliverance. Dutch researchers say they have lower post-traumatic stress disorder because they have had a chance to discuss death and say goodbye. Makes sense to me.

End of Life Choices

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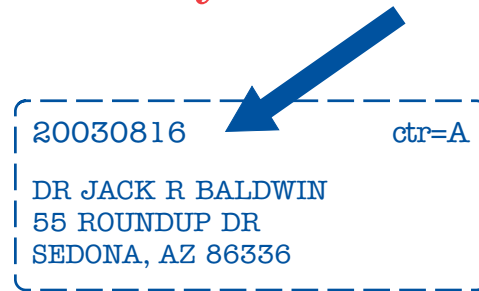
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John Westover, Tucson



“Which do you want first, the good news that sounds better than it is or the bad news that seems worse than you expected?”

Check your renewal date



If you are a member of End of Life Choices (formerly Hemlock), 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.

 We're using our old logo until the new name is OK'd by the Post Office ...

FIFTH FREEDOM FOUNDATION
Choice at End-of-Life

P.O. Box 12126
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