

END OF LIFE CHOICES ★ ARIZONA

Fifth Freedom Foundation

“VOICES OF CHOICES”

OUR NEWSLETTER

END OF LIFE CHOICES SEEKS TO LEGALIZE ALL THE 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.

Spring/Summer 2004

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

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Possible Reunification with Compassion in Dying Conference Call with David Brand 5/5/04

Please note: These comments are only discussion, not decisions or policy.

Regarding reunification with Compassion in Dying: There are now about 60–70 people who are assigned to 7 design teams exploring what would be involved, if it makes sense, and how it might work. The visions and the core values of both organizations are identical.

The seven teams are: Legislative, legal, fundraising/development, membership, communications/PR, local groups/chapters, and client services (e.g. Caring Friends).

The key question is: What is the best case we can build for unification in each of these 7 areas?

Governance and Administration have yet to be determined.

Nothing will be decided until a draft is vetted with chapter leaders and members. The feasibility study is critically important.

End of Life Choices has about 33,000 members and another 10,000 donors. CID has about 11,000 regular

donors, and 30,000–40,000 who give occasionally.

About 30% are “members” of both. The reunited group would be a pure membership organization, as End of Life Choices is now.

Financially: People are now being solicited by “competing” agencies.

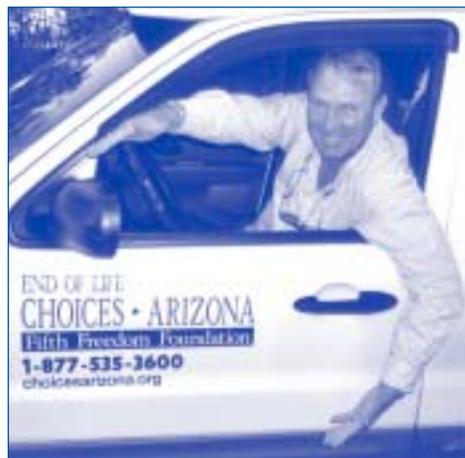
There is now some redundancy of services that could be eliminated. There would be greater marketing power.

Compassion is more of a service organization. There is a community based service model.

From David: “We’re just in the middle of the beginning of this whole process!”

Again, nothing has been decided. It looks like there will be no name change. It looks like we may become better, not just bigger. And National will keep us informed in the process. ■

— JLA



What are YOU doing to spread the word?

Arizona Chapters Hear Fred Richardson

Fred Richardson, former President and current Board Member of End-of-Life Choices has been visiting the chapters with his message of strategy and perseverance with our quest for a PCCA (Patients' Comfort and Control Act).

Points he made:

1. We shouldn't become bogged down in semantics, rather we need to "do something".
2. We shouldn't take the referendum route. It costs too much and it can turn on you. Lucky for us, we have **Linda Lopez** to help us introduce a bill.
3. We need a lobbyist in Phoenix. This will cost some money, but lobbyists can be very effective.
4. Be careful of the **words** you use in your letters and your conversations with legislators. Sprinkle "choice" and "safeguards" throughout your letters, discussions, emails, etc. Don't let the opposition insert the word or implication of "coercion" into their argument, and correct them if they try to use "suicide". We should take up all the "life affirming" words. Look at **life**



The dramatic presenter, Dr. Richardson

insurance: it is really about money payable upon **death**. An advance directive is a statement of principle about what you want toward the end of **life**.

5. We need to beat the bushes for younger people and doctors who are mid-career and will speak in favor of our position. We should also find community opinion makers and invite them to speak on our behalf, especially to meet with lobbyists and legislators.
6. Candidates file by early June, we will have a new crop of legislators to target with our letters, emails, and calls. Including our personal experiences is very effective.
7. We need to organize phone trees to find those willing to meet with our legislators. We need to organize into two groups of six to tag team the negative voters in the legislature. Include local opinion makers in your groups. Don't have the group members overlap. Know your arguments cold so you can step right in and get the right words in the air. Meet ahead of time to clarify who will play what role — not everyone need speak.

Representative Linda Lopez took Fred to a legislative open house and he talked up our cause. He says our letters have had an effect. "They're beginning to think about it", says Fred. Our letters and phone calls keep the issue alive in the minds of our legislators. Let's all work towards getting that hearing next time. ■

— *Karen Tyner,*
Tucson Chapter Chair

State Tour with Fred Richardson a Success!

From April's State Tour with **Fred Richardson**, here are some sample comments from chapter leaders:

"The meeting was great! It felt like a pulling together of everything going on at this point in the org. Where people stand. It was good to hear it all vocalized instead of just read about. It makes it more real to have people hearing it and responding. The info on the PCCA is particularly important. It could be a big breakthrough."

— *Severy Partridge, Flagstaff*

"I was very satisfied with our meeting. I really didn't think we would get any volunteers to run the chapter. I am in awe of your success in that endeavor. Fred was excellent."

— *Paul Sachs, Sun Cities*

"That was an outstanding meeting in Sedona. You and Fred are a dynamic team, and I believe the positive approach and emphasis on patient choice and autonomy is the one that will achieve our goals."

— *Jack Baldwin, Sedona*
(pictured below)



Fred's tour also yielded three physicians willing to serve on our Physician's Advisory Group; two volunteers to become Caring Friends; new leadership in Sun Cities (now called NW Valley); an excellent Press Conference; a greater understanding by our members of the PCCA; a new candidate for State Board; and a new perspective: focus on the language of life, not death.

— *JLA*

State Board Meeting of End of Life Choices

March 27, 2004 • Chandler, AZ

A meeting of the Board of Directors of EOLC Arizona was held March 27, 2004 at the San Marcos Hotel in Chandler, Arizona.

- ❑ **Walter Urbach**, Sun City chapter president submitted his resignation, citing differences with National policy. The resignation was accepted with sincere regrets and deep thanks for his past service.
- ❑ **Ron Martin**, Yuma Chapter Leader will step down as of June 1, 2004, due to increased work responsibilities. The resignation was accepted with sincere regrets and deep thanks for his past service.
- ❑ D & O insurance (Directors and Officer liability insurance). National will help to acquire and pay for the chapters' D and O coverage. They will have to be incorporated to qualify for coverage. Insurance for rental of meeting locations are covered by National. **Marsha Campbell** is the contact at National.
- ❑ ERGO. It was moved and seconded to send \$100.00 to ERGO to obtain membership for the chapters. This will allow chapters to keep abreast of ERGO's progress. Motion was adopted.
- ❑ EOLC Bylaws. It was moved and seconded to accept the revised Bylaws of Arizonans for Death with Dignity to effect the name change to End of Life Choices—Arizona. Motion was adopted. John then appointed Marshall and Paul to review the bylaws for any further changes they feel might be needed. They will report back to John.
- ❑ John appointed a task force to detail the differences between EOLC and FFF from a legal and organizational standpoint. The task force of Paul and David will explore the relationship between the two organizations as a 501(c)(3) and a 501(c)(4) and make any recommendations.
- ❑ John passed out a questionnaire that can be used to determine the viewpoints of candidates running for the legislature. After several changes were recommended a task force of John and David was appointed to revise and clarify the questionnaire. This report is due by the end of May, 2004 for use in this year's election.
- ❑ John announced the formation of the Wettstein Wonderful Wizard (WWW) award. It will be presented annually at the state meeting to the Most Meritorious Member (MMM). This award is established to honor Earl for all of his work in the movement. ■

Book Review by Earl Wettstein

“The Good Euthanasia Guide 2004”

By Derek Humphry

I really like this book and recommend it to anyone exploring their end of life choices.

Finally, here, in one convenient place, are all the facts and history of our movement ... all presented in a clear, direct manner, as you would expect from such a brilliant journalist.

Derek discusses the positive effect he believes baby boomers will have on our goals. And why is it that famous people who support euthanasia for themselves such as Hepburn and Nimitz and Dreyfuss and George C. Scott and Tracy Ullman will not step forward and be our spokesmen? It would only take one to really make a difference.

The numerous changes in The Hemlock Society are discussed. The new name, logo, slogan, the large staff, the strong legislative agenda, and the impending merger with Compassion in Dying.

Most interesting, he takes his readers behind the scenes and into Dr. Kevorkian's mind. Why did this brilliant man do what he did? I found it spell-binding.

Finally, the Caring Friend's program is discussed in a very positive light.

This is a 192 page volume that should be on every advocate's bookshelf. It includes a Filmography and a Bibliography. You will appreciate that it is published in a very legible 12-point typeface that is easy reading for even the oldest eyes.

To purchase this book, send \$15 to ERGO 24829 Norris Lane, Junction City, OR 97448. Or fax your order with VISA number to 541-998-1873. Derek will personally handle your order.



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EOLC AZ Treasurer - Paul Sachs

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

How YOU Can Help

(a new, regular, feature)

1) 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.)

2) We need more physicians for our Medical Advisory Group.

If you know of a physician sympathetic to our cause, please advise us.

3) We'd like to build an AZ database of physicians to whom our members may turn for help.

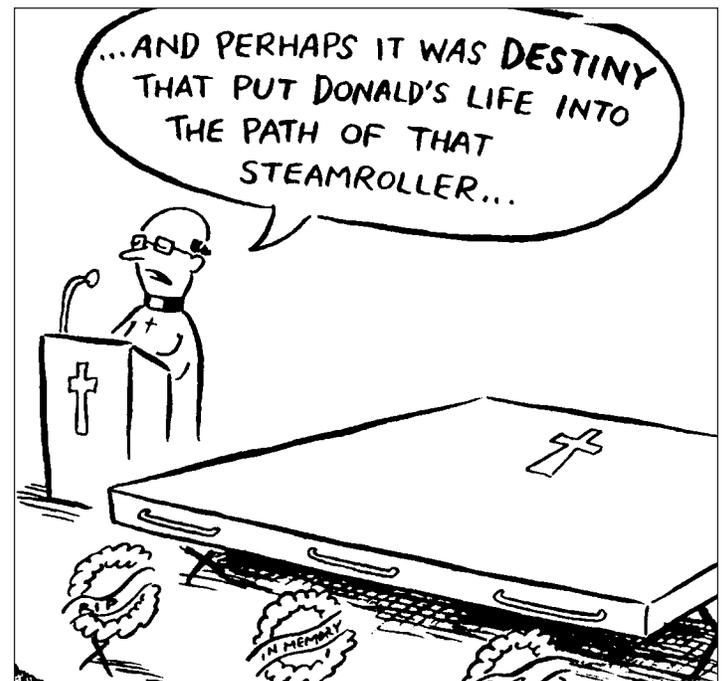
If you know of any such physician, please notify our Executive Director ASAP. (No physician would be listed who does not first agree to be listed, and all such listings shall be proprietary information). This notice will appear in every newsletter until we have at least 2 such physicians in any town of over 20,000 population in AZ.)

4) Many of you indicated that you'd like to see an AZ Membership Directory.

No one will be published in this directory without first having given their permission. Will you agree to help by being included? If so, please notify our Executive Director ASAP. [This would be indexed by chapter membership and would include name, address, phone, email, and special interest information. Using such a directory, we can communicate with like-minded peers more easily, share information, find help (e.g. advocates, physicians) more readily, and simply share ideas and concerns].

5) Read and act on our “Oh So Attractive Centerfold.”

— JLA



“We're Not About ‘Death’ Any More”

Tucson, Arizona • May 15, 2004

So, finally, I get to the chosen topic: “We're Not About Death Any More.” What this means is a shift in language, a paradigm shift, and a shift in emphasis. This is a new thrust throughout our educational activities, advocacy work, and legal efforts.

Rather than use the language of Death (Death with dignity, Aid in Dying, Right to Die, and the like), I'd like to suggest we use and emphasize the language of life.

Why? Because, in spite of the enlightenment of some of us, death is very off-putting in our society. It is still taboo. It makes people uncomfortable, nervous, and reluctant to engage in serious dialogue about the end of life.

What we are really about is not death: We are about life—all of life, and of course we are especially concerned with the last part of life.

We're about people living life to its fullest!

Death and life go hand in glove. For me, death is a natural part of life. It is one hundred percent relevant. Therefore, we are 100% relevant!

When our opponents go on and on about “God is pro-life,” I always think, “and pro-death, since every form of life has germination and a death, beginning and end.” Isn't it about time physicians and nurses and the general public accept the fact that life is fatal—that death is inevitable and natural and nothing to be feared, dreaded, or avoided as a natural topic of conversation?

Well, yes, that's true—it certainly is about time. But because of the aversion so many of us have to death, I suggest we'll get farther in promoting our cause by using the language of life.

You know, sometimes we treat the terminally ill as though they were somehow dead already! Sometimes we “tip-toe” too much around those who are near life's end. Or, worse yet, we

act upon them without consulting them, we ignore their sense of humor, and institutional staff speak demeaningly to them in “baby talk.” And we shy away, of course, because of their reminder of our own mortality.

The terminally ill in our society are subject to and vulnerable to the will of others. They are dehumanized and marginalized, drugged and plugged, medicalized and bureaucratized, under appreciated, needlessly emaciated and overly sedated, alive but deprived, isolated and denigrated, neglected and rejected.

But guess what—someone terminally ill is as alive as you or I!

After all, what do we advocate and affirm? We don't advocate death or having to die now. We advocate having a decent life until the end by having autonomy and control and choice.

Besides choice, another principle of our movement is the uniqueness of each individual and each case. It's up to us to be sure that those who are terminally ill are respected as unique and vibrant individuals.

Instead of fear and aversion, those who are terminally ill deserve the very best that humanity has to offer.

When the medical industry proclaims: “There is no more we can do” it's up to us to say, “Yes, there's plenty we can do!”

We can see to it that those near life's end are kept free from physical pain. We can be loving companions for those near life's end.

Even a mere presence can help. We can see to it that someone need not die alone.

We can be advocates that one be permitted to live life's end in friendly, familiar surroundings—preferably at home, with one's own belongings, in one's own place.

We can advocate that those living life's last days know the truth—even painful truth. So often the truth is withheld from them.

We can help people live near the end of life without being financially exploited, and without the fear of being financially exploited.

We can help people recognize that they have led a purposeful life—and we can help to affirm that life.

We can help people to be free of emotional suffering by being at peace with themselves. This may include having taken care of literal and figurative unfinished business. And it may include having made an effort to reconcile former interpersonal conflicts, to put relationships straight (including saying goodbye).

Finally, and by no means least, we can see to it that legislation is adopted that allows us in Arizona to end our life's journey as we see fit!

Most observers of Oregon feel that not only have there been no abuses, but that the law has spurred improved end-of-life care, making it the best state in the nation for utilizing hospice care, providing pain relief, and allowing people to die at home.

I maintain that no one, and I mean no one, is better equipped or entitled to decide where you will die, with whom you will die, how you will die, and when



better equipped than you are!
the good fight!

John Abraham's speech can be found in its entirety at www.choicesarizona.org.

Upcoming Chapter Meetings

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

Tucson

☐ Tucson Chapter Annual Meeting and Luncheon. Saturday, May 15, 10am, at the Viscount Suites Hotel, 4855 E. Broadway (east of Swan). Speaker will be our Executive Director, **John Abraham**, on the subject “We’re Not About ‘Death’ Any More.”

Flagstaff

☐ Public Workshop on Advance Directives (Living Will, Power of Attorney for Health Care). Saturday, May 15, two sessions: 10am–12 noon and 1pm–3pm (both sessions are the same topic), Unity Church, 2708 N. 4th St. (right corner of Knowles Village Square). Speaker/Facilitator is **Ila DeLuca** (National Board Member of End of Life Choices).

Flagstaff

☐ **Jack Baldwin, M.D.**, will be a guest speaker from End of Life Choices Arizona, Sunday, May 30, at the 10am service of the Unitarian (UU) Church, 510 N. Leroux St., Flagstaff.

Sierra Vista

☐ Cochise County Chapter Meeting. Saturday, June 26 from 10:15am–11:30am, Mona Bishop Room of the Sierra Vista Public Library, 2600 E. Tacoma Street, Sierra Vista, AZ. Guest speaker to be determined.

☐ Informal Chapter Meeting. Saturday, August 28 from 11am–1pm, Billie’s, 3305 E. Mohawk Drive, Sierra Vista. Our last informal meeting was a finger-food luncheon potluck and it was a great success. Let’s do it again! Please RSVP to (520) 803-9285 or bstock1@cox.net no later than August 25th to ensure seating is available for all.

Scottsdale

☐ September 18, 9:45am–noon, Mustang Library, *Taking Charge of Your Life*. **John Abraham** will be leading this event. It is intended to be a “get acquainted with us” session.

☐ October 30, 9:45am–noon, Mustang Library. **Ila DeLuca** will be the speaker—*Facing My Own Death* is the suggested topic.

Tucson

☐ Public Meetings of the Tucson Chapter of EOLC, October 2, 2004, 10am, library to be announced. **Ms. Beth Smith**, our Elder Law Attorney, will speak on “*Protection of Assets in the Face of Long Term Care*.” Other meetings are scheduled January 15, 2005; March 19, 2005 and May 21, 2005.

NW Valley

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

☐ November 10, 1:45–4pm, Unitarian Universalist Church, 17540 N. Avenue of the Arts in Surprise (the church is just north of Bell Rd. between Sun City and Sun City West - behind the West Valley Art Museum). **Rev. Dr. Walter F. Wielder** will discuss “*Practical Ethical Issues Surrounding End of Life Choices*.”

Chapter members may receive Screaming Yellow Postcards if requested by your chapter leader.

Ideas That Work



(a new, regular, feature)

- ✓ Use the legislator’s name in a letter to the editor. This way you can be sure the legislator will read your letter (their staff clips all references to them for them to read)!
- ✓ Offer coffee, cookies, ice water, punch, soda, donuts, etc. at meetings. This provides a more friendly, warm, and welcoming atmosphere. And it helps build community with casual conversation around the serving area.
- ✓ Have a regular board meeting, but announce it (at your public meeting) as being open for new board prospects and invite them to come see. Tucson Chapter recently got two new excellent board members this way.
- ✓ Staff a table or booth at a super market or similar venue. Hand out brochures, meeting notices, etc. Let people know we’re here. Gather public interest.
- ✓ The Tucson Chapter of EOLC AZ took \$4 off the cost of their annual luncheon (subsidizing registrants for \$4 out of \$13.50, thus asking only \$9.50). Registration was significantly higher than last year.

What are YOUR ideas?

Would your organization like to use our travel display?
Available to rent for \$25 per weekend

Give to End of Life Choices Arizona instead of the IRS!

Did you know that you can increase your giving power up to 10 times the dollar amount (and at no extra cost to you) just by establishing the proper legal and financial tools to protect your estate? And you don't need to be rich to participate in planned giving. Please read on!

Why Give?

We ask you to consider making a difference for the long-term future of End of Life Choices Arizona. The very first chapter (in Tucson) was started in 1983, followed by the creation of the statewide organization in 1997. This was accomplished with 100% volunteer labor and a bare-bones survival budget. Now we've got momentum, are pursuing costly legislative efforts, and have grown beyond the point where we can function solely on volunteer labor. We are currently operating on short-term grants, but we need to become self-sufficient for the long haul. In order to maintain and increase the viability and energy of our continuing work, we ask you to seriously consider a bequest or other planned giving option to provide for our future as described herein. Thank you.

Why Give?

- To make a difference in the lives of those who are terminally ill, their families, and their friends.
- To support the right of all future generations to control their own destiny.
- To give back to End of Life Choices Arizona for what it did for your planning or for someone you know.

- To make a personal statement about the values you hold dear.
- To encourage others to consider their own legacies.
- So your gift to End of Life Choices Arizona may speak of your commitment and dedication to a cause in which you deeply believe.

There are any number of reasons to give. The answer to "Why Give?" can only be answered by you. Know that every gift makes a difference – no matter its size or aim, every gift makes something special happen at End of Life Choices Arizona so today's terminally ill and those whose lives they touch can be empowered until the very end.

Please consider making a gift to the End of Life Choices Arizona or Fifth Freedom Foundation through direct donations, planned giving, or memorial donations. Donations to Fifth Freedom Foundation are tax deductible.

To learn more about planned giving or memorial donations, please contact us at 1-877-535-3600 (toll free), 520-529-0461 (Tucson), 520-751-1310 (fax), or email giving@choicesarizona.org. Thank you for your support!

PLANNED GIVING

Gifts made as part of your overall financial plan, which often benefit you now and End of Life Choices Arizona later, are known as 'planned gifts.' Planned giving allows you to provide future support for the areas and programs in End of Life Choices Arizona or Fifth Freedom Foundation that are of most interest to you, and often allows you to make a larger gift than might otherwise be possible. Planned gifts may offer the following benefits:

- Provide lifetime income for you and, if you wish, another beneficiary.
- Give you a substantial federal income-tax charitable deduction.
- Enable you to turn low-yielding assets into a higher income stream.
- Reduce or eliminate taxes on capital gains.
- Eliminate or reduce federal estate taxes.
- Ultimately provide a meaningful gift to End of Life Choices Arizona.

End of Life Choices Arizona / Fifth Freedom Foundation accepts a variety of planned-giving options, including bequests and other testamentary gifts. We also offer ways for you to receive income from your gift, and other planned giving options. Explore how you can help End of Life Choices Arizona while making sound financial plans for yourself.

We recommend that you consult with your attorney or tax advisor for the various tax benefits and restrictions that may apply to your specific situation.

BEQUESTS

Over the years, bequests and other testamentary gifts have played a major role in the development of non-profit organizations, as these popular gifts are often the most realistic way for many people to make a substantial gift to our cause. Unrestricted bequests enable End of Life Choices Arizona and Fifth Freedom Foundation to direct your gift to an area of our organization where it will have the most impact; however, you may also specify the area you would like to support by making a restricted bequest. Whichever you choose, your bequest may be made in a variety of forms, including:

Fixed Amount or Percentage of Estate.

These gifts provide End of Life Choices Arizona with a predetermined amount or percentage of your estate. Percentage bequests are often preferred because they don't have to be altered as the size of your estate changes, or to adjust for inflation.

Personal and Real Property. You may support End of Life Choices Arizona by leaving a specific asset such as a parcel of land, your home or summer residence, a work of art, jewelry, a retirement account, or securities.

Residual. With a residual bequest, End of Life Choices Arizona receives a specific percentage share or the remainder of your estate after heirs are provided for and all expenses and debts are paid.

How to Make a Bequest to End of Life Choices Arizona.

A bequest can easily be established by having your attorney write an amendment to your current will. If you are writing a will, we urge you to consult your attorney or your financial advisor.

OTHER PLANNED GIVING OPTIONS

Gifts that provide income. If you want to make a substantial gift to End of Life Choices Arizona and Fifth Freedom Foundation but are hesitant to give up the steady income that you are receiving, then one of End of Life Choices Arizona's life income plans may be right for you. Establishing a Charitable Remainder Unitrust or other life income gift often provides a substantial increase in annual income. Planned gifts include gift annuities, trusts, and more. The advantages of many types of planned giving are:

- You (and a second beneficiary, if you wish) receive an income for life.
- Your funds receive professional management while you relieve yourself of investment management responsibilities.
- You may reap the benefits of a charitable contribution income tax deduction.
- You may eliminate the tax on long-term capital gains if the gift is in the form of securities or property that have increased in value.
- You may increase your income if a gift of low-yielding securities or savings is made to a trust, annuity, or a Pooled Income Fund.

Charitable Remainder Trust. This process of giving provides named beneficiaries with income for the rest of their lives from a trust that you establish. When the income beneficiary or beneficiaries die, all or part of the principal is donated to End of Life Choices Arizona.

Charitable Lead Trust Contingent. Upon your death, these testamentary gifts provide End of Life Choices Arizona with an periodic fixed-dollar amount or a percentage of the trust until its term expires, whereupon the principal is given to your named beneficiaries (e.g., children or grandchildren).

Individual Retirement Accounts. IRAs make a wonderful way to leave assets to End of Life Choices Arizona because gifts to non-charitable beneficiaries (i.e. your heirs) are taxable. Consider making End of Life Choices Arizona the beneficiary of part or all of an IRA. This could result in a tax savings for your estate.

IPOs, Options, and Restricted Stock. Giving opportunities may be created by the sale of a company, a merger or acquisition, an initial public offering, or compensation benefits. Transferring these assets may allow you to achieve your financial goals even as you help End of Life Choices Arizona grow.

Gifts of Tangible Personal Property. End of Life Choices Arizona accepts gifts such as art, jewelry, or antiques that can be used or sold by our organization. You may claim an income-tax deduction for the fair-market value of the gift if you owned it for more than 12 months. The IRS does require gifts valued at \$5,000 or more to be professionally appraised. In some cases, these gifts may be used to create a life-income arrangement, such as a charitable remainder trust.

Gifts of Life Insurance. There may be estate tax benefits by naming End of Life Choices Arizona or Fifth Freedom Foundation as the beneficiary (or co-beneficiary) on an existing life-insurance policy. You can claim an income-tax deduction for the cash-surrender value if you make Fifth Freedom Foundation the sole owner of the policy.

Gifts of Real Estate. Homes, undeveloped lots, commercial property, or other real estate are ideal charitable gifts because they generally appreciate at a higher rate than inflation. They may be donated outright, converted to a new source of income through a deferred-gift agreement, or transferred directly with arrangements for life tenancy. Real-estate gifts may allow you to benefit from income-tax savings, capital-gains tax savings, or estate and gift-tax savings, while also possibly increasing your annual income. These gifts may also be used to create a life-income arrangement, such as a charitable remainder trust.

Gifts of Stock. Appreciated stock gifts allow you to avoid paying capital-gains taxes on the amount of the appreciation. For gifts of stock held more than 12 months, you can deduct the full amount of the fair market value. You can still deduct the full amount of the current value of the stock as a charitable income-tax donation (up to 30% of your adjusted gross income in the year of the gift). If you cannot use all of the deduction in the year that you make the gift, you may carry over the deduction for an additional five years.

DIRECT GIFTS

CASH. Gifts of cash are the most common form of support. Checks should be made payable to "End of Life Choices Arizona" or "Fifth Freedom Foundation" and sent directly to the address below. End of Life Choices Arizona is a non-profit 501(c)(4) organization able to do lobbying activities so contributions are not tax deductible. The sister organization Fifth Freedom Foundation is a non-profit 501(c)(3) educational organization to which contributions are tax deductible.

SECURITIES. Gifts of appreciated securities provide significant tax savings for the donor by avoiding capital-gains taxes. Also, gifts of long-term securities are tax deductible at fair market value. Call us for information about the stock-transfer process.

MATCHING GIFTS. Hundreds of organizations match charitable gifts by employees. Check with your company's human resource department for a matching gift form. Simply complete your brief section of the form, enclose it with your gift, and we do the rest.

To learn more about planned giving or memorial donations, please contact us at:

1-877-535-3600 (toll free)
520-529-0461 (Tucson)
520-751-1310 (fax)
giving@choicesarizona.org.

End of Life Choices - Arizona
P.O. Box 12126
Tucson, AZ 85732

New Sun Cities (NW Valley) Leadership

Our officers are as follows:

President **Sue Moorehead**
Vice Pres./Sec. **Irene Weitzman**
Treasurer **Paul Sachs**
Member at Large **Neal Hardy**

I have made some calls to some of the members and some have indicated they would be willing to serve on committees as well as be a chairman. This is exciting.

We will be planning out what the needs are and defining jobs in June (we are all enthusiastic).

—by Sue Moorehead



“You just can’t talk to that bunch. They all read the green centerfold and avoided probate.”



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

Addendum for “Final Exit”

“Earl advised me recently that there is now a new nozzle on the Worthington balloon kit. So I went to Toys R Us the other day and bought a new tank. They had a great many; so it looked like a new consignment.

The 4” long rubber nozzle has been replaced by a shorter, 2” black rubber nozzle which is hard to remove, even with pincers, as Earl had advised. So I used a box cutter to make a half inch slit near the joint and it then slipped off easily.

I took the nozzle to a big hardware store in Eugene and found that what was NOW needed was a different size vinyl tubing—5/8ths outer dimension by half-inch inner dim. Thus I have prepared a little Addendum for ‘Final Exit’. Thanks.”

— Submitted by Derek Humphrey

Available for a \$10 donation:

*The best Advance Directives kit
in the country
(plus \$3 shipping)*

or

*Reprints of the March
“Harper’s Magazine”
article The Resurrection Men,
Scenes from the cadaver trade.*

Reach Out and Touch Your Membership

Because phone calls are more personal than mailings, the Sedona chapter of EOL Choices utilizes the former to notify members (and others who have indicated an interest) of upcoming meetings.

Currently the phone coordinator utilizes a list of individuals who have indicated a willingness to make calls. Only 10-12 names are assigned each caller to spread the work around. This list is reviewed approximately 3 weeks ahead to see whose "turn" it is to make calls. Those persons are then phoned to ascertain they can do them, and the lists are mailed out. We find calls are best made 10-14 days prior to meetings.

Codes (recently revised) are used for responses: WC (will come), MC (might come), CC (can't come), AM (answering machine), LM (left message with another person, NC (no contact due to phone disconnected, persistently busy or not answered, or wrong number). Space is allocated for comments like "Remove from list," or other remarks the person wants to pass along.

We find our members appreciate the personal contact (even if it is through a phone recording) and having a person and number to call if they have any questions about the meeting or organization.

For details of how to set up and operate a phone tree, please contact our Executive Director.

— Submitted by Carla Felsted
Sedona



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 Sierra Vista/Tombstone 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 area code 520, call 529-0461); Fax: 520-751-1310

Recognizing a Stroke

This might be a lifesaver if we can remember the three questions! It was originated by a nurse, whose husband is a medical doctor.

I had never heard this advice before and hadn't a clue. Perhaps you hadn't either and would like to file it away in the back of your head.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say any bystander can recognize a stroke asking three simple questions:

- Ask the individual to smile.
- Ask him or her to raise both arms.
- Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of nonmedical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions.

They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage."

— Submitted by Harry Lien
Green Valley

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Don't Know Quite What to Say in a Sympathy Note?

Many of us experience discomfort with not knowing what to say when seeking to console others about the death of someone close to them.

Sympathy notes can memorialize the deceased and provide comfort to recipient and sender alike. They further humanize the deceased-sender interaction.

It is acceptable (and probably more helpful) to mention that someone has died without using euphemisms such as “passing” and “going to a better place.” I recommend that condolence notes mention the deceased by name with an acknowledgement of the family’s loss and an expression of sympathy. Whenever possible, the note should highlight unique positive qualities of the deceased person, perhaps with a short anecdote describing a patient-physician or other memorable interaction.

Some phrases can be helpful in expressing concern for the bereaved: “Although I never met;” “I was saddened to find out about;” and “It is difficult to find words to express my sorrow.” (One way to overcome not knowing quite what to say is to say “I don’t know quite what to say!”). When appropriate, a comment about the superb care, love and support that family and friends provided to the deceased can be described.

If the note offers assistance to the grieving, be prepared to provide it. Along these lines, mention of sympathy regarding the deceased’s death can be very helpful weeks and months after the death. Don’t be afraid to bring up the subject, feeling that you don’t want to remind the survivors of their loss. They have not forgotten the deceased, and may welcome the opportunity to talk about their loss now that

the “hubbub” from the time of the death has dissipated. In acute deaths especially, the survivors’ ability to review the occurrences could be of great benefit to the family and help them reconcile themselves to the loss.

The note should end with a thoughtful closing such as “you are in my thoughts” or “with deepest sympathy.”

Phrases that should be avoided include “I know how you feel;” “He is in a better place;” “You will do fine;” “You should be thankful that you were together for so long;” and “Time heals all wounds.” These remarks can be perceived as trite, presumptive or incorrect. (e.g. time doesn’t heal—it’s time and what you do with it.) The sender’s faith-based beliefs should not be offered as comfort unless it is clear that the recipient shares these beliefs.

It is best not to leave a specific message on an answering machine, unless it states that you are thinking of the family and will call back or write to them. One might call on the day of the death or the next day and follow this with a note. The note should be sent in a timely fashion, usually within one to two weeks of the death. As

mentioned above, more expression of sympathy later is fine.

E-mail is generally a less than optimal way to contact the family unless this was previously established as a frequent mode of communication. Handwritten notes are usually perceived as warmer and less businesslike. Commercially available cards need at least a brief personalized expression of sympathy and, in my opinion, are not as genuine.

Sending a condolence note also can be a beneficial act toward closure for the sender. I have had many positive comments from families who have received my condolence notes. Occasionally a letter is sent to me years after the fact because something happened to remind the family of our previous encounters. Many times, a recipient of my condolence note has encountered me in a mall or store and reminded me how appreciated and helpful the note was for them. ■

This article was largely written by Neil M. Ellison, MD, director, Palliative Medicine Program, Geisinger, Medical Center, Danville, PA, and augmented by John Abraham.

End of Life Choices-Arizona

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Survey Results

End of Life Choices-Arizona Fifth Freedom Foundation “We Need Your Input” (from October 2003)

Total Forms = 144

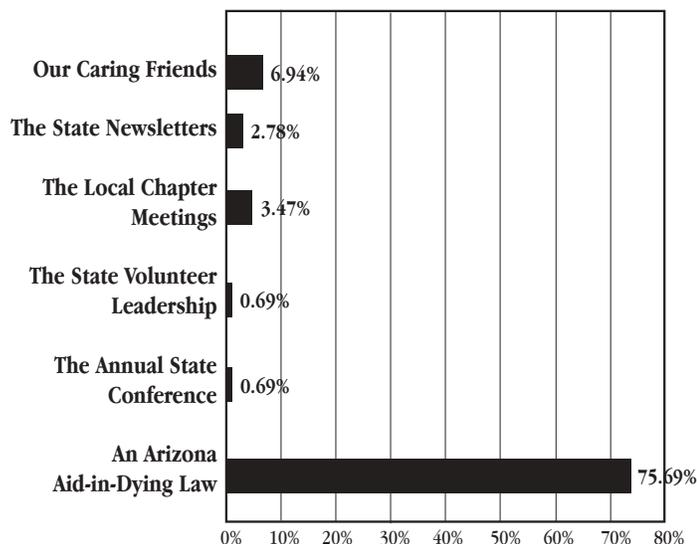
(this represents about 8% of our members who returned completed questionnaires)

1. Your Priorities for Us	Average	Rank	Top Priority
An Arizona Aid-In-Dying Law	1.47	1	75.69%
The Annual State Conference	3.99	6	0.69%
The State Volunteer Leadership	3.69	5	0.69%
The Local Chapter Meetings	3.34	3	3.47%
The State Newsletters	3.35	4	2.78%
Our Caring Friends	2.83	2	6.94%
2. Broadening Our Message			
Assisted Living Facilities	4.75	7	6.94%
Finding Myself a Healthcare Advocate	4.47	6	2.78%
New Healthcare Laws	3.81	4	11.11%
Self-Deliverance	2.52	1	42.36%
Organ Transplants	5.56	8	0.69%
Living Wills	4.22	5	6.25%
Caring Friends	3.77	3	5.56%
Finding the Right Doctor	3.43	2	16.67%

End of Life Choices Arizona - “We need your input” (from October 2003)

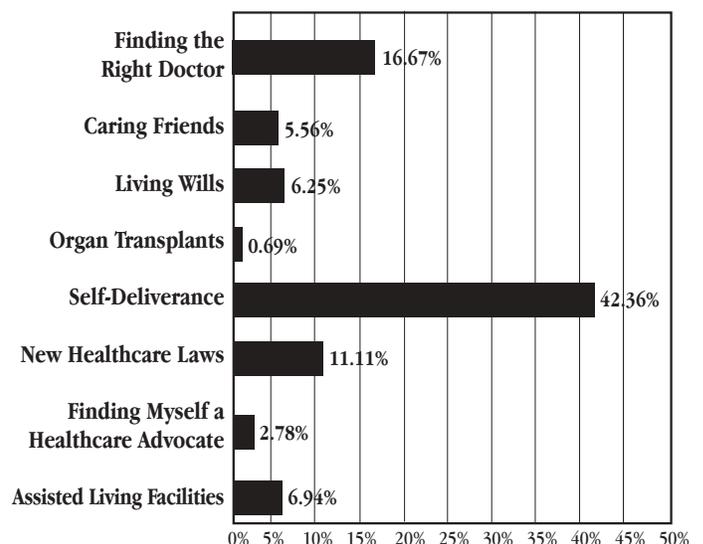
YOUR PRIORITIES FOR US ...

*As you know, we have a lot of things to do.
But which are most important to you?*



BROADENING OUR MESSAGE ...

*For years, our main message has been Self-Deliverance.
As we go more mainstream and broaden our agenda,
rank the subjects you would like to see us discuss.*



Data compiled by John Abraham, May 2004

Torture in America

— By John Nemeth, Tucson

The Eighth Amendment to the United States Constitution prohibits “cruel and unusual punishment.” This has generally been recognized that no cruel or unusual punishment could be given as a sentence in a criminal trial. However, the Amendment does not limit such prohibitions to trials alone. It limits cruel punishment as a condition for life in the United States.

In the last hour or so before my mother died in December she repeated many times “this is torture.”

Why was my mother forced to endure torture? The torture she endured was forced upon her by the power of law. The law prohibits assisting a dying person from getting relieved of their torturous life. The torture of a dying person denied relief is just as real as if it were applied by some device. It is being applied by some device. That device is the law.

Torture is supposed to be illegal. It isn't illegal because the values of some people are imposed by law on other people who may not hold the same values. No free person should be forced to live by the values of other people. Religion and adherence to any particular religious doctrine is supposed to be a voluntary practice.

People like us who have advocated the freedom to aid the dying have generally failed to change the law. This failure has been both at a legislative level and through ballot initiatives. This failure is in spite of decades of hard work. I am suggesting a legal challenge to these laws as being unconstitutional as an additional effort to the ballot. A legal challenge may not be successful but it will bring attention and public debate. A legal challenge will force those who seek to impose their beliefs on others to take a long hard look at what they are doing to people like my mother.

The same principle applies to us. We won't force anyone to adhere to our values by force of law. Some religious people will deny they use torture to perpetuate their values and coerce them on others against their will. The converse is true.

I am not an atheist and I am not opposed to religion. Religion practiced on a voluntary basis is a good thing. Religion imposed by coercion is a bad thing. ■

The PCAA Legislation Did Not Pass (Yet!)



Representative **Linda Lopez** stated: “My colleagues in the legislature have been approaching me asking about the status of this bill because they have been getting letters of support from their constituents. Such letters are probably the single most important thing that individuals can do to help

with this legislation. Although we were not successful in getting a hearing this year, the letters still laid important groundwork for next year. We hope we will get even more letters next year!”



Thank you to all who made our Press Conference with Representative Linda Lopez such a successful event!

Man Leaps to His Death from Vintage Plane

A California man recently diagnosed with a brain tumor leaped to his death from a vintage airplane he rented to mark his 88th birthday, officials in El Cajon said. Joseph Frost took off his safety belt, stood up in the open cockpit of the two-seat biplane and went over the side Monday, despite the pilot's efforts to wrestle him back into the plane, officials said. The plane is similar to what Frost flew in World War II, said his son, Robert. “I think that was Dad's idea, to go out in a flash of glory.”

— Submitted by Earl Wettstein

STATE CONFERENCE
Saturday, November 6
10am-3:30pm
Scottsdale

*Mark your calendar and
stay tuned for details.*

**Our next State Board Meetings of
EOLC AZ and FFF will be**
Saturday, September 11, 2004
10:00am to 3:00pm
**San Marcos Resort and
Conference Center**

1 San Marcos Place
Chandler, AZ 85225

Phone Number 480-821-0900

At the corner of Arizona Avenue and
Buffalo Street (one short block West of
Chandler Blvd.) in downtown Chandler

Please be sure your representative on
our board knows of your concerns!

If you plan to attend as a guest,
please notify us 3 weeks in advance.

**Please contact our Executive Coordinator,
Mrs. Ruthe Steinberg,
toll-free at 1-877-535-3600 or
in Tucson at 529-0461
for reservations.**

Newsletter Schedule

Our Newsletter schedule is as follows:

Mailings on about:

- ◆ September 22, 2004
- ◆ November 1, 2004
- ◆ January 22, 2005
- ◆ April 1, 2005.

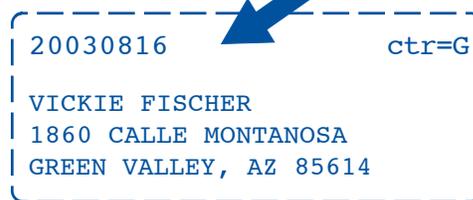
I welcome all news contributions!

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

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

I'm looking forward to your contributions.

Check your renewal date



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

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Fifth Freedom Foundation

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ADDRESS SERVICE REQUESTED

IS YOUR MEMBERSHIP ABOUT TO EXPIRE?



If it is, please renew soon.
Check the date on your label here ...

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