



Compassion & Choices Arizona

Compassion in Dying - End of Life Choices

Previous Issues at: www.choicesarizona.org

Fall 2011

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

P. O. Box 14556, Scottsdale, AZ 85267 * Email: info@choicesarizona.org * Web: www.choicesarizona.org

Dedicated to educating and expanding compassionate end-of-life choices for all Arizonans including the right of terminally ill adults to physician aid in dying as a fundamental civil right.

BOARD PRESIDENT'S COMMENTARY

The recent Phoenix trial of Final Exit Network supporters, Dr. Larry Egbert (*who was found not guilty*) and Frank Langster (*whose case resulted in a hung jury*) demonstrates how much misunderstanding and disagreement there is in our state and across the country regarding physician assisted dying. The verdicts, however, demonstrate that there is great hope for the future of the death-with-dignity movement even in this non-favorable legislative climate. Although opposition to an individual's right to die is aggressive, people on the jury and in the general public have progressed enough in their thinking to understand that to respect the wishes of every individual in their time of greatest need is not a crime, but a humane act.

As a primary group in Arizona to advocate the philosophy that it is an individual's right – not the right of the church or the state – to determine that a person near the end of life may choose to hasten their own death, Compassion and Choices has a long and difficult road ahead to achieve the level of public awareness and demonstrated support that could one day bring about the changes necessary to pass legislation like that of Oregon. In our state we have a large population of baby boomers who, when they face end-of-life challenges, will demand as much control of their death as they have of their lives.

We can only gain the support of the people if our message is clear and morally sound. We cannot allow the spreading of misinformation that doctor-prescribed medication (or

even a helium hood) that will aid a person to die peacefully, is immoral and criminal. It is our duty to talk to people about the right to die in our regular conversations and explain the importance of having this right for yourself.



Enci Lajos

The goal for the immediate future of Compassion and Choices Arizona is to build a larger core of supporters in the Phoenix and Scottsdale area by disseminating the correct information through word of mouth, literature, activism, meetings and speakers. We also strive to maintain and grow our already effective chapters statewide and to follow proven formulas for success.

We look ahead with the vision that our legislators will one day respect the wishes of their constituency and support an individual's right to choose a dignified death. Polls consistently show that a large majority of Arizonans want these freedoms for themselves; yet the minority persists in successfully maintaining the status quo. Much work remains to be done before all Arizonans finally achieve the choice and control they deserve over the end of their lives.

It is the act of *preventing* someone from ending their own suffering in a peaceful way, and possibly *forcing* them to a last resort of undignified violence or a torturous end, that is inhumane.

TO CONTACT YOUR LOCAL CHAPTER OR STATE LEADERSHIP

This is Your State Organization - please let us know how you want to help! Questions or comments welcome.

CHAPTER CONTACTS

Cochise County — Billie Stockl
(520) 803-9285
Email: bstockl@cox.net

Greater Phoenix Area — Enci Lajos
(602) 301-9826
Email: enci@choicesarizona.org

Green Valley — Bill Haley
(520) 399-2130
Email: karebil@live.com

Northwest Valley (Carefree, El Mirage, Glendale, Morristown, Peoria, Sun City, Sun City West, Surprise, Wickenburg, Goodyear, and Youngtown) — Irene Weitzman
(623) 214-6552
Email: ireneweitz@aol.com

Prescott — Volunteer Needed!

Scottsdale area — Freda Anderson
(480) 585 0824
fredaanderson@cox.net

Sedona — Deborah Darby
(928) 634-3237
Email: peacefulpassing@q.com

Tucson — Volunteer Needed

**Please Call Your Local
Chapter Representative if you
have questions or comments!**

**Or contact the national
Compassion & Choices offices at
1-800-247-7421**

STATE LEADERSHIP

COMPASSION & CHOICES ARIZONA BOARD

President: Enci Lajos, Phoenix
Vice President: Volunteer Needed
Secretary: Irene Weitzman, Sun City West
Treasurer: Freda Anderson, Scottsdale

Members: Bob Wallace, Sun Lakes
David Brandt-Erichsen, Tucson
Bill Haley, Green Valley
Anne Mardick, Scottsdale

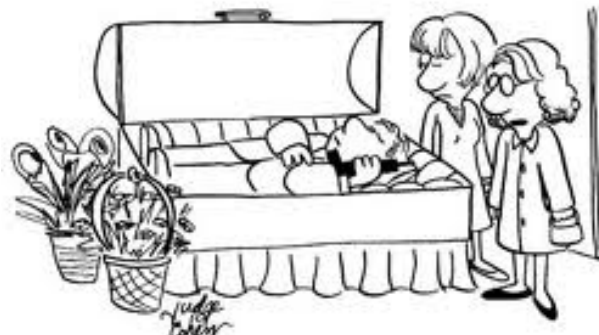
Newsletter Editor: Deborah Darby
Please send information for newsletter to
peacefulpassing@q.com

Compassion & Choices Arizona Medical Support Board

Dr. Robert H. Furman
Dr. Harvey Turner
Dr. William J. Hall

Compassion & Choices Arizona Clergy Support Board

Julian Rush, BD, MDiv, STM, MA



"He looks so natural."

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phone: (216) 371-8600 / e-mail: ft@funnytimes.com

Yes, I want to join Compassion & Choices!

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

Please make checks payable to Compassion & Choices

Membership Options:

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

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

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

Please send my newsletters (national and state) to:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email: _____

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

Compassion & Choices
P. O. Box 101810
Denver, CO 80250

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

To join online: www.compassionandchoices.org

**Questions regarding membership must be directed to the National Office at 1-800-247-7427
(Then ask for "membership")**

Rest in Peace...in Style

FOR SALE: SINGLE CRYPT IN MAUSOLEUM OF PEACE

A single crypt, located in the *Mausoleum of Peace* at the East Lawn Palms Cemetery, 5801 E. Grant Road, Tucson, AZ, was donated to Compassion & Choices Arizona.

Retail value includes a single crypt, Level 3, (\$6095), opening and closing of the Mausoleum space (\$995), a plaque monobar with the individual's name and dates inscribed (\$595), a vase to be permanently mounted under the monobar (\$95), and installation of monobar and vase (\$150).

Today's value is \$7,930 but we would like to offer this to you for a reduced total cost of \$3,000. We will pay the \$200 title transfer. Itemized costs were provided by Nathan Friend, General Manager, East Lawn Palms Cemetery. For more information about the cemetery, you can contact them by calling (520) 886-5561. This sale does not include funeral home expenses.

**For purchasing information, please contact Enci Lajos at (602) 301-9826
or via email at enci@choicesarizona.org**

*Sale
Price!!*

Chapter News

Northwest Valley Chapter

Friday November 18, 2011 at the Sun City West Foundation Center at 14465 R.H. Johnson Blvd, Sun City West. Our speaker will be Ms. Phyllis Rowe, Funeral Board Member for the State of Arizona. She will speak about the Funeral Consumer Alliance and their mission to educate consumers and protect consumers' rights in the planning and purchase of funeral and memorial arrangements. Meet, greet and eat light refreshments, and hear an update about what is happening in the Compassion & Choices world at 1:30 PM, followed by the speaker at 2 PM. Questions are welcome. Bring a friend, your spouse or significant other. The meeting is free and open to the public. For more information call Irene Weitzman at 623-214-6552 or preferably email: ireneweitz@aol.com.

Sedona Chapter

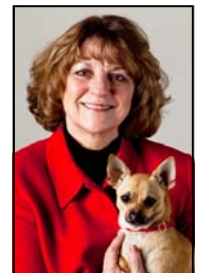
Saturday October 1 at the Sedona Community Center, 2615 Melody Lane from 9:30 to 11:30 AM. "Bring Death Back to Life" with Maria Dancing Heart Hoaglund. Dancing Heart is an author whose books have such compelling titles as "The Last Great Adventure of Life" and "Are you Ready for The Most Important Day of Your Life?" in which she **incorporates her passion for the body-mind-spirit approach to healing**. She is a nationally-recognized speaker, hospice worker, energy healer and spiritual counselor.



Dancing Heart says, "One might say that the entire world today is 'on hospice.' We are all being called to die to the old so as to make space for the new! Learning the secrets and wisdom of hospice can help us better cope." Dancing Heart combines her expertise from hospice with her vision for world peace and understanding in a most unusual and inspiring way. She's written several books on this topic. You can reach Dancing Heart at info@changewithcourage.com.

Come and join us for a healing conversation, not only around end-of-life and grief issues, but around the many ancient and simple integrative and holistic modalities that are here to help us forgive, release, let go and move on! Dancing Heart will share some very simple methods to improve your health and wellness, too!

Saturday November 5 at the Sedona Community Center, 2615 Melody Lane from 9:30 to 11:30 AM. "...And Then There was One" A free workshop and discussion featuring author Charlotte Fox, who will be explaining the experience that led her to write her popular workbook of the same title. The methods described in her workbook are invaluable guidelines as you plan for the end of life, or to guide you after the loss of a spouse, life partner or other loved one.



These and other end-of-life issues are open for discussion at the Sedona meetings. For more information, please call 928-634-3237 or email peacefulpassing@q.com.

Phoenix/Scottsdale Chapter ...Please see top of Page 7...

MEET YOUR NEWEST BOARD MEMBERS

L. ANNE MARDICK, STATE BOARD MEMBER

Anne Mardick is a retired telecommunications professional with 27+ years experience having held director-level positions at both Qwest and Sprint. She has her BS in Business Administration and an MS in Telecommunications.

Once Anne retired, she decided to redirect her energy and passion to building her next life. "Life Phase II" as she refers to it, includes activism for social justice and guarding our Constitution's precious separation of church and state.



Anne Mardick
Contact information:
amardick@cox.net
480.948.1818

In 2011 she was elected to a three-year term on the board of the Arizona ACLU. She is a Life Member of both the American Humanist Association and the Humanist Society of Greater Phoenix. She is a Humanist Minister & represents "humanism" on the Arizona Interfaith Council. Anne is both the founder & president of the Greater Phoenix Chapter of Americans United for Separation of Church & State and the Freedom From Religion Foundation – Valley of the Sun Chapter, and is also a Life Member of the FFRF national organization. She recently joined Compassion & Choices and became a board member because this issue, like other church/state separation issues, is near and dear to her heart. Anne believes that we must live, and die, according to our personal conscience, never by the dictates of others.

We are grateful to Anne for serving on the Compassion & Choices state Board of Directors. She is one of our newest board members. She has allowed us to publish her contact information, hoping that we can continue to build the Scottsdale and Phoenix Chapters.

BILL HALEY, COMPASSION & CHOICES STATE BOARD MEMBER AND CHAPTER LEADER, GREEN VALLEY CHAPTER



Bill Haley

Bill Haley and his wife Karen came to Arizona in 1990. They have lived in various parts of the Arizona, settling in Green Valley. Bill was educated as an Automotive Engineer and worked in various capacities at General Motors for thirty years or more. He retired from GM in September 1987 (and can't be blamed for their downfall).

He is the Chapter leader of the Green Valley group, with about 100 members, and has held this position for about four years. Bill has recently been accepted onto the Arizona Board of Compassion & Choices and is looking forward to pursuing "our passion". He's spoken at several groups in the area and can be reached at karebil@live.com if your group or organization would like to hear him speak.

Bill has been a member of the many different groups that support an individual's right to a "peaceful passing" at a time and place of their choosing. Since we have very little control over the decisions that will eventually effect us all, Bill looks forward to helping everyone find ways to take advantage of the wonderful services afforded by Compassion and & Choices.

Thanks, Bill, for serving on the Compassion & Choices state Board of Directors. He is also available to speak to organizations on the topic: "Our Right to Die in a Time and Place of Our Own Choosing is in Jeopardy... What Can We Do About it?"



Voluntarily Stopping Eating and Drinking (VSED) A Legal End-of-Life Choice

Even in states without an explicit legal framework for aid in dying, no one must suffer needlessly at life's end. Options exist, supported in law and medicine throughout the nation, enabling people to face the end of life in relative comfort and in harmony with their values. Compassion & Choices End-of-Life Consultation (EOLC) Program ([1-800-247-7421](tel:1-800-247-7421)) stands ready to help all terminally ill and mentally competent adults—as well as those who just want to plan ahead—understand their peaceful options at life's end.

Voluntarily Stopping Eating & Drinking is a gentle, natural passing. VSED is not starvation and with palliative support, is not painful. VSED is a legally recognized option for mentally competent adults who wish to end their suffering. Numerous studies demonstrate that, when coordinated with hospice care, the process is peaceful and the patient does not suffer from hunger or thirst. A growing number of individuals are exploring this option.

VSED permits dying to proceed naturally. This choice involves consciously refusing all food and fluids for a gentle, natural passing. Consciousness is lost in as little as two or three days, and death typically occurs within one to three weeks, depending on the individual's hydration and disease state. Success with VSED requires determination, accurate information, and 100%, around-the-clock support from family or other caregivers.

Compassion & Choices is launching a nationwide campaign to educate the public, caregivers and health care providers about VSED that includes dispelling many of the myths surrounding the process as well as explaining the physio-

logical process once the decision to refuse fluids and nutrition has been made. The campaign will also address potential pitfalls, such the story of Armond and Dorothy Rudolph and the resistance they encountered from their assisted-living facility when they announced their plan to voluntarily stop eating and drinking. They overcame eviction and achieved the peaceful ending they sought. Their full story appears online at compassionandchoices.org/vsed.

If you reside in an assisted living facility, or are thinking about moving to one sometime in the future, you would expect them to honor any choices you make in the privacy of your home. That isn't always the case as Armond and Dorothy's story makes clear. Compassion & Choices has created an Assisted Living Facility Rider to help make sure your home (or future home) is suited to your choice. You can download the ALF rider at tinyurl.com/alfrider.

Outside of Oregon, Washington and Montana, one's end-of-life choices can include:

- **Voluntarily stopping eating & drinking**
- **Hospice or palliative care services in the home**
- **Forgoing or directing the withdrawal of life-prolonging treatments**
- **Aggressive pain and/or symptom management, including palliative sedation**

Phoenix/Scottsdale Chapter - Next Meeting
October 1 at the Mustang Library in Scottsdale
At 2:45 PM in the Library Book Discussion Room
With author Charlotte Fox!



Mustang Library:
10101 North 90th Street
Scottsdale, AZ 85258
Phone: 480-312-7323

Join us!
Bring a
Friend!

“...And Then There was One”

A free workshop and discussion featuring author Charlotte Fox, who will be explaining the experience that led her to write her popular workbook of the same title. The methods in the workbook are invaluable guidelines to follow as you plan for end of life, or to guide you after the loss of a spouse, life partner or other loved one.

For more information, please go to Charlotte’s website:
www.therewasone.com



Deb Darby

EDITOR’S CORNER: UPCOMING EVENTS!

Please send your comments and questions to peacefulpassing@q.com

Here’s hoping you’ll take advantage of the several events Compassion & Choices Chapters have scheduled for the next few months! Support your local chapter and endorse our right-to-die movement in Arizona by attending, bringing your friends and of course, joining us or renewing your Compassion & Choices membership!

It’s my privilege to know two of the speakers who will be doing workshops in the near future. **Maria Dancing Heart Hoaglund** is a gentle soul with an innate ability to touch your heart and stimulate your mind simultaneously. You’ll be uplifted, entertained AND encouraged by her. You’ll walk away in a better state of mind, I promise!

And don’t miss the chance to hear **Charlotte Fox (either in Scottsdale or in Sedona)**. She’s a busy lady, doing presentations all over the country to help people plan for the end of life and/or cope with the mountain of paperwork required, even as bereft loved ones are working through grief, in the wake of an unexpected death.

Of course we HOPE that everyone has their own paperwork in order: advance directives with your explicit end-of-life wishes described in detail to help family members and to assure that your wishes are followed...because...

It’s much easier to die when the time comes if you KEEP your affairs in order rather than waiting until the last possible moment.



Compassion & Choices AZ
P. O. Box 14556, Scottsdale, AZ 85267

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Dedicated to educating and expanding compassionate end-of-life choices for all Arizonans including the right of terminally ill adults to physician aid in dying as a fundamental civil right.

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 that we will prepare and mail to your constituency!

Send info to: info@choicesarizona.org

UPCOMING EVENTS (More detail on these events inside!)

Sedona Chapter of Compassion & Choices AZ will meet Saturday October 1 at the Sedona Community Center, 2615 Melody Lane from 9:30 until 11:30 AM. Hear a presentation entitled, "Bring Death Back to Life" with Maria Dancing Heart Hoaglund, nationally-known author, energy healer, spiritual counselor and hospice worker. Free and open to the public. For more information, you can reach Dancing Heart at: info@changewithcourage.com.

Phoenix/Scottsdale Chapter of Compassion & Choices AZ will meet Saturday October 1 at the Mustang Library at 10101 North 90th Street, Scottsdale, AZ in the Library Book Discussion Room at 2:45 PM with speaker Charlotte Fox, with her presentation entitled "...And Then There was One". This free workshop and discussion will explain the experience that led her to write her popular workbook of the same title. The methods described in the workbook are invaluable guidelines to follow as you plan for end of life, or to guide you after the loss of a spouse, life partner, or loved one. The meeting is free and open to the public.

Sedona Chapter of Compassion & Choices AZ will meet Saturday November 5 at the Sedona Community Center, 2615 Melody Lane from 9:30 until 11:30 AM. Come and hear a presentation entitled "...And Then There was One"...a free workshop and discussion featuring author Charlotte Fox. The workbook of the same title is a tactical survival guide to follow as you make end of life plans, or to guide you after the loss of a spouse, life partner, or loved one. Charlotte's presentation will be followed with a brief discussion of the Five Wishes method of preparing an Advance Directive. Free and open to the public. These and other end-of-life issues are open for discussion at the meetings. For more information, please call 928-634-3237 or email peacefulpassing@q.com.

The Northwest Valley Chapter of Compassion & Choices AZ will meet Friday November 18 at the Sun City West Foundation Center at 14465 R.H. Johnson Blvd, Sun City West from 1 to 3 PM. Our speaker will be Ms. Phyllis Rowe, Funeral Board Member State of Arizona. She will speak about the Funeral Consumer Alliance and their mission to educate consumers and protect consumers rights in the planning and purchase of funeral and memorial arrangements. The meeting is free and open to the public. For more information call Irene Weitzman at 623-214-6552 or (preferably) email ireneweitz@aol.com.