Choice & Dignity: April 2026 Newsletter

A Message from the Editor

Hello Everyone,

You'll notice a big change to our newsletter format this month. We finally figured out how to streamline our work process by eliminating the step of formatting the letter for printing. We haven't actually printed the letter in years, and this format is way less time-consuming to produce, especially with the help of artificial intelligence.

You'll notice that we are concentrating on providing headlines with links for you to follow if we have piqued your interest.

It is our first try so your thoughts and comments/criticisms are welcome.

Best regards,

Jim

Upcoming Choice & Dignity Local Events

Mark your calendars! Full details for all events can be found at choiceanddignity.org.

- **Death Cafe** | Friday, April 24th | Flowing Wells Library
- **"How to Get the Death You Want" Classroom Series** | Fridays in May (Starts May 1st) Next offered in January 2027
- **Mortality Movie Series:** *Taking Care with Seth & Lauren Rogen* | Saturday, May 2nd
- **On-line Book Club Date TBD.**

  Vote for our next read: click here - https://forms.gle/JntDXNsYgXKb6SVB9

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Upcoming Partner Local Events

Funeral Consumers Alliance of Arizona

Bureaucracy from Beyond the Grave: Guiding the Living Through the Paperwork of the Deceased

5:00 PM Wed Apr 15 2026
When Becky Robison's father died of cancer, her first thought was not how to break the news to his friends or how best to honor his legacy. Her first thought was: Am I supposed to have a copy of his will or something? In this talk, Becky will cheerfully guide you through the morass of death-related paperwork and red tape—from death certificates to medallion signature guarantees— and explain how lawyers and accountants fit into the picture.

Register by clicking on this
https://zoom.us/meeting/register/hSD35nE6SBeRdYsrbtd0mw#/registration

Roots and Roads Community Hospice

From the Ground Up: Raising Death Literate Children

April 16, 2026 | 6:00 pm -7:30 pm (Arizona Time)

Join us as cultural anthropologist and writer, Anita Hannig, challenges the assumption that sheltering children from death protects them. While we have sanitized death into something that happens elsewhere—in hospitals, nursing homes, funeral parlors—we have inadvertently left children unprepared for one of life's most universal experiences. As a parent to a death-curious four-year-old who loves visiting cemeteries, Anita argues that speaking thoughtfully with kids about our shared mortality may equip them with the tools and frameworks to navigate life's unavoidable losses.

For more info or register to attend

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Harmony Community Healthcare – Advanced Directives Walk-In Event

April is National Advance Directive Month

Give your loved ones the gift of peace of mind by making your healthcare wishes known, documented, and honored.

Join us for a FREE end-of-life planning event hosted by Harmony Community Healthcare. Our compassionate team will provide one-on-one support to help you complete essential documents like:

✔️ Medical Power of Attorney
✔️ 5 Wishes
✔️ Living Will
📅 April 23, 2026
⏰ 10:00 AM – 3:30 PM
📍 310 S Williams Blvd Ste 210, Tucson, AZ

Navigating Solo Network

Save the Date: May 13, 2026, 3nd Annual SAVvy Day!
Join the **Navigating Solo Network** for SAVvy Day: Solo Aging Visibility Day and sign on as a Community Partner or Proud Ambassador today!
All details: **https://navigatingsolo.com/**

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National & State Happenings

The Fight for Free Speech: *Welty v. Dunaway*

A federal case in Tennessee challenges a law restricting speech about out-of-state healthcare. Compassion & Choices has filed an amicus brief, warning that if states can criminalize speech about legal out-of-state care, it sets a dangerous precedent for discussing Medical Aid in Dying (MAID) across state lines. **Read the Full Legal Analysis**.

Arizona Legislative Update: The Thomas M. Dow Act (HB 2569)

Introduced by Rep. Chris Mathis, HB 2569 sought to authorize MAID in Arizona. **Current Update from Death with Dignity:** While the bill did not meet the crossover deadline this session, advocates are encouraged to thank sponsors Chris Mathis, Oscar De Los Santos, and Nancy Gutierrez for their leadership. **Thank the Bill Sponsors Here**.

New York Signs Medical Aid in Dying Act into Law

On February 6, 2026, Governor Kathy Hochul signed historic legislation authorizing MAID for terminally ill New Yorkers, effective August 2026. **Read the Full Announcement**.

Washington State Update

Washington State has clarified that residents in long-term care facilities have the legal right to ingest MAID medications on-site. https://endoflifewa.org/wp-content/uploads/2026/03/Right-of-Residents-of-Long-Term-Care-Facilities-2.pdf

Illinois Update

Meanwhile, Illinois continues to move forward with SB 1950 ("Deb's Law"), emphasizing the requirement for patient self-administration.

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International News

- **South Korea:** A terminally ill man was stopped at Incheon Airport while attempting to travel to Switzerland, sparking a national debate on domestic options. **Read the Korea Herald Report**.
- **South Africa:** DignitySA continues its legal fight and educational outreach. **Listen to the DignitySA Podcast**.
- **Italy** - **Italian woman dies after self-administering a lethal drug with an eye-controlled device** The high-profile case of the quadriplegic patient, known as Libera, has once again put pressure on parliament to pass a law on euthanasia

  After a long legal battle that lasted more than two years, Libera – a fictitious name –, a 55-year-old Italian woman who suffered from multiple sclerosis and had become quadriplegic, died on Wednesday by assisted suicide carried out with the support of a special eye-controlled device that administered a lethal drug. This woman's story has reopened the debate on euthanasia in Italy, where it is not legal. However, assisted suicide is permitted in certain cases. This practice involves a doctor preparing the lethal medication, which the patients then take themselves; in other words, a professional assists but does not directly cause death. Read the entire article https://tinyurl.com/ChoiceandDignity
- **For the most complete International News –**

  Please visit our partner website at the World Federation of Right to Die Societies.

  https://wfrtds.org/news/

Research & Education

- **The REKINDLE Study:** Investigating psilocybin-assisted therapy to alleviate "death anxiety" in palliative care. https://psychiatry.arizona.edu/rekindle

- **Hospice Industry Trends:** An analysis of 5 key trends shifting hospice back toward person-centered care. **Read the Hospice News Analysis**.
- **Republicans are twice as likely as Democrats to call physician-assisted death morally wrong**.
  (48% vs. 23%). https://www.pewresearch.org/?p=294581

Guest Article: The Hospice Comfort Kit

By Beth Cavenaugh, RN, BSN

Hospice nurse Beth Cavenaugh demystifies the "E-Kit"—medications kept at home to manage sudden symptoms. "It provides peace of mind, ensuring comfort is never more than a few steps away." **Read the Full Guide**.

Guest Article: Death Doula Interview

Member Jane Ehrich had questions about whether or not a doula could be a compassionate presence at an exit.

Read the full interview:
https://www.choiceanddignity.org/death-doulas.html

Your Life, Your Death: Resources & Media

- **Solo Aging:** *Dwell* magazine explores if our homes are ready for us to grow old alone. **Read the Article**.
- **Mapping the End**
  Sometimes we avoid conversations about the end of life because we fear extinguishing hope. But not discussing the known trajectory of disease can leave patients and families navigating one of life's most difficult seasons without a map. Read the Article

- **Final Exit Network Hosts Switzerland Exit Confab**

- **Click here for access to the recording and resource links. You'll find the resources about halfway down the webpage:**

  https://www.choiceanddignity.org/switzerland.html

Digital Hub Spotlight

1. The Redesigned ChoiceAndDignity.org: Explore our new resource library and event calendar.

2. The MAID Action Center: Track national legislative progress in real-time.

3. The Academy of Aid-in-Dying Medicine: Free, professional-level courses on the clinical and spiritual aspects of MAID.

4. Free End of Life Planner & Funeral Comparison Tool

https://farewellfinder.com/

Your Life, Your Death, Your Questions

Q: Can I access MAID for pain alone if I am not terminal?

A: No. Current U.S. laws require a terminal prognosis of 6 months or less.

Q: What should I ask when touring an assisted living community?

A: Focus on 24/7 staffing levels, how care plans are reassessed, and how specialized medical or dietary needs are managed. **Read the Full AgingCare Guide**.

In Memoriam

We honor the legacy of **Veronica Welch** of Phoenix, AZ. Her love for her family shone brightly as she prepared for her exit. Ronnie passed away peacefully on her own terms on the 18th of January 2026.

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Swedish Death Cleaning: Celebrating the legacy of Margareta Magnusson (1934–2026). Read the full obituary: https://www.nytimes.com/2026/03/13/books/margareta-magnusson-dead.html?unlocked_article_code=1.YlA.-ST3.rhHnBoHlUjVA&smid=url-share

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Get Involved

Volunteer

We are seeking **Board Members**, **Discussion Leaders**, and a **Facebook Guru**.

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Become a Member

Help sustain this mission by becoming a paid member or contributor.

Contact: 1-800-811-4112 or ChoiceandDignityInc@gmail.com

Our Board of Directors and Volunteers

Name	Position
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Sally Hall, MD	Director of Member Services
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Stephanie Pasanen	Member at Large
David Swift	Director-Grassroots Lobbying
Cathy Stewart	Applicant -Member at Large
Krysta Kavanaugh	Death Café Facilitator

A little Humor

"Oh, Cecil, Cecil, Cecil...if you'd only read the instructions that came with your chainsaw."