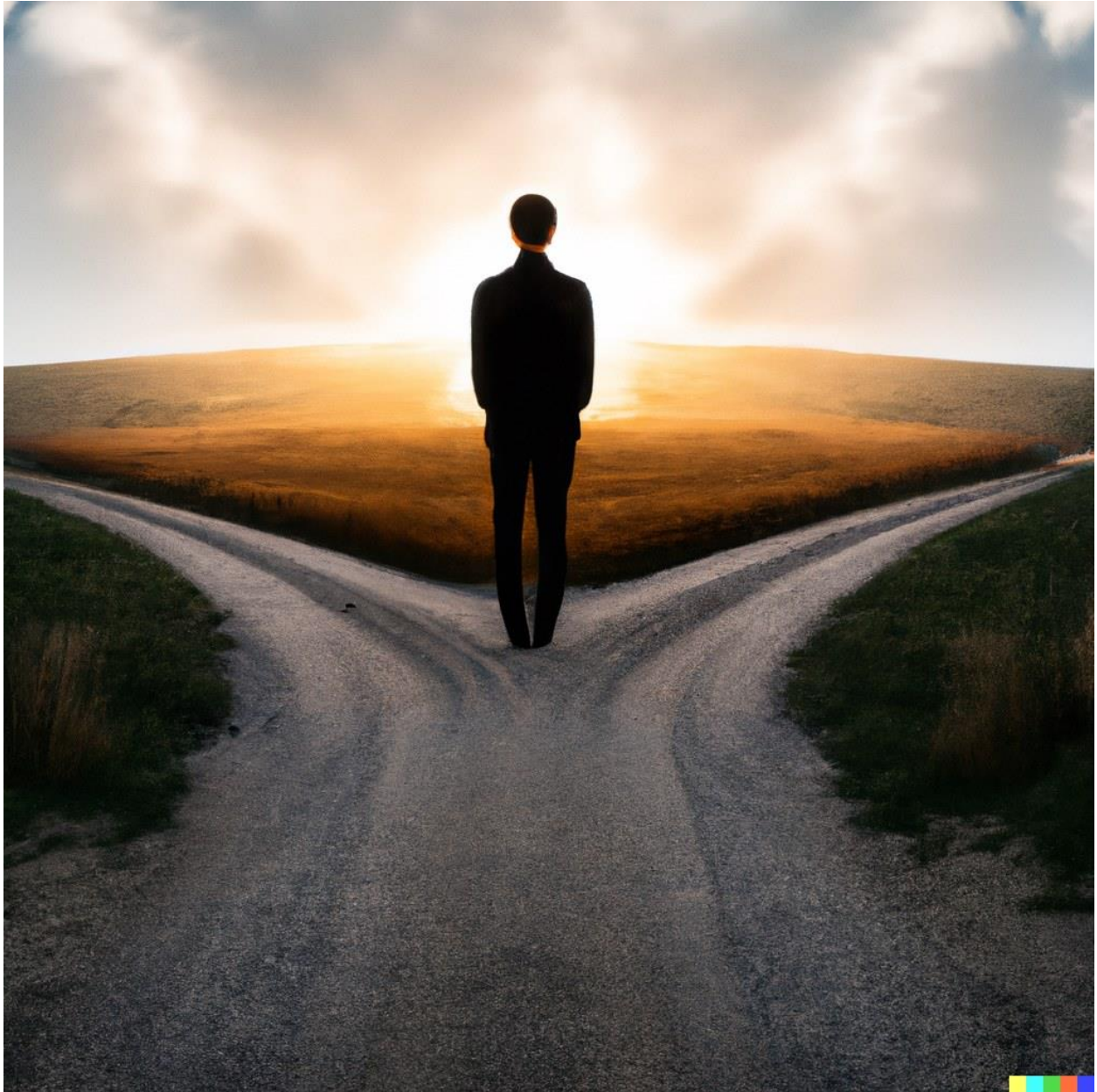


Choice & Dignity Newsletter

April 2023



In This Issue..



- **Happenings** - News you can use about the Death with Dignity movement
- **Meet The Board** - With each newsletter we're going to introduce you to one of our Board Members. I think you will agree that they are a fascinating group of people.
- **Prepare to Die** - Expanding your knowledge base and getting your affairs in order
- **Volunteering** - Opportunities to help out
- **Support Us** - Memberships and bequests
- **Contact Us** - How to get a hold of us.

Get Ready for National Health Care Decisions Day

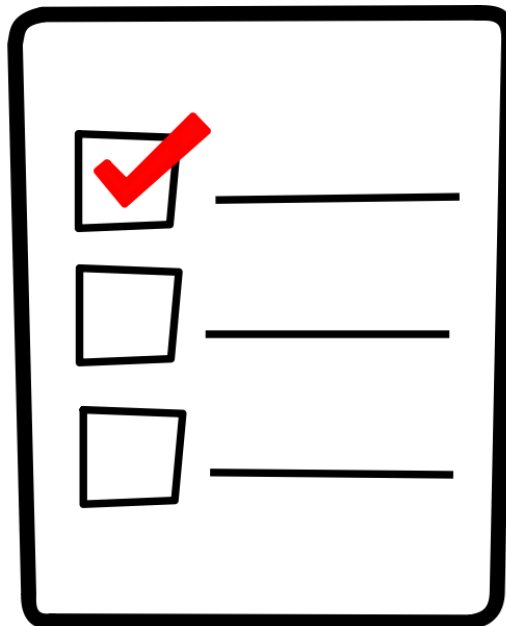


What is National Healthcare Decision Day?

National Healthcare Decisions Day (NHDD), occurring on April 16 each year, exists to inspire, educate and empower the public and providers about the importance of advance care planning.

National Healthcare Decisions Day (NHDD) is an initiative to encourage people to talk...to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be. It's important to understand that NHDD is not only about care through the end of life but is meant to reach a much broader spectrum so that every individual may have their healthcare wishes understood and met.

Before I Die -Tucson

A graphic of a checklist with three items. The first item has a red checkmark in a square box, followed by a horizontal line. The second and third items have empty square boxes, each followed by a horizontal line. The entire checklist is enclosed in a thick black rounded rectangular border.

Before I Die Festivals have been held all over the world.

They create a space for people to talk about death and dying,

advance care planning, and even bucket lists

without fear or judgment.

And now it's coming to Tucson!

Tucson's 1st Before I Die event!

When? Sunday April 16th

2:00 – 4:00 PM

Where? Loft Cinema 3233 E Speedway, Tucson

Who? Mary Ganapol hosts.

How Much? Free and open to the public.

Suggested \$5 donation.

Join us for speakers! Videos! Door prizes!

PRESENTATIONS:

Intro/welcome — Mary Ganapol, Founder, Before I Die Tucson

Keynote — Gail Rubin of Before I Die New Mexico, author of “A Good Goodbye”

Author of “Storytelling” — Kristin Delaplane

Roots & Roads — Presenting Tucson resources on “The Crosswalk”

Tucson End of Life Doulas — Death Doulas 101

Donate Life AZ — Registration for tissue and organ donations

Harlem Gospel Choir video: “This is Your Show” with Carmen Ruby Floyd

Compassion & Choices — Advance Directive Addendum for Dementia

Catalina In-Home Care — Trusted Tucson Caregivers since 1981

Announcements/Events — Other Tucson resources and events

Special Guest — David Fitzsimmons “Not dead. Just resting.”

Wrap up — Five Wishes/Goodie bag of resources

SFEOL Zoom Meeting on Wednesday April 5th.



1 - San Francisco Bay Area Network for End-of-Life Care

San Francisco Bay Area Network for End-of-Life Care

We look forward to welcoming newcomers! **Our monthly Zoom meetings are the 1st Wednesday of each month from 11:30-1:30, Pacific time.**

Join Zoom Meeting <https://ggu.zoom.us/j/96248028753>

[Dr. Stanley Terman, Traditional Advance Care Planning May Not Work, So Consider a Heretic's Innovative Strategic Protocol \(April 5, 2023\)](#)

These meetings include:

- 30 minutes of informal networking time
- Attendee introductions and announcements about their organization's services and events
- An educational presentation by a professional on a variety of topics
- Roundtable discussion of current events and developments related to end-of-life care

Meet The Board - Dr. Sally Hall, M.D.



2 - Dr. Sally Hall and friend.

Meet Dr. Sally Hall

Written by Jay Niver, FEN Editor, Winter 2020

Updated by Jim Schultz, C&D Editor 2023

With an M.D. in psychiatry (Temple University, 1976) one might figure Dr. Sally Hall to be highly intelligent, reserved, and distinguished. One would be right about the smarts. Anyone who published a paper on “Unresponsiveness of Catatonic Symptoms to Naloxone” didn't close through college on Cliff notes.

One would also be correct about “distinguished” but not because of what she wrote for professional journals. Hall has distinguished herself for years in a vastly more important and intimate way: by volunteering as a FEN exit guide and serving on the Medical Evaluation Committee.

Decades of work as a psychiatrist allow her to click with clients seeking to exit. “I think it helps make a major emotional connection” Hall said, “I've never worked with people or patients who are more grateful.”

Getting a client's loved ones on board is essential and involving family members “is one of the things I feel strongly about,” she added. Family feelings can be “all over the map,” from denial or opposition to total, loving support- but the vast majority of family dynamics “are easily “pro” or can be worked out.”

There are rare exceptions: “One of the most difficult was a client who needed to talk to his sisters who were “born-again.” When they learned of his plan they called the police and he was put in the psychiatric hospital against his will,” she recounted.

Dr. Hall calls herself a “liberal humanist who feels very strongly about human and social issues.” That may stem for her undergraduate years at UC Berkeley, (B.A. Sociology, 1965), not a bastion of conservative thought and mores.

“I've been a longstanding member of the Hemlock Society” she said and living in San Diego connected her with the right-to-die force named Faye Girsh.

Hall retired, sort of, a few years ago when she stopped accepting new patients in the private practice, she started in 1981. But she wasn't about to buy a rocking chair.

Besides FEN activities she's active in the Democratic Party, plays tennis quote “almost daily” and traveled a lot though not through Club Med. She eschews garden spots for places like Siberia, North Korea, Afghanistan, and Yemen.

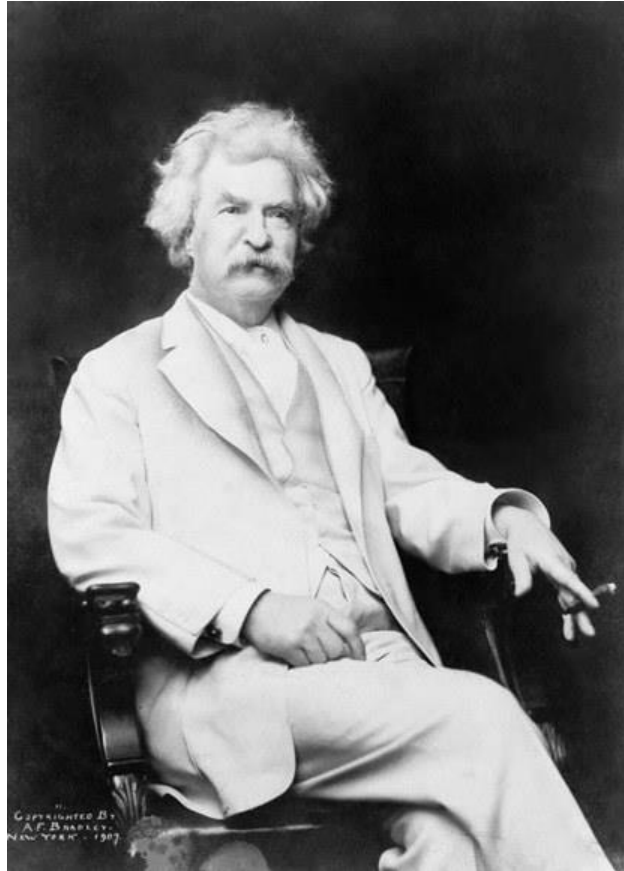
She and Girsh stay involved in the Hemlock Society of San Diego (which didn't change its name when their national organization suffered an identity crisis). Dr. Hall knows the challenges and pitfalls that surround dementia, advanced directives, and medical aid in dying. “We have such a bad track record with dementia compared to Canada and some European countries,” she said. It's something that may hit close to home: “My father got dementia when he was 72... he was one of eight children, and five of them developed the disease.” said Hall.

Since that piece was published in 2020, Sally has joined Choice and Dignity's Board of Directors. She no longer works with FEN but is still active with the Hemlock Society of San Diego.

Editor's Note:

Choice and Dignity Board Meetings are generally the 2nd Saturday of the month conducted on Zoom from 3: until 4:30 Mountain Standard Time. Members are welcome to attend. April's meeting will be on the **3rd Saturday, the 15th.**

Prepare To Die



"I do not fear death. I had been dead for billions and billions of years before I was born, and had not suffered the slightest inconvenience from it."

—Mark Twain, American author and humorist.

From AARP - The Best and Worst Things to Keep in a Safe Deposit Box.

See the entire article at <https://www.aarp.org/money/investing/info-2020/what-to-lock-in-safe-deposit-boxes.html>

BEST THINGS TO STORE IN A SAFE DEPOSIT BOX

- Adoption records
- Armed service records
- Birth certificates

- Business/legal contracts& International News
- Citizenship/naturalization papers
- Collectibles
- Death certificates
- Family photos
- Jewelry
- Marriage/divorce records
- Property records
- Vehicle titles

WORST THINGS TO STORE IN A SAFE DEPOSIT BOX

- COVID-19 vaccination card
- Emergency cash
- Letter of instruction (including funeral instructions)
- Living will
- Original last will and testament
- Passport
- Power of attorney (financial and health)
- Uninsured valuables

[Member Stories - Dr. Stephen Miller M.D.](#)

Over the years there have been many inquiries about methods of exiting. There is often a reluctance to use the nitrogen exit system because some people are fearful of placing a hood around their face. They also would like their death to be viewed as a natural one and not a suicide which would be obvious to all when there is an exit letter and the deceased is found with the nitrogen apparatus attached to their body. If one lives in a state where MAID (Medical aid In Dying) is approved one can go to physicians who specialize in this. However most of us do not live in such states. What is one to do if one does not live in a state that permits MAID or one has a phobia about the Nitrogen apparatus. One method is VSED or voluntary starvation. This takes 2-3 weeks and requires someone to help them during their remaining days. This is often not a very viable solution. Barbiturates have been taken off the market. Narcotics can be used but require a prescription. Fentanyl can be found everywhere but the source is unreliable and is illicit. It is said you can buy it on every street corner or on social networks but I do not find these streets or these network sites. In any event, our goal is to provide you with information for a safe and effective method of exit. A botched exit could make things worse and no one wants that. Our focus remains on

the use of nitrogen as a primary tool with VSED running second. We will continue to research alternatives on your behalf.

National & International Developments



Massachusetts could become the next state to allow aid in dying

[Click here to read more](#)

Nevada Debates as well... 'How much suffering is too much?' Senate committee debates end-of-life options for terminally ill

[Click to read article](#)

Choice and Dignity is a member of the World Federation of Right to Die Societies

[For news from around the world, visit the World Federation of Right to Die Societies here.](#)

Volunteering



We admit it! Many hands make light work and we need more volunteers.

Our devoted Choice and Dignity Board of Directors is seeking help with several endeavors. Please call 1-800-811-4112 if you might be willing to help.

1) We need Advocates! If you have attended our Advocacy Training at least once and are willing to volunteer to serve as someone's Health Care Agent, with Power of Attorney for Health Care, please let us know. This means that if someone can no longer speak for themselves, you would have the power to speak for them to direct what treatments, tests, procedures, etc. they get or do not get.

2) Discussion Group organizers/leaders. Would you like to help people discuss issues related to death. You could run a "Death Cafe" meeting. At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. Our objective is *'to increase awareness of death with a view to helping people make the most of their (finite) lives'*. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. Death Cafes are always offered:- On a not for profit basis- In an accessible, respectful and confidential space- With no intention of leading people to any conclusion, product or course of action- Alongside refreshing drinks and nourishing food – and cake! If you're interested in holding a Death Cafe we will provide the "How To" Guide.

3) Do you have grant writing experience? We need someone to write applications for grants.

4) Could you serve on our Board of Directors or a sub-committee?

5) Are you skilled at social media. You could help develop our presence. Help us to post to online sources such as Facebook, Twitter and Instagram and other social media.

6) Audio-visual support people - to setup/run the laptops, projectors, screens, and microphones at our meetings.

7) Videographers - to capture and edit video.

8) Writers – Are you good at expressing yourself? Can you help to summarize articles for our newsletter and/or website.

9) Techies: Help manage our website and Zoom meetings.

10) Host venues: do you have a clubhouse or community center suitable for meetings?

Do you have a skill not listed here? Let us know!

Donations and Bequests and Tributes

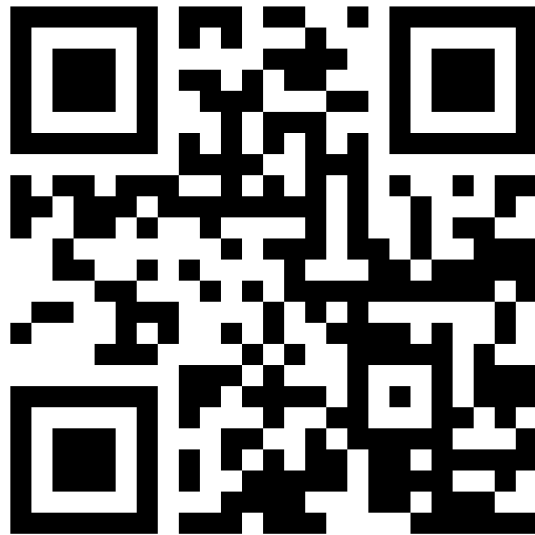


We would like to say a big **"THANK YOU"** to everyone who has joined or contributed to Choice & Dignity. We couldn't exist without you.

More than one-third of Choice & Dignity's income comes from bequests – generous members who want to help others after they are gone. Please add us to your legacy. We certainly would appreciate your putting us in your will: Tax ID# EIN- 84-4667788 Choice and Dignity, Inc. PO Box 86886, Tucson, Arizona 85754

Donations may be made by check or credit card. Please make all checks out to "Choice and Dignity, Inc." Checks may be sent to: PO Box 86886 Tucson, Arizona 85754 Our Tax ID number: EIN- 84-4667788

Contact Us



3 - Scan our QR code with your phone to go directly to our website.

- **Email:** ChoiceandDignityInc@gmail.com
- **Phone:** 800-811-4112
- **Mail:** PO Box 86886 Tucson, AZ 85754