

Compassion and Choices

MAGAZINE

Summer 2007



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Support

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Summer 2007 Volume 6 Number 2

Support

On the Cover: Compassion & Choices client Don James. Photo by Taryn Simon/Gagosian. Story on page 12.

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www.compassionandchoices.org



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Letter from the Chair



As I begin my tenure as board chair of Compassion & Choices, I'm tremendously excited by all that we accomplish with your support. People with terminal illnesses often face seemingly insurmountable obstacles in their journeys toward a peaceful death. A big part of our mission is to provide information, comfort and support to those navigating these physically, emotionally and spiritually rough waters.

Each month, our Client Support Program speaks with more than 120 individuals seeking our help. Some ask for assistance with an advanced directive. Others have concerns about adequate pain management or hospice care. And some come for guidance to achieve a peaceful, humane death. We work with each individual's needs and circumstances, regardless of diagnosis or prognosis. And we do it at no cost to the client.

This issue of Compassion and Choices Magazine describes some of the delicate work our Client Support team performs regularly around the country. You'll hear from Nancy Kelem, a terminally ill California mother and client who joined the struggle to decriminalize aid in dying. We'll also update you on legislative efforts in California and on our victories in the media.

I'm looking forward to the many things we can accomplish together in the coming months. Your devotion to improving care and expanding choice at the end of life energizes our progress. Thank you for your unwavering support of our shared vision of a society that guarantees hope, dignity, compassion and choices to all individuals at the end of life.

Van Zandt Williams Jr.
Board Chair

Editorial Staff

Judith Fleming
Nell Gladson
Ian Greenfield
Jane Sanders

Contributors

Helen Beum
Barbara Coombs Lee
Rebecca Cutter
Raymond Davidson
Mark Ferguson
Stewart Florsheim
Nancy Kelem

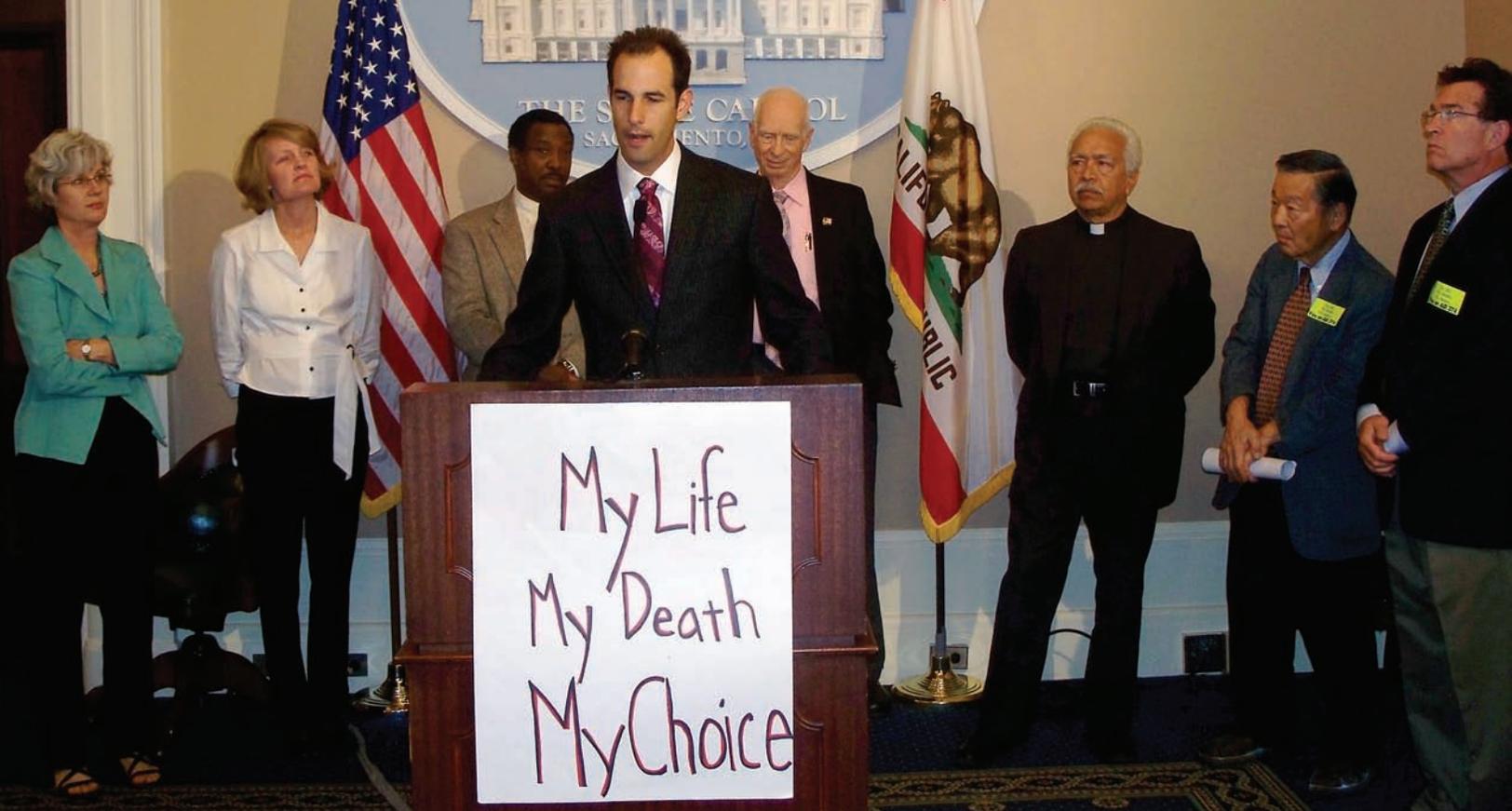
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Compassion & Choices
P.O. Box 101810
Denver, CO 80250-1810
800.247.7421 (t)
303.639.1202 (t)
303.639.1224 (f)
www.compassionandchoices.org
info@compassionandchoices.org

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In the normal course of business, Compassion & Choices regularly exchanges mailing lists with other like-minded organizations. If you would like to have your name removed from these exchanges, please notify us in writing, including your name and address. We will honor your wish upon receipt of your request.



Flanked by supporters, California Assemblyman Lloyd Levine outlined AB 374's safeguards at a press conference.

California Lawmakers Paralyzed Over AB 374

One day before the June 8 Assembly deadline, lawmakers declined to bring the Compassionate Choices Act (AB 374) to a successful vote. The bill would have given terminally ill Californians the option to request life-ending medications from a physician to hasten an impending death. It's possible the issue will be taken up again in January.

This legislative paralysis does nothing to address the crisis of desperation and suffering Californians endure against their will. Inaction keeps aid in dying in the back alley, where it remains unsafe and inaccessible.

Assembly members Patty Berg and Lloyd Levine and Assembly Speaker Fabian Núñez co-authored the bill and valiantly championed the cause. Berg's Chief of Staff Will Shuck told the Sacramento Bee, "The people are there, and the politicians aren't."

The campaign was hard fought by aid-in-dying supporters and coalition partners including the ACLU, NOW, the National Association of Social Workers

(NASW), the Congress of California Seniors, the Mexican American Legal Defense and Educational Fund (MALDEF) and the California Association of Physician Groups (CAPG).

Hundreds of dedicated chapter members, volunteers, clergy and physicians called and wrote lawmakers to build support. This team worked tirelessly to bring home the hope and safety the bill would provide.

Ultimately, aid in dying must be legal as advances in medical treatment make dying more prolonged and terminal symptoms more horrific. Compassion & Choices will continue to lead in reform on this issue, with multiple initiatives in many states and further efforts in California. This issue is far too important to lie dormant in the halls of statehouses.

Compassion & Choices will carry on our crucial work, both in advocacy and client support, to help dying patients and their families find their choice for peaceful dying. ©

My name is Nancy Kelem. I am 53 years old and live in Silicon Valley. I have a B.S. in math and computer science and an M.S. in engineering from UCLA.

After working for over 20 years as a computer scientist, I quit work to raise my kids. Twenty months ago I was just a nerd mom volunteering at school and chauffeuring my kids around. I have three young kids, an 11-year-old boy, an 8-year-old boy, and a 6-year-old girl, whom we adopted from China.

In 2005 I was diagnosed with colon cancer that spread to my liver and lymph nodes. Every three months I have a CT scan that tells me what my chances are for another six months. My doctor says that eventually the cancer always adapts and becomes resistant to the drugs.

I hope none of you ever have to plead for aid in dying. I hope that when your time comes you are fortunate enough to have a peaceful passing without experiencing the "death throes" which my dictionary defines as a hard or painful struggle. I am totally focused on living. Even so I need to think about my death. My concerns regarding dying are my wish to protect my kids from witnessing horrors. I don't want them to hear me scream. I had two babies without epidurals, so I'm not a pain wimp but I have to be honest with myself.

I am here today to ask for your mercy, and your vote for this compassionate legislation. I want to protect my family from the stigma of having my death labeled a suicide. My kids will probably have to experience the worst trauma of my ultimate, hideous deterioration. Eventually, I'll be unconscious, so I won't have to know. You can't punish a corpse. But I know now, and that knowledge forces me to beg you to pass a law protecting a basic human right: the right for a peaceful death.

— Nancy Kelem



California Mother Pleads for Aid in Dying

By Nancy Kelem

Nancy Kelem is a Compassion & Choices client and spokesperson who pled with California lawmakers to pass AB 374 at a press conference and during legislator visits in May.

What About Fido?

Planning for Your Pet as You Face the End of Life

Beth was a world traveler, avid outdoor enthusiast and successful businesswoman. The vibrant young professional suffered from a rare blood disorder and reached out to Compassion & Choices for guidance on a range of end-of-life decisions. On one call, Client Support Counselor Mark Ferguson heard the distinctive bark of a German shepherd.

During a conversation about the losses she was facing, Mark asked, “What about your dog?”

“I don’t know,” replied Beth. “Do you have any ideas?”

“Well, as a matter of fact, I do,” said Mark.

Like Beth, you may have an estate plan and an advance directive. Perhaps you’ve spoken to your physician and loved ones about your end-of-life wishes. You’ve been proactive and are confident you’ve got it covered.

But have you thought about who will give your pets the home they deserve when you are gone or incapacitated?

Concerns about the care of companion animals are among the most difficult decisions facing persons at the end of life. Mark was the first to ask Beth about plans for her beloved Smith. “The relief in her voice was palpable,” he recalls. “She was so fond of her dog, it was difficult for her to discuss.” So Mark began by acknowledging the normal loss and grief she was anticipating in leaving her companion.

Beth had no close friends or relatives who could care for the young, large and very active pooch. Mark suggested she contact a breed rescue organization. “Individuals band together to rescue dogs, cats and even exotic pets that are breed-specific because different breeds have different needs,” explains Mark. Beth contacted a German shepherd rescue in her area that was soon able to find a wonderful home for Smith.

It can be difficult for dying patients to begin making arrangements for their pets. “A person is often so wrapped



up in what else is going on and the shock of facing their own mortality, it can be hard to talk about yet another loss and what to do,” says Mark. Client Support counselors are available to talk with clients on this issue and offer the following practical advice on where to start.

- Talk to people you know—family, friends, neighbors, church, synagogue or temple members, or acquaintances you’ve made through organizations. You may find someone who can adopt your pet or who knows someone who could.
- Ask your veterinarian for resources and ideas. He or she might know of someone who has lost a companion animal and might be eager to adopt.
- Be aware of the resources in your community—humane societies, breed rescues, and even programs that use animals to rehabilitate juvenile offenders—that can provide a caring environment for your pet. Such organizations are often listed in the phone book or on the Web. Compassion & Choices can help you locate them.

Confronting the loss of a relationship with a companion animal can cause sadness and anxiety. These feelings are normal. Compassion & Choices encourages you to talk about these emotions as a first step toward reaching acceptance. “We want our clients to feel comfortable having conversations on issues, that may seem large or small, to bring about peace of mind at the end of life,” explains Mark.

More Resources

1-800-Save-A-Pet.com

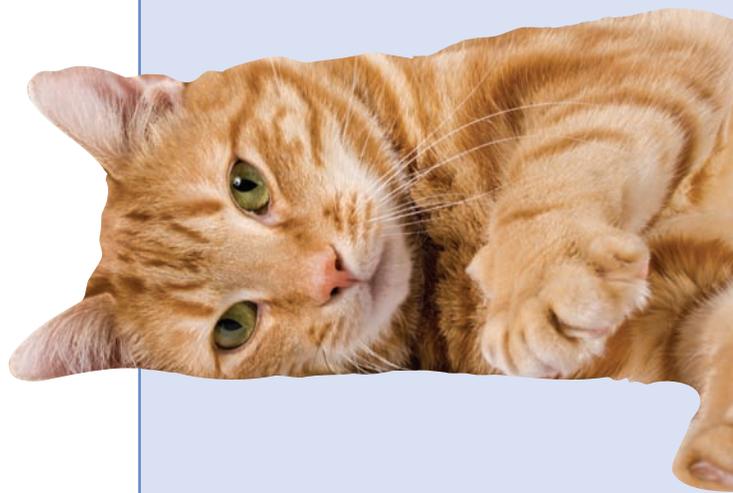
This nonprofit organization’s Web page allows you to search for shelters and breed rescues in your area. Visit www.1-800-save-a-pet.com or call 800.728.3273.

Association for Pet Loss and Bereavement

The Association for Pet Loss and Bereavement (APLB) has a user-friendly Web site to access counselors specializing in the loss of companion animals. The Web site address is www.aplb.org.

Pets 911.com

The Humane Society of the United States recommends this Web site to find an animal shelter or breed rescue. The Web site address is www.pets911.com. ©



Pet Trusts Offer Peace of Mind

How can you ensure your pet will be cared for when you die or become incapacitated? Leaving a pet to someone in your will is not enough to guarantee your wishes.

Several states now allow you to create a pet trust to designate a caretaker (and alternates) and a trustee while creating a fund to pay for your pet’s long-term care. You’ll need to fund the trust with adequate cash or property to cover the pet’s expected lifespan. The trustee makes regular payments to the caregiver and pays for expenses as they arise.

In states where pet trusts are not yet established, you might consider a conditional bequest to an individual who agrees to take care of the pet.

To find out if pet trusts are an option where you live, contact your state attorney general or your local humane society or consult your estate planner or attorney.

For more information on pet trusts on the Web, visit www.estateplanningforpets.org.

Good Grief



Sandy and Joann Bush, pictured with their Yorkie Little Sandy, found their own ways to honor and express their grief.

Textbooks define grief as the normal emotional and physical reactions to loss such as anger, shock, anxiety and sleeplessness. A terminal diagnosis often prompts dying patients and their loved ones to experience these symptoms and feelings long before death comes. Known as anticipatory grieving, this very real and healthy response takes on special importance when a patient considers taking control over the manner and time of their death.

“As our clients are planning their dying, they experience loss every day,” explains Director of Client Support Helen Beum. “Loss of being able to do what they used to do and changes in their bodies.” The Compassion & Choices Client Support Program is a safe, supportive environment where patients and their loved ones can freely discuss their experience of grief and loss.

The moment our counselors pick up the phone, their goal is to normalize a caller’s situation. “If someone tells us, ‘I have cervical cancer and want to

die on my own terms,’ we tell them this is a choice and not abnormal,” says Client Support Counselor Mark Ferguson. “We ask them to tell us more about it. When they understand we are completely non-judgmental, they breathe a sigh of relief.”

Our experience tells us that having the ability to talk about these losses openly can ease the process.

For some families, just starting the conversation is a breakthrough. “We’ve had sons and daughters call and ask, ‘Can I talk openly about the fact that my father wants to hasten his death?’” says Beum. “The answer is always ‘yes.’” Once the barrier of shame comes down, loved ones can begin to acknowledge their grief.

“Our experience tells us that having the ability to talk about these losses openly can ease the process,” Beum observes. “We

encourage and support conversations between clients and loved ones so that some of this anticipatory grief work can happen together.”

Sandy Bush was one such client who benefited from this inclusive approach. After a diagnosis of Stage 4

prostate cancer, Sandy came to Compassion & Choices to learn about options for hastening his death if his worst fears came to pass. His childhood sweetheart and wife Joann was at his side every step of the way and saw the immediate change in Sandy's demeanor when he knew he had choices.

Client Support counselors helped ease the fear and stigma, allowing them to prepare for and grieve their impending loss. "Although I miss him terribly, we went down this path hand in hand together and I feel physically and emotionally prepared for the next phase of my life," Joann later said of the gift they received.

Another meaningful way Sandy and Joann chose to work through their anticipatory grief was to adopt a Yorkshire Terrier and give her the Sandy moniker. The time spent training and getting to know the little dog brought joy to both of them. Little Sandy even accompanied them to chemotherapy sessions.

The terrier soothed Sandy when he was in pain and never left his side when the end was near. "She was in his bed cuddled with him while we all gathered around to hold Sandy's hands when he died," recalls Joann. "She knew the moment the end came because we watched her sniff at him, then turn and jump off the bed."

Little Sandy is now a comforting presence to Joann in her mourning. "I cannot find the words to express what having another living being in the apartment with me, that looks at me with loving eyes, cuddles her warm body next to me in bed at night and loves me unconditionally has meant to my aloneness and grief. But most of all it is great saying the name "Sandy" out loud all the time," says Joann.

Our counselors and volunteers support all the ways clients and families choose to work through their grief. In many cases, our connection doesn't end with a client's passing. "We follow up with loved ones after death," says Beum. "We try to best meet the needs of families and stay in contact if they wish it." ©

To access our free, confidential Client Support Program, call 800.247.7421 Monday through Friday, 9 a.m. – 5 p.m. Pacific time.

Simply ask to speak to a Client Support counselor.

Grief Resources

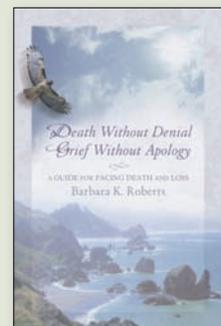
GriefNet.org is nonprofit online support community for people dealing with grief, death and major loss. Visit www.griefnet.org for more information.

The National Hospice and Palliative Care Organization's Caring Connections initiative provides information and resources on end-of-life issues including grief. Visit www.caringinfo.org or call the organization's HelpLine at 800.658.8898.

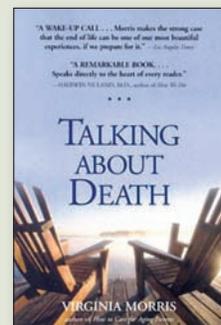
Further Reading

These books are available for purchase from Compassion & Choices. Use the enclosed order form or call 800.247.7421.

"Death Without Denial, Grief Without Apology" by Barbara Roberts



"Talking About Death" by Virginia Morris



Finding a Health Care Representative

Compassion & Choices believes it is very important to choose someone to speak for you and make decisions about your health care if you are ever unable to speak for yourself. Sometimes individuals feel they have no one to fill this role. Finding a health care representative (proxy) to name in your advance directive may be easier than you think.



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representative does not have to be a family member. In some cases it is better to ask a friend whom you know rather than a distant family member. Approach a neighbor, a member of your church or synagogue or an acquaintance. When discussing your request, remind him or her that it requires no financial responsibility. It is simply being "a helpful daughter or son."

Contact your local senior services or elder care agency. They may have a program in your area that provides volunteers to be health care representatives. If you are on hospice, discuss this with your hospice provider.

Some communities have professional geriatric case managers who may serve as health care representatives for a small fee. Our counselors can help you locate such people in your area or you may check the National Association of Professional Geriatric Care Managers Web site at www.caremanager.org.

Attorneys who specialize in elder law may also be willing to take on this role. Ask your own attorney for a referral. You can find a list of local attorneys by contacting the National Academy of Elder Law Attorneys at www.naela.com.

Do not give up looking. You may discover at a later time that there is someone in your family or circle of acquaintances who is willing to serve as a health care representative.

Support counselors would be glad to talk with anyone considering serving as your health care representative to explain the responsibilities involved.

When you choose a representative, it is important to explain your wishes, write them down in detail and discuss them with your physician. Request your state-specific advance directive forms from our Web site at www.compassionandchoices.org or, if you do not have access to a computer, you can call us at 800.247.7421 and request that a copy be mailed to you.

At the end of this magazine are two additional forms: My Particular Wishes and the Dementia Provision. You may also make an additional page to express your concerns and wishes. If your physician indicates that he or she may not be able to honor your wishes as expressed in your advance directive, consider finding another physician. ©

The Art of Dignity

A Conversation with Taryn Simon

Acclaimed photographer Taryn Simon recently published “An American Index of the Hidden and Unfamiliar.” The book documents aspects of American life, popular culture, science, medicine and government that are typically unknown or inaccessible to the general public.

Simon’s book features a photograph of former Compassion & Choices client and spokesperson Don James (seen on our cover and on page 19), taken shortly after he filled his prescription for life-ending medication under Oregon’s Death with Dignity Act.

Compassion & Choices: What intrigued you about lifting the veil of secrecy around aid in dying?

Taryn Simon: In this book it was very much about finding, as the title says, the hidden and unfamiliar within our borders. When things are not federal decisions but go on a state by state basis, it’s always interesting. I wanted to have an image that did talk about individual decision and how we operate underneath this government as individuals. There’s something in death that is the most, supposedly, individual moment we have, yet it is governed in some form and I thought that this could speak to that.

C&C: The photo of Don James depicts a strong, almost heroic figure in the throes of terminal cancer. Was that intentional?

Simon: I purposely tried to do this in the photograph—to catch a certain strength in his expression because, although he was dying, I didn’t want to engage with some sort of weak photograph that would make the Death with Dignity Act less complicated. When you see somebody who actually has strength and is able to make the decision to elect to take a lethal dose of medication to end their life, you can’t always see everything on the exterior, and I didn’t want to make it so simple.

C&C: The composition and lighting are striking. How did this image fit in with your vision for the book?

Simon: In general there’s always this sort of religious light in a way because the book is about this very complicated time in American history, the last five years, which are a critical moment at least for my generation. In looking at the country I really wanted to approach all the photography with this somewhat apocalyptic feel. Don in particular was a strategic light that would create a certain emotion to the image and talk about death visually, not through typical pain but more through this source from beyond coming in.

C&C: How important is the interplay between image and text in this work?

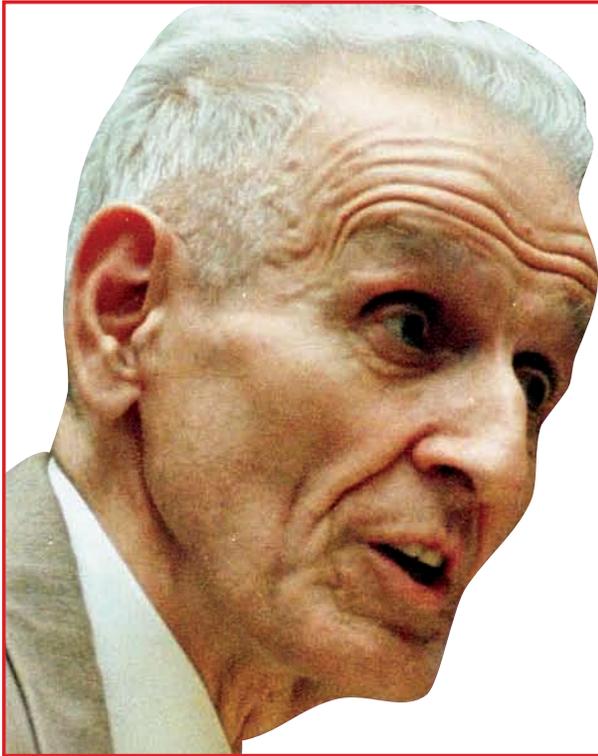
Simon: The photographic approach is extremely seductive. I do everything with a large format camera. There’s seductive lighting that draws an audience in and then they are usually compelled to read the text. When you watch people in an exhibition they look at the image first, and kind of digest that in one form, the aesthetic level, then come in and read the text and come out again and view the image differently. There’s play between image and text and, in that process, there’s this kind of development of information and understanding. As a photographer I’ve always been interested in how image and text play together to influence law and order and understanding.

C&C: The book is a chaotic mix of subjects. Why did you choose this approach?

Simon: I wanted to look at all of the foundational elements of our country, so that included subjects in medicine, science, nature, entertainment and government. There's a real level of entropy in the book—you jump from one subject to the next and it feels extremely sporadic. People will come to this interested in the Death with Dignity Act, for example, and then be confronted with all of these other things that are going on within our borders. And, likewise, people who are completely unfamiliar with the Death with Dignity Act and interested in Playboy in Braille or the CIA's art collection are going to be confronted with the Death with Dignity Act. It's that play that I was interested in.

An exhibition of works from “An American Index of the Hidden and Unfamiliar” including the photograph of Don James opened at the Whitney Museum of American Art in New York City in March and will travel to London, Frankfurt, Paris and Los Angeles in the coming year.

The book is available for purchase from Steidl at steidville.com and at Amazon.com. ©



Eight Years After Kevorkian

When Dr. Jack Kevorkian left prison, reporters surveyed the politics of end-of-life decisions and decided nothing had changed during his eight years behind bars.

So it seems. Oregon is still the only state where a dying patient can openly and legally receive life-ending medication from her doctor and self-administer it if and when suffering becomes unbearable. In every other state Compassion & Choices makes covert aid in dying as safe and accessible as possible for our clients, and merciful doctors still assist dying in clandestine ways.

Though lawmakers have been slow in advancing public policy, tremendous leaps in knowledge and understanding have been made. Data sets emerging from Oregon's aid-in-dying experience are nothing less than revolutionary. Revealed truths about rational public policy and responsible aid-in-dying practice include:

- Given the free choice to aid their dying, very few patients (about 1 in 800) exercise it.
- Neither access to care nor financial considerations impact their decision.

- The chief benefits of decriminalizing the practice are easing of fear, increasing hospice and pain care and delivering peace of mind to all dying patients.
- Regulating aid in dying as a legitimate end-of-life option reduces its frequency to about 25 percent of the covert practice that exists in states where it remains illegal.

The only way to protect patients, families and doctors and enforce safeguards is through legislation such as Oregon's Death with Dignity Act. Reformers see Kevorkian as the poster boy for why laws are needed. He is a potent symbol, an object lesson in the desperate lengths people will go to when they face a tragic dilemma and the law ignores their plight.

Experience shows that decriminalization of aid in dying allows terminally ill patients to die at peace surrounded by loved ones: Not alone and desperate, not by violent means and not under an unpredictable, hidden practice. ©

In the Media: Raising the Volume on End-of-Life Issues

Dr. Jack Kevorkian's release from prison and the California Assembly's consideration of the Compassionate Choices Act (AB 374) drew the national media spotlight to the issue of aid in dying in June. USA Today and The New York Times published influential editorials, while NPR's "Talk of the Nation" considered the current state of the movement.

USA Today op-ed urges comfort and choice for the dying



In a USA Today op-ed published on June 6, Dr. Sidney Wanzer powerfully argued that the U.S. needs an Oregon-style law in every state.

Wanzer asserted that a physician's proper role once curative therapies are exhausted is to provide comfort care and choices for dying patients. He said in some cases, "They cry out that physician-aid in dying is the only humane and compassionate thing left in the spectrum of treatment at the end of life."

Wanzer also comments that this choice is not suicide. "Rather, it is the patient asking for treatment to end suffering by the use of a fatal dose of medication," wrote Wanzer.

The New York Times calls for "sane and humane laws"



A New York Times editorial published just days after Dr. Jack Kevorkian's parole described the actions that led him to prison as "cavalier, indeed reckless" and called for safe, regulated aid-in-dying laws to ease the real suffering of terminally ill patients.

The editorial pointed to safeguards included in Oregon's Death with Dignity Act and in proposed legislation such as California's AB 374 as the rational antidote to covert, unregulated aid in dying that currently exists in states where no such laws exist.

NPR's "Talk of the Nation" takes on aid in dying



The national dialogue on aid in dying was the topic of NPR's midday news program "Talk of the Nation" on June 5. Host Neal Conan spoke with guests including Dr. Linda Ganzini, Oregon Health & Science University professor of psychiatry, and Nancy Kelem, a terminally ill California mother and advocate for the Compassionate Choices Act.

Kelem, who has colon cancer, told Conan the story of her mother's hard, painful struggle to death, witnessed by her father. "She would have never wanted it; she would have never wanted to put him through it," Kelem said of what she called her mother's "death throes." "Now that I'm facing an incurable illness, I know that I don't want my family to know that I went through that at the end of my life." ©

In Memoriam

Rev. Bill Wright

Rev. Bill Wright, a longtime advocate for choice in dying, died in Everett, Wash. on March 14 at the age of 81.

Wright was a board member of the Hemlock Society and a founder of Compassion In Dying, and thus was a pioneer in the organizations that merged to become Compassion & Choices. He worked tirelessly to decriminalize aid in dying and counseled terminally ill patients about their options at the end of life.

We remember Wright for his compassionate, thoughtful sermons and for encouraging others to talk openly about death.

Louise Schaefer

Louise Schaefer, a courageous proponent of AB 374, died at her home in Lincoln, Calif. on Mother's Day at the age of 64. Schaefer testified before the California Assembly Judiciary Committee in March.

Lou Gehrig's disease impaired Schaefer's ability to speak but did not deter her from making her voice heard in Sacramento. "I believe each person should have the right to make their own decisions about their own health, lives and, yes, our own deaths," said Schaefer in a statement read to lawmakers by her daughter Kim. "I believe that when one is no longer able to live the quality of life they would like—they should have the right to have the legal option to choose to end their life in harmony with their own beliefs."

Her words inspire the continued fight for legal aid in dying in California.

Glenn Elfman

Compassion & Choices spokesperson and Oregon client Glenn Elfman died peacefully at his home in Pistol River, Ore. on June 3 at the age of 62 after a brave battle with prostate cancer.

Elfman devoted his last months to speaking out on the benefits of aid-in-dying laws. At a press conference for the ninth annual report on the Death with Dignity Act, he told reporters the great relief he felt after learning of his choices under the law. "I can't tell you sitting her right now whether I will use the medication or not. But without any viable options for treatment, it's a great comfort to have this option."

ABC News' "Nightline" interviewed Elfman at his home for a feature expected to air Labor Day weekend. His activism and enthusiasm for our cause will be greatly missed. ©



Poems & Ponderings

Game Board

By Stewart Florsheim

My mother knows her time is near
when she can no longer move her hands
to place the Scrabble tiles.
She asks for my help—
I lay down her letters so each one
fits perfectly in the small boxes, confirming
with each click the tiles are lined up.
The word is season, mother reluctant
as ever to use two esses in one word.
H-E-L-P, she whispers,
each letter getting stuck in her throat,
unsure whether it should be swallowed or spit out.
It is early evening—dusk
in collusion with the remaining light.

Stewart Florsheim is an award-winning poet whose work has been published in many magazines and anthologies. He is on the board of directors of Compassion & Choices of Northern California.

Untitled

By Raymond Davidson

For an old person, moving about each day, what thought provides comfort? The end of the day, perhaps? Like the curtain descending at the completion of a play, sleep, one's self alone, thoughts which no longer require a performance. For death itself is the best alternative friend available to old people. Yes, thoughts of dying come and go, constantly, always reminding us that we need not, at last, fear future physical pain, nor the unending desire for love. Yes, to die is to be free once again, to be unborn. One need not say "Goodbye," for spoken words, at last, need not be spoken.

Raymond Davidson's career has included creating spot drawings and covers for The New Yorker. His recent works appear often in our magazine.



Our Commitment to Client Support

When faced with the possibility of uncontrollable suffering and loss of autonomy at the end of life, people need help to understand their situation and choices. They need guidance to navigate the medical system and achieve a peaceful, humane ending.

Compassion & Choices has met these needs throughout the nation for 14 years. Founders set the standard high:

No one who comes to us will suffer in their dying, or choose a violent course, or die without loved ones present because they have no other choice. We affirm that no end-of-life decision, including aid in dying, is secret or shameful.

Anyone can access the Client Support team at no cost by calling 800.247.7421.

- Callers receive a confidential assessment of their situation and discussion of their options.
- Trained volunteers visit clients and families in the home.
- Together, volunteers and clients identify a path to peaceful dying, well-suited to an individual's illness and circumstances.
- Clients learn in detail how to pursue their plan, including end-of-life social, emotional and spiritual tasks.
- Volunteers counsel and support the client and family through any decision, no matter how difficult.
- They are present if the client self-administers a means to end life and available as a source of information, comfort and support.
- Volunteers neither provide nor administer the means for aid in dying. Clients obtain and self-administer these means themselves.
- We do not break or defy the law.

These services comprise the forthright, honest and transparent public service component of our mission marked by the guiding principles of expertise, professionalism, volunteerism, dedication, non-judgment and non-abandonment.

Compassion & Choices spokesperson and client Don James photographed by Taryn Simon for her book "An American Index of the Hidden and Unfamiliar." See story on Page 12.



A Gift to Us That Returns the Favor

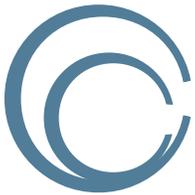


Establishing a **charitable gift annuity** is a safe way to produce secure, steady payments for yourself while providing significant benefits to Compassion & Choices.

With the Compassion & Choices charitable gift annuity:

- Payments are fixed at attractive rates and unaffected by the ups and downs of the market.
- Payments last a lifetime.
- Part of the payment is tax-free for many years, and you receive an income tax deduction when you fund the annuity.
- You make a powerful statement about your commitment to choice at the end of life.

To learn how you can obtain a gift annuity with Compassion & Choices, complete and return the enclosed envelope or call Jane Sanders at 800.247.7421.



compassion & choices
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