Invites you to learn everything you need to know about

**ADULT PROTECTIVE SERVICES**

Anabel Kuykendall is an outreach and education worker for the County of San Diego, Aging & Independence Services. Would your family call Adult Protective Services (APS) if you stopped eating and drinking? What would APS do if you had a home health care worker you didn’t trust? Would you call APS if your neighbor seemed to be neglecting her home and appearance? What if it’s you? California is a self-determination state. What does that mean? You should know about APS! And bring your kids.

**Sunday, March 24*, 2013 – 1:30 to 3:30 p.m.**

*This is a week later than our usual meeting because of a large event at Scottish Rite Center on March 17.*

**Scottish Rite Event Center**

1895 Camino del Rio South - Mission Valley
includes great free parking (Please see directions on page 4)

For more information call (619) 233-4418 or visit www.HemlockSocietySanDiego.org
Movie Series

“Right of Way”

For three weeks in a row we viewed films about older people who want to die. At our last meeting, January 20, we showed the 1986 movie, “Right of Way,” with Bette Davis (in her last film) and Jimmy Stewart (the only film where they were together) as an older couple who choose to die together because she has a terminal illness. Dutifully, they informed their adult daughter who was horrified, especially about her father to whom she is oedipally attached. At her request, the county social worker (Adult Protective Services) show up, shocked at all the cats in the disorderly house. When it looks like they may be committed, they make the decision to end their lives. The daughter, who does not want to care for them herself, comes, hears the motor running in the garage, but decides not to intervene.

The film raises the issue of double exits, especially when one person is well, the choice to hasten death instead of aggressive treatment, whether to tell family members the plan, the role of Adult Protective Services, and methods of self-deliverance.

“We will have another free showing of “Right of Way” again on Sunday, April 7, at 1:30 at the La Jolla Library, 7555 Draper Street, followed by a discussion at Sammy’s Woodfired Pizza.

“Amour”

The next week, January 27, we notified members (who have email) about a Sunday afternoon showing of the Award-nominated French film, “Amour.” This is also about an older couple; she has two strokes and her devoted husband takes care of her at home, having promised that he would not send her to a hospital, nor does he want to put her in a residential hospice. Their daughter is not a help but an intrusion, an accuser, who makes life difficult for her increasingly isolated father who eventually – after his wife tries to stop eating and drinking, which he forbids – smothers her with a pillow. The end is unclear; though most people thought he died, some thought he turned himself into the authorities. The film shows the agony of losing dignity, personhood and independence. Even when a devoted loved one will care for the deteriorating individual, the health and sanity of that caregiver is often the cost of providing that care.

What is lacking in “Amour,” is the conversation that should have happened between the couple and their children regarding their wishes about what they want done when illness strikes. Without that understanding, even a law permitting assisted dying will not be of much use.

“Grace Quigley”

On February 3, we showed “Grace Quigley” at the La Jolla Library. It is a 1984 film where Katharine Hepburn wonderfully plays an older woman who had twice tried to end her life – apparently because she missed her late husband, had a heart condition and was outliving her money. She stumbles on a hit man (Nick Nolte), and persuades him to help several of her older friends who also want to stop living, for reasons that are unclear, but do not seem related to debilitating illness. In one case, a woman wants to end it after being disappointed that her daughter only wants to borrow money from her.

We met afterward at Sammy’s Pizza, and discussed this wonderful, funny movie. It was pointed out that these people who were so eager to end their lives, did not have a good reason. On the other hand, there was consensus that it would be nice to have a painless method at hand.

By popular demand, we will be showing these films and others again, around the county. Dr. Mitsuo Tomita has been kind enough to arrange these local meetings. Libraries are good, preferably near an eatery, where we can go afterwards and talk. Suggestions?

Our next program about Adult Protective Services will follow up on some of these difficult issues about aging and intervention. Is it for our own good or is it an intrusive interference with our right to make our own decisions?

Vermont: The Next Hope

Vermont governor, Pete Shumlin, has expressed support for legal assisted dying. DDNC (Death with Dignity National Center) is working there to pass assisted dying legislation. The vote of the legislature is expected in March, but meanwhile, there have been hearings with expert testimony on both sides. In 2012 and in 2000, 49% of New Englanders in Massachusetts and Maine respectively, voted for a Death with Dignity law. There is significant support there, but ballot initiatives and legislative votes are easily influenced by money from the Catholic Church, Not Dead Yet and Right to Life organizations.
The Conversation
The chances of your dying according to your own wishes depends a lot on how clearly you’ve expressed your wishes, over a period of time, and to everyone who may be responsible for making decisions about your health care. We will eventually have a program about Having The Conversation. Meanwhile check out www.TheConversationProject.org and complete the statement:
“When it comes to end of life, I want mine to be...”

World Federation
HSSD’s President, Faye Girsh, has become the President of the World Federation of Right to Die Societies, a 32 year old organization composed of 47 right-to-die organizations around the world – from Japan to Israel, from Zimbabwe to the Hemlock Society of San Diego, which is a proud member. She is also Editor of the World Federation Newsletter, which comes out twice a year, and permits individual subscribers. You can subscribe by sending a check for $20 for a two year subscription, made to the World Federation, to: Faye Girsh, Editor 7811 Eads Ave #108, La Jolla CA 92037.

And don’t forget, the bi-annual WF conference will be held in Chicago in September, 2014. The dates and place will be announced soon. Your suggestions for program topics are welcome (fayegirsh@msn.com). Save the date!

Resources Available
At our meetings we have a variety of resources available: “Final Exit, 3rd Edition;” “Final Exit” DVD; Advance Directive Packet; “The Helium Method” DVD; “Refusal of Food and Fluids” booklet. There is a suggested donation for each. Since we are an all-volunteer organization, we are not able to mail them out. This is another reason to come to our meetings.

Tax Status
Since its inception in 1987, HSSD has been a 501(C)(4). We are now working with a good, but expensive(!), attorney, who is helping us convert to a (C)(3), so your donations can be tax deductible. Thanks to Jim Christensen and Ken Fousel, we have filled out a lot of papers and are now waiting to hear from the IRS.

HSSD Board
Faye Girsh, President and Newsletter Editor
Jim Christensen, Treasurer
Jim Hamburg, Hospitality
Wil Wakely, A/V and database
John Scott
Shirley Kriet

We need YOU on our board. Please call and tell us that you value this organization, and are willing to join us in running it. Call 619-233-4418

Final Exit Network
In the January 27 New York Times, on the second page of “The Review” the Final Exit Network took out a large ad which said:

Your right to die with dignity? Your obligation to suffer? See for yourself: watch an except from Frontline/PBS’s broadcast that could change your life...and death. www.finalexitnetwork.org/new/videos. The Final Exit Network.

We have this Frontline program, and will show it sometime this year. Meanwhile, take a look. Let us know what you think.

Bargain! – Both for $35!

If you're interested, send a check, made to HSSD, to: Faye Girsh 7811 Eads Ave., #108, La Jolla CA 92037.

The Conversation

Resources Available

Tax Status

HSSD Board

Final Exit Network

We are the only distributors of two helpful items by Dr. Boudewijn Chabot, a Dutch doctor.

One is a DVD that can be played on your computer, called “The Helium Method.” It shows how to make the bag to use and the actual use of the method. It is beautifully done and clear. The suggested donation is $30, including postage, or you can get it at the meeting for $25. We have a limited supply.

The other is his 64 page booklet, “A Hastened Death by Self-Denial of Food and Drink.” Suggested donation is $10 by mail, $8 at our meeting.

March 2013
Scottish Rite Event Center
1895 Camino del Rio South - includes great free parking

Directions:
• East or West on Hwy. 8
• South on Texas (Qualcomm/Texas exit, between Hwys. 163 and 805)
• Right on Camino del Rio South
Scottish Rite Event Center
will be on your left

See page 1 for details
Adult Protective Services
Free Presentation
1:30 P.M., Scottish Rite Event Center
Sunday, March 24, 2013

Next Meeting:
March 2013 Newsletter