

Join us this Sunday, March 17th (St. Patrick's Day) at the Scottish Rite Center for our Heart Failure and End-of-Life Choices program

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**Hemlock Society of San Diego**

Dear reader,

Our Goodbye / Hello Party at the Vi attracted so many signups (70 people), that a change of room had to be made last minute (at 2p.m. the day before !).

It was so wonderful to see familiar old faces again, some of whom have been members for 30 years. Equally wonderful was to meet many brand new members. We heartily welcome them.

Wendell Stephenson, Past President of the Final Exit Network, flew in from Fresno and presented a donation of \$500 to Hemlock in honor of Faye's years of tireless work for the cause. Thank you, Final Exit Network.



*Barry Price describing future plans for Hemlock at the  
Goodbye/Hello Party*

Faye presented an overview of the history of the movement and acknowledged many members and volunteers who have contributed to the success of Hemlock. Due to time limitations, not everyone was acknowledged but they all are appreciated. Barry Price, our incoming President, previewed plans and upcoming programs for 2019, including a plea for a younger generation of members to step up and help this organization survive during this critical and challenging transition.

If you are interested in helping guide this organization by being on the board, please let us know. We are again in need of board members. Many positions are open.

## Heart Failure and End-of-Life Choices



With increasing age, more and more people are dying of heart failure (formerly called congestive heart failure). What is heart failure? What can be done for it? How does one make end-of-life choices for end-stage heart failure?

### **Panelists:**

**Harris Efron, M.D.**, retired cardiologist

**Lisa Heikoff, M.D.**, hospice/palliative care and

**James Sinclair, M.D.**, oncologist/palliative care physician will talk about heart failure, transplants and mechanical devices, details, risks, benefits, outcomes, making decisions regarding hospice/palliative end-of-life care for end-stage heart failure.



**St. Patrick's Day, Sunday March 17, 2019**

**1:30 - 3:30 pm**

**Location:** Scottish Rite Event Center, [1895 Camino del Rio S, San Diego, CA 92108](#)

Cost: Free.

**Ample free parking.**

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## Right-to-Die Film Festival: I *Accuse*



***I Accuse*** is a classic and controversial German film from 1941 about euthanasia, or mercy killing. A doctor admits to administering a fatal overdose to his incurably ill wife and is judged in court — and in the public forum. The subliminal message many read into it, that it justified the Nazis taking the lives of handicapped people, was unintended. The Director argued that this film is “a document of humanity in an inhuman time.” Rarely seen, this gentle and loving movie deals with a subject as controversial then as it is now.



**Easter Sunday April 21, 2019**

**1:30 - 3:30pm**

Location: Mission Valley Library, 2123 Fenton Pkwy, San Diego, CA 92108

Cost: Free.

**Ample free parking.**



Save the date: May 19,  
2019 1:30-3:30 pm

for our program on

**Home Health Care  
Providers**

Who are they? What does it  
cost?

How do you find them? Who pays  
for them?

At the Scottish Rite Event Center

[1895 Camino del Rio S.](#)

Kathryn Tucker, J.D. -  
Event at Rancho La  
Puerta - October 26,  
2019

**Preparing for the Final  
Asana: End of Life Law,  
Medicine, Policy and  
What Yoga Offers**

The right of patients approaching end of life to make choices to ensure a dying process consistent with their preferences has been rapidly evolving in the U.S. A veteran of nearly every effort to protect and expand end of life choice in the U.S. for more than two decades, Professor Tucker will share insight on advocacy strategies, progress, challenges and predictions. Advocacy in the courthouse, the statehouse, and in various policy forums will be discussed, as well as what this means for patients and families dealing with a terminal illness. Also a respected yoga teacher,

Kathryn will lead participants in some yoga, breathing and meditation, to create a contemplative frame of mind from which we will explore our hopes for the final bit of our own journey and understand how to plan to make that hope a reality.

#### Workshop sessions

Each workshop session will encourage entry into a contemplative, mindful space with yoga and meditation. Participants will then explore what each hopes for their own final leg of the journey through this lifetime and how that can be planned for so it will manifest. Each participant will be encouraged to write their thoughts about this in a journal during the workshop.

#### Understanding the Range of Options Available

The following will be discussed: pain and

symptom management,  
hospice, palliative care,  
palliative sedation, forgoing  
food and fluid, forgoing  
treatment, psychotherapy  
facilitated with psychedelic  
medicine, aid in dying.

Being an Advocate for  
Yourself or a Loved One  
Learn how to interface with  
the medical care team to  
ensure your or your loved  
one's wishes are known and  
respected. What documents  
can be helpful, who should  
you appoint to speak for you  
if you lose the ability? What  
conversations should be had  
with the person who you  
choose to speak for you?

Can the final bit of the  
journey be coherent with  
the life that has gone  
before?  
Is this important? What  
would that look like for you?  
Bring a creative component  
into this visioning through  
poetry, song, and art.

**Sign up for Kathryn's Event  
at Rancho La Puerta**

Please consider  
including Hemlock  
in your estate  
plan. To leave a  
bequest, our legal  
name is:

HEMLOCK  
SOCIETY OF SAN  
DIEGO. Our EIN  
number is:  
33-046-7982.

We are a certified  
501(c)(3)  
California  
not-for-profit  
educational  
organization.

Barry

Barry Price,  
President

Faye

Faye Girsh,  
Founder