

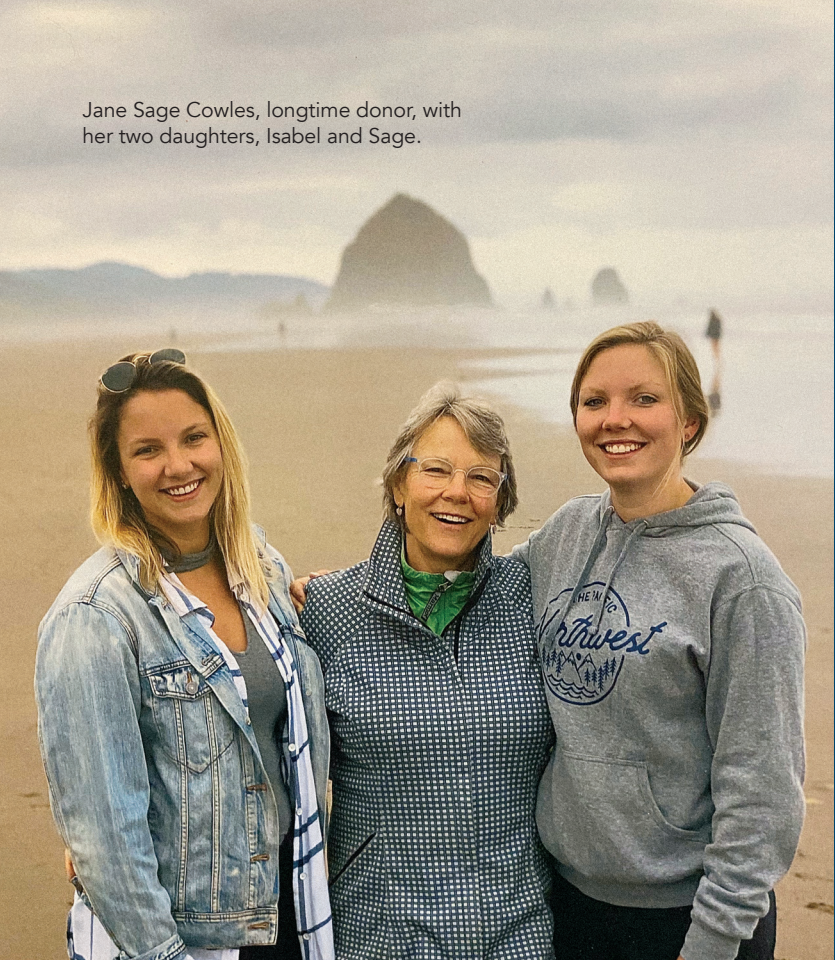
compassion & choices

MAGAZINE
WINTER 2021



Special Edition

Jane Sage Cowles, longtime donor, with her two daughters, Isabel and Sage.



“ My daughters and I are the third and fourth generations of our family to welcome conversations about end-of-life care. Compassion & Choices offers folks easy-to-use materials to facilitate family discussions around the kitchen table about this important subject. I am deeply committed to bringing medical aid in dying to my home state of Minnesota and pleased to support these efforts through my Fidelity donor-advised fund.”

- Jane Sage Cowles, Minnesota

Planning and Giving Through the Generations

Across the Compassion & Choices community, individuals and families are coming together to support the movement while planning for their own end-of-life journeys.

Establish a Legacy for Future Generations:

A planned gift can provide significant tax benefits through a bequest or a retirement account, or even provide lifetime guaranteed income. Learn more at CompassionAndChoices.org/giftplans.org.

Give Through a Donor-Advised Fund:

Through your fund you can direct a one-time or recurring monthly gift. Visit CompassionAndChoices.org/daf to learn more.

For more information, contact:

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Compassion & Choices improves care, expands options and empowers everyone to chart their own end-of-life journey. Learn more at CompassionAndChoices.org.

Improving End-of-Life Care Through the Arts

Growing up, I spent the vast majority of my time with two distinct interests: the arts, music in particular, and advancing societal change. That's why I am delighted to see this magazine focused on how the arts can help shape societal change around my later-in-life passion, improving end-of-life care.

Through art, we can help people understand and interpret the human experience, shine a light on an injustice that needs to be addressed, and ultimately inspire reform. One indicator that the end-of-life choice movement is making considerable progress is the sheer number of TV series, movies, paintings, poems, photographs and more that depict injustices within our end-of-life care system.

Beyond leveraging works of art produced by others, this year Compassion & Choices produced our own — commissioning our new signature song, *This Is Your Show* (CompassionAndChoices.org/this-is-your-show). This rousing new song takes listeners on the journey from procrastinating about end-of-life planning to feeling empowered to "Finish Strong." The feedback has been phenomenal — we received more than 80,000 views within the first week of posting it to Facebook.

My greatest hope is that the song inspires you, as it does me, to: 1) plan an ending of your own making, and 2) share the song far and wide. The power of this community is transformational. Imagine if each of our 450,000 supporters were to share this song with their networks. We could be a part of transforming culture through music.

I hope you will join me in realizing this vision.

In solidarity,



Kim Callinan

Kim Callinan
President and Chief Executive Officer

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MAGAZINE

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In the Media

Orlando Weekly

"Floridians battling dementia get new tools for end-of-life decisions"
Sept. 21, 2020

Compassion & Choices commemorated World Alzheimer's Day by promoting our dementia tools to the wider public. These tools allow people with dementia to plan their care and decide which treatment options they want. Kim Callinan, Compassion & Choices president and CEO, told the Orlando Weekly, "It [using the dementia tools] takes the guilt and guesswork out of caregiving, because [a caregiver] doesn't have to think about, 'What would this person want in this situation?' They're able to use the tool to guide their care decisions."

The Independent

"I don't see honour in me suffering': One family's five-year battle for a terminally ill mother's choice on how to die"
Oct. 4, 2020

Fay Hoh Yin was a medical aid-in-dying activist and Compassion & Choices volunteer living in New York City until she died in July 2020. She told The Independent about her hopes and fears surrounding her cancer diagnosis and death: "I want to live; I do want to live, but I just don't see any honour in me suffering with [my family] watching totally helpless. I should have the freedom to decide how I want to go." Her daughter, Monona Yin, told The Independent, "The person in my life who wanted [medical aid-in-dying] the most was the most alive person."

El Diario NY

"Opciones de cuidados de fin de vida son más importantes que nunca" (Options at the end of life are more important than ever)
Oct. 13, 2020

Dolores Huerta, a civil rights icon and longtime ally of Compassion & Choices, voiced her support for end-of-life care options during Hispanic Heritage Month last October. In this op-ed, Huerta encouraged fellow Latinos to complete their advance planning, saying, "We need to have these important talks and fill out advance directive forms that document our wishes for end-of-life medical care." Huerta has continued her advocacy during the pandemic by narrating public service announcements in California and speaking at virtual events across the country.

KevinMD.com

"Medical aid in dying is not assisted suicide"
Oct. 18, 2020

Roger Kligler, a retired physician in Massachusetts, has lived with prostate cancer for nearly 16 years. As a physician himself, Roger has dealt firsthand with cancer, personally and professionally, and knows exactly how devastating its various symptoms and treatments can be.

Kligler responded to another physician's comments on medical aid in dying, saying "In the KevinMD article, 'Assisted suicide: a change of heart,' the author contends that there is salvation in suffering, but not everyone believes that is true. While I support the author's ability to decide how she wants to die, I do not believe that her personal beliefs should dictate how I die."

Death and the Arts

For as long as there have been artists, death has been a frequent subject of their work. In poetry, painting, music, photography, theater, film and everything in between, artists have tried to capture the mysteries and sacred rituals surrounding the end of life.

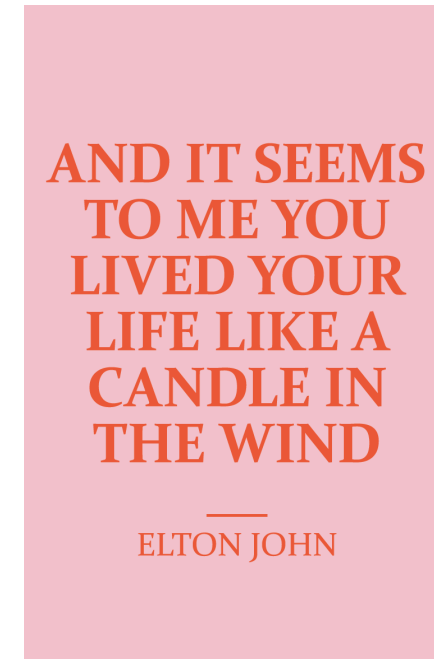
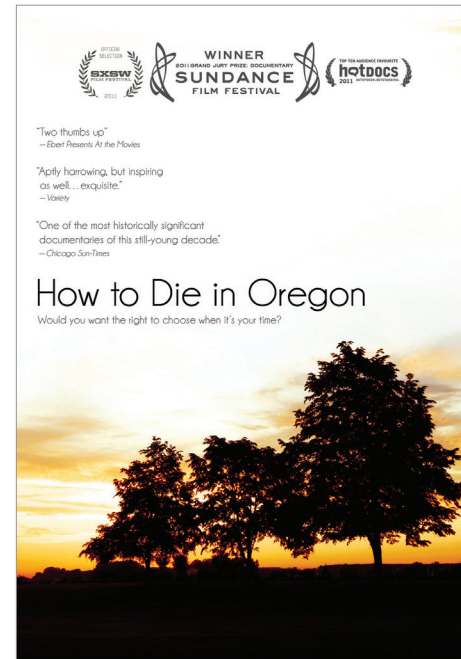
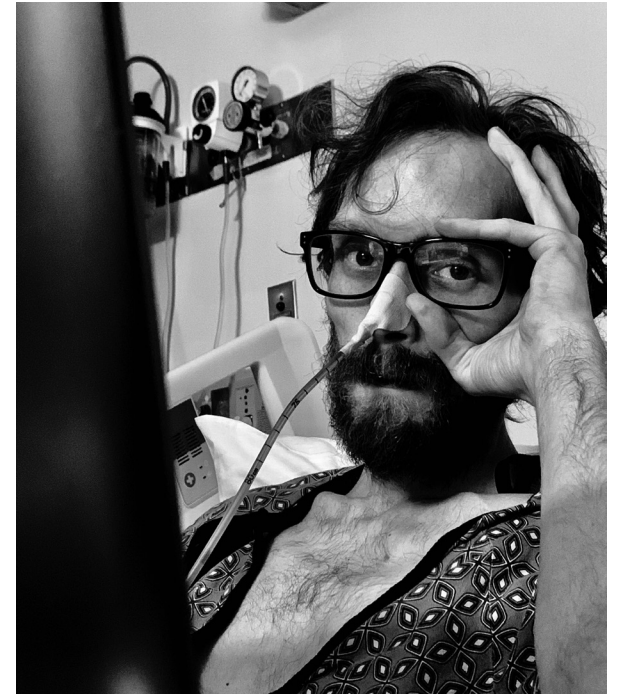
Famous paintings about death and dying include Rembrandt's *The Anatomy Lesson of Dr. Nicolaes Tulp* (1632), Gustav Klimt's *Death and Life* (1915) and *Guernica* (1937) by Pablo Picasso. Even art that's not specifically about death can take on a new meaning: Two months before President Abraham Lincoln's death in 1865, sculptor Clark Mills made a "life cast" of Lincoln's face. Twenty-five years later, upon seeing the sculpture in a museum, poet Stuart Sterne was moved to write:

*The brow whereon the precious life long flown,
Leaving a homely glory all its own,
Seems still to linger, with a mournful play
Of light and shadow! — His, who held a sway*

The phenomenon of *memento mori* — which means "remember you must die" — became popular in the Victorian era as photography became more widely available. The death of a loved one was often the reason for a new family portrait, and the deceased person was often included in the photo.

Of course, music has always been an outlet for the emotions surrounding death and dying. The list of songs and compositions about death is nearly endless: from Mozart's *Requiem* to Elton John's *Candle in the Wind* to Eric Clapton's *Tears in Heaven*, artists throughout time have channeled their grief and wonder into melody and lyrics.

Death is also a theme in many films, though few movies capture the spirit of the end-of-life options movement, and fewer still manage to be both entertaining and informative about issues around medical aid in dying and autonomy at the end of life.



clockwise: Gustav Klimt's *Death and Life*; #2 from Amanda Villegas' photo essay series of her husband Chris' final days; *Here Awhile* movie featuring Anna Camp; Pablo Picasso's *Guernica*; award-winning documentary *How to Die in Oregon*; and lyrics from Elton John's *Candle in the Wind*.

One of the first films to feature the subject was the 2011 documentary *How to Die in Oregon*. The film follows several people with terminal illnesses as they seek to utilize Oregon's Death With Dignity law to peacefully end their suffering, highlighting their hopes, their hurdles and their deaths. At the time of the film's release, only three states had authorized medical aid in dying. Over the next nine years, six more states and Washington, D.C., authorized the end-of-life option.

As awareness of the medical aid-in-dying movement grew, more filmmakers have taken on the subject. Here are a few:

Here Awhile (2019) stars Anna Camp as the main character, Anna, who reconnects with her estranged younger brother, played by Steven Strait, after many years. After learning she has terminal cancer, Anna moves to Portland to stay with her brother. Oregon's Death With Dignity law comes into play when he discovers a brochure about it among her things. "This is my life, what's left of it. And I've got one move left," she tells him. See *Compassion & Choices'* Winter 2020 issue for more on Anna Camp and *Here Awhile*.

Into the Night: Portraits of Life and Death (2018) is the first of a two-part documentary narrated by Sharon Stone that offers intimate portraits of individuals from all walks of life for whom death is no longer a far-off abstraction. Part One features nine men and women grappling with the universal questions posed by our mortality. A young mortician practicing alternative burials, a cryonicist and futurist with hopes that advanced technology will defeat death, a Baptist minister who struggled with his faith after losing two sons, and a heart surgeon with metastasized prostate cancer are among those featured. Part Two (release date TBD) explores wholly new territory and will feature different lives and perspectives. Among them: a futurist hoping for the singularity and Buddhist chaplains counseling acceptance.

When My Time Comes (2021) is based on former NPR host Diane Rehm's book of the same name. The documentary places the story about the death of her husband, John, from Parkinson's disease in the context of the nationwide movement for medical aid in dying. The Peabody Award-winning Rehm speaks with people across the spectrum of opinion about the issue, including patients, family members, physicians, clergy and lawmakers.

Blackbird (2020) stars Academy Award winner Susan Sarandon as a woman dying of amyotrophic lateral sclerosis (ALS). She and her husband, played by Sam Neill, gather their family for one last weekend before she plans to end her suffering on her own terms, but unresolved issues with their daughters complicate the picture. *Blackbird* is a remake of the 2014 Danish film *Silent Heart*.

Bob's Choice (2019) features Seattle-area resident Bob Fuller, who is living with cancer. The film follows Bob as he goes through the process of obtaining a prescription under the state's Death With Dignity law. Bob's Catholic faith and relationship with his friends and family feature prominently in the documentary. "Pain is inevitable with cancer," Bob says, "but suffering is optional. You don't have to do it, and I choose not to."

Many films depict other aspects of death and dying, from palliative care to dementia:

Alternate Endings: Six New Ways to Die in America (2019) is a documentary about people nearing death who have chosen nontraditional end-of-life options and remembrances. From celebrations of life and living wakes to green burials and more, the film explores the moments surrounding death and captures the healing power of honoring, giving thanks and staying true to loved ones who have passed away.

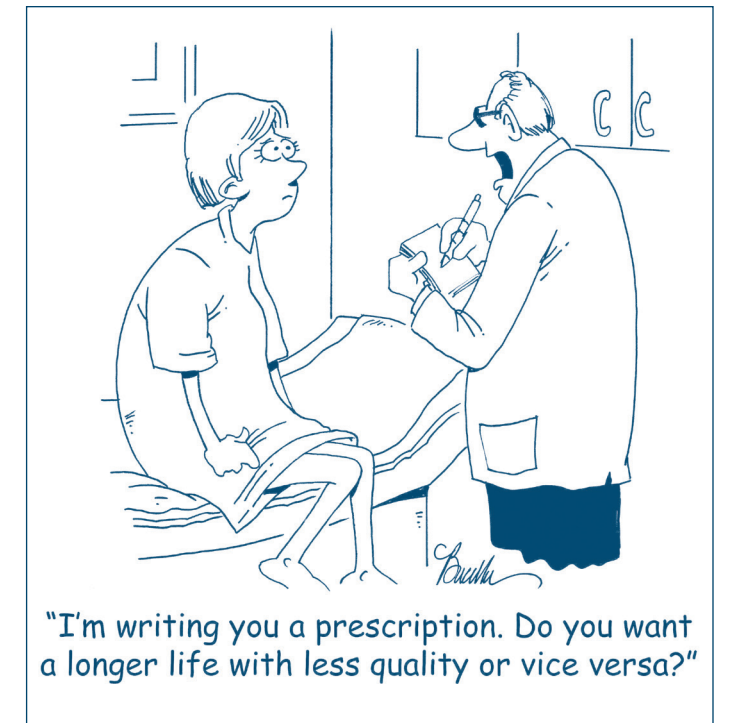
In *End Game* (2018), we meet a group of people who are helping to change the way we think about life and dying: the palliative care team at UCSF Health; Zen Caregiving Project, a Buddhist-inspired end-of-life residence; and B.J. Miller, M.D., a physician who understands suffering firsthand (he lost three limbs in an accident when he was 19). These caregivers are dedicated to relieving suffering and changing the way we think and make choices about how we live our lives as we near life's end.

Dick Johnson Is Dead (2020) takes a very different approach to talking about death and dying, focusing on filmmaker Kirsten Johnson's father, who has been diagnosed with dementia. After losing her mother to the same illness years earlier, she created this film to help process her complicated grief. It is made up of a series of vignettes imagining her father dying in many different ways, some of them violent. Though the humor is dark, the exploration of death is revealing.

The Arts and Compassion & Choices

Starting with *How to Die in Oregon* and in the case of Diane Rehm and others, *Compassion & Choices'* advocacy has intersected with the vision of filmmakers and artists. Barbara Hammer, a trailblazing filmmaker, made a short film (one of more than 100 made during her lifetime) about her experience with endometrioid ovarian cancer. She advocated for a medical aid-in-dying bill in New York before her death in 2019.

Compassion & Choices celebrated Barbara Hammer's life and legacy with a webinar featuring her partner, Florrie Burke. The webinar showed a lecture Hammer gave to a sold-out audience at the Whitney Museum of American Art followed by a conversation with Florrie. During the lecture at the Whitney, Barbara said, "I prefer a conscious death ... a dignified death. A death where I have a chance to clearly say goodbye to friends and family." During the conversation, Florrie said of Barbara, "You know she was not afraid of death. She was afraid of suffering. And there's quite a distinction. She was intrigued with



the dying process. She was curious about it. She wanted to study it. She said, 'I need to write a book about it because nobody has.'"

We also collaborated with City of Hope, a top cancer treatment and research center in California, to present a webinar with Amanda Villegas, a *Compassion & Choices* storyteller and photographer, who lost her husband, Chris, to cancer in 2019. She documented his final days in a photo series. The photos are visceral and real, and Amanda said, "It was just instinctual for me to just take [the photos]." She also spent time remembering Chris, saying "Even when things were serious, he still found ways to use his humor to get through things; that's really been an inspiration for me."

Wooden Nickels, written by Devorah Medwin for beival.com, is a unique and timely play featuring a family discussing end-of-life planning for their mother. The magic — this entire production takes place on a Zoom call. *Compassion & Choices* President

Emerita/Senior Adviser Barbara Coombs Lee makes an appearance providing consultation.

Ashen Leaves Paperback is a book of poems authored by Compassion & Choices board member Chandana Banerjee. Released in 2019, this wonderful collection explores topics of love, loss, grief and intimacy.

As Dr. Seuss said, “Words and pictures are yin and yang. Married, they produce a progeny more interesting than either parent.” Children’s books are only the beginning. Graphic novels and comics can communicate in-depth, biting and political messages to wide audiences. This storytelling art form has depicted death and dying in as many ways as the writers’ and artists’ imaginations have conceived.

Whether it’s film, photography or poetry, the arts have always explored death and dying. In the last decade, films about medical aid in dying have increased and shown the end-of-life care option is becoming a mainstream choice for the terminally ill. Thanks to artists like Barbara Hammer and Amanda Villegas, we are gaining a glimpse into what is needed to give terminally ill people a peaceful death. ■



More and more, issues integral to Compassion & Choices’ mission are expressed and addressed in books, podcasts and poetry. Keep an eye on our monthly e-newsletter for samples and suggestions that are of interest, like this one:

***My Fond Farewell* by Marilyn LaCourt**

*Now I lay me down to sleep
I hope to die before I wake
Cause, I already ate my cake
No pie in the sky
From which to partake*

*I’ve had my fill. I feel no hunger
No desire to be much younger.
Been there, done that, and now
I wish ...
No longer to exit
Yes, no longer to exist.*

*Don’t feel bad. It’s okay
No more to do, no reason to stay
I’ve loved you all along the way
You loved me too
You fed me cake
I tasted your frosting sweet and true*

*I’m not greedy, had my fill
Had my cake and ate it too
When death comes to make its call
As it will for us all
I can say life tasted good
I ate it all. I’ve had my fill*

*Make a difference? Thought I could
I used to think perhaps I would
I can’t do busy. It makes me dizzy
And now I’m boring even me.*

*Wiser folks than me
Left an awesome legacy
But no one ever lives forever
Even if they once were clever
Dementia knows no boundaries
Staying too long is just plain wrong*

*Bodies give out like well-worn shoes
Minds go to mush like left over stews
Loved ones are tasked with the care
Of empty shells with no one there
To linger too long would be a mistake
One I hope not to make*

*Conscience guides me
Don’t get greedy
Best to leave before I’m needy
I’ve had a long run. It’s been good
I want to go now. It’s time ... I should*

Poet and published novelist Marilyn LaCourt of Wisconsin, an active supporter of Compassion & Choices, is grateful for the work being done in the end-of-life options movement. “Her love of life remains strong as she accepts the inevitability of death,” says Midwest Campaign Manager Amy Sherman. “People like Marilyn inspire and fuel me.”

**Please subscribe to our online newsletter here:
CompassionAndChoices.org/join**

“This Is Your Show”

Compassion & Choices engages composers and Broadway performers Andrew Beall and Evan McCormack to help propel the movement forward, educating through entertainment.

Evan McCormack and Andrew Beall met in a wine store in New York City. Both were out-of-towners who came to New York City to “make it on Broadway.” Andrew was working on a musical and needed a tenor to help him pull it together. As luck would have it, Evan was that tenor. Ten years later, after many collaborations, Evan and Andrew came to understand the importance of end-of-life options, thanks to the advocacy of Brittany Maynard and Compassion & Choices.

A few years ago, Evan and Andrew began working on a musical called *Goodbye New York*. This story followed two strangers, Olivia and Will, who meet by chance for a single magical day of romance, a beautiful moment in the city that the composer and lyricist had come to love. With the help of playwright David Don Miller, they had outlined much of the musical in October 2014 when they read about Brittany Maynard in the Washington Post a month before her death.



Evan McCormack (left) and Andrew Beall (right) following their passion in New York City.

In the article, Brittany Maynard, a 29-year-old with terminal brain cancer, shared her story and explained why she relocated to Oregon from her home state of California. "Cancer patient Brittany Maynard, 29, has scheduled her death for Nov. 1." There was an associated video produced by Compassion & Choices.

Evan and Andrew were profoundly moved by Brittany's story. Both were raised in families that were guided by faith. They each describe themselves and their upbringings as very religious. "I don't know if I would have supported medical aid in dying earlier in my life," Evan offered. "But now that I understand what it is all about, I can't imagine not supporting this option. It is such a personal decision."

They were inspired enough to revise *Goodbye New York* to include an ending related to medical aid in dying. They also signed up for more information on our website and began receiving our monthly e-newsletter. They learned of a local screening for a film called *Defining Hope* organized by the New York team of Compassion & Choices. There they met Kim Callinan, who was touring the state on her first week in her new role as president and CEO of Compassion & Choices. They conferred with Brittany's husband, Dan Diaz, who advocates for medical aid-in-dying laws across the country, and quickly forged an important partnership with Compassion & Choices.

From the start, Kim recognized the value of "edutainment": entertain and educate at the same time, in this case, through a beautiful, powerful mosaic of images, music and song. *Goodbye New York* was introduced to Compassion & Choices supporters at a variety of events. Currently the musical is being pitched to HBO and Netflix.

Death is a part of life, and planning is empowering! *This Is Your Show* illustrates the importance of being fearless and starting hard conversations with loved ones.

In 2020, everything changed. Andrew and Evan were working on revisions to *Goodbye New York* and preparing to go into the studio to record the concept album. Evan was also learning music for Holy Week. He is an active singer in churches around New York City and Westchester. Andrew was playing percussion in four Broadway shows: *Lion King*, *Aladdin*, *Beetlejuice* and *West Side Story*. He was also revising two other musicals, *Song of Solomon* and *Platinum Girls*. *Platinum Girls* was scheduled to open off-Broadway on September 26, 2020. This launch, of course, was canceled as the lights on Broadway dimmed due to the COVID-19 pandemic.

In March, they got a call from Kim Callinan. She wanted to commission a song for Compassion & Choices.

Kim wanted to continue inspiring and educating through music. Since groups can't gather for the immediate future, a song that can be shared through smaller screens seemed the next best thing. Kim pulled together a group of Compassion & Choices staff, the "song team," and began meeting weekly with Evan and Andrew to talk through the tone of the music and the messages they wanted to convey.

This ode to end-of-life planning needed to be upbeat and reflect the values of Compassion & Choices' Finish Strong initiative comprised of free tools and resources to help you and your loved ones finish strong by planning for an end-of-life experience that matches the life you've enjoyed — defined by love, purpose and agency. Death is a part of life, and planning is empowering! *This Is Your Show* illustrates the importance of being fearless and starting hard conversations with loved ones. Because after all, this really is YOUR SHOW.



Critically acclaimed Broadway performer Carmen Ruby Floyd in the studio recording "This Is Your Show."

Through collaborative discussions with key staff from Compassion & Choices, Andrew and Evan began composing the lyrics. Andrew would go to sleep thinking about the piece. The next morning, he understood the direction. As a result of COVID-19, Evan created a home studio so they could quickly listen to the demos without going into a studio, gaining better insight to their progress.

Lyrics research involved talking with the song team about the work and the stories. As they developed the flavor of the rhythm and the feel of the song, Evan and Andrew made good use of a thesaurus and a rhyme app. "We want to hear people singing this song! The melody is intended to be simple and catchy, for people to sing out loud in a statehouse." Andrew said. Evan shared, "My 2-year-old, Lachlan, sings THIS IS MY LIFE every time he hears the song."

As they engaged with Compassion & Choices, educating themselves about end-of-life options became a priority. "There was another story we read about that truly moved us," Evan remembered. "We partially quoted his words in the song. I won't forget them." Evan was referring to the words of beloved

medical aid-in-dying advocate Miguel Carrasquillo, who said, "I wanted to die the way I lived: with purpose and intention." After a moment's consideration, Andrew added, "We truly hope this song has an impact on the end-of-life movement, and that everyone hears it as a celebration of Compassion & Choices' incredible work. And that people are moved, like we were, to get involved."

Just before Thanksgiving, Andrew and Evan engaged eight singers from the world-renowned Harlem Gospel Choir to sing the choral pieces of *This Is Your Show*. Critically acclaimed Broadway, TV and film performer Carmen Ruby Floyd sang the lead. A collection of talented musicians, including the Tony Award winning Music Director Jim Lowe on keyboards, also helped bring the song to life.

This Is Your Show debuted at Compassion & Choices' virtual event, called Tributes, Stories and Song, in December (see page 20) and was the centerpiece of our year-end engagement. You'll see it on our social media. Please listen to it and share it. Stay tuned for a sing-along at a statehouse near you someday soon!

View the *This Is Your Show* music video featuring Carmen Ruby Floyd and the Harlem Gospel Choir, and then download the song at: CompassionAndChoices.org/this-is-your-show

✦ LYRICS FOR **THIS IS YOUR SHOW** ✦

<p>VERSE 1 You're busy We get it But you'll wanna fit this in Get a head start The end isn't written In stone or a palm Or in an opinion Let's start the conversation</p> <p>It's all about your vision Take a second and listen To the rhythm of choice Cause it's your decision To know the options To know your position Let's start the conversation</p> <p>CHORUS A This is your show Before the curtains close Before the lights go low You're gonna take control You're awake right now And when you take your bow You're gonna sing out loud: "This is my life!"</p> <p>VERSE 2 You have the option To write your last chapter To breathe a bit better To capture the factors That matter most To you and yours</p>	<p>(And you and yours to) Focus on The things that matter</p> <p>Once you have written it Once you understand it They can understand it You'll never be gladder To cut through the chatter Let's cut through the chatter Focus on The things that matter</p> <p>CHORUS A</p> <p>VERSE 3 You're running A mile a minute Who isn't? We're cramming So much in it Take a cosmic second To think about it To dream about it If you wanna leave a legacy</p> <p>From now until then It's your option To leave the way you lived With purpose and direction And reconnection If you're gonna leave a legacy</p> <p>CHORUS A</p>	<p>BRIDGE We dream our whole lives For the perfect show We don't dream How the curtains will close</p> <p>A finale of our own In shimmering lights As they fade We're still cheering tonight It's my right!</p> <p>CHORUS B Take the drama Outta death Take a breath Take a second Make another choice Listen to your voice Take control You're awake right now So take your bow And sing out loud: "This is my life!"</p> <p>CHORUS A</p> <p>OUTRO Finish strong! Finish fearless! Finish proud! Cause it's my choice! "This is my life!"</p>
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federal update

Impact of Elections and Federal Legislative Outlook for 2021



We may be at a moment of political polarization in the United States, but as a result of COVID-19, end-of-life care has emerged at the federal level as one of the few issues to gather bipartisan support in Washington.

When Congress debated the CARES Act in March 2020, Compassion & Choices advocated for expanded and improved access to telehealth and hospice care. Many of the provisions we promoted were included in the law.

Telehealth has the potential to profoundly impact end-of-life care. It can mean fewer unnecessary and burdensome in-person doctor visits or hospitalizations at life's end, and more peaceful deaths at home. However, the telehealth provisions included in the CARES Act are temporary and tied to the pandemic. During the next Congress, we will seek to make these changes permanent. This includes working in partnership with Sen. Richard Blumenthal to advance his recently introduced Compassionate Care Act, which would make the telehealth changes permanent and modernize advance care planning.

Visit CompassionAndChoices.org/federal-relations to learn more about the Compassionate Care Act.

In addition, Compassion & Choices has asked the new administration to help ensure that patients keep their legal right to access the full range of end-of-life

options by withdrawing a pending Department of Health and Human Services rule. This rule would significantly and unjustly harm Americans by reducing access to the full range of end-of-life care options.

State Elections and Medical Aid in Dying

For the second election cycle in a row, Compassion & Choices produced a report that analyzed state election data. The report conclusively confirmed that lawmaker fears that medical aid in dying is too controversial to support are unfounded.

Over the course of the 2019 and 2020 legislative sessions, close to 400 lawmakers from both sides of the aisle, in 24 legislatures and every region of the country, signed on to medical aid-in-dying bills as sponsors or co-sponsors. It's clear from the data on two successive election cycles that there is little impact on primary and general re-election prospects for sponsors of state legislative aid-in-dying bills. The re-election rate for 2018 was 92%; it increased to 95% in 2020.

For complete federal and state updates, read *2019–2020 Elections & Medical Aid in Dying: An Issue Worth Supporting* at CompassionAndChoices.org/resource/2020-electionreport.

Staying Stronger

Not even a global pandemic can stop Compassion & Choices' progress toward ensuring end-of-life autonomy.

CALIFORNIA

By the time you read this magazine, Compassion & Choices and the Compassion & Choices Action Network are launching a bilingual campaign to reauthorize and improve access to the California End of Life Option Act. In addition, Compassion & Choices' legal team successfully weighed in against a lawsuit seeking to undermine California's legal definition of "brain death" as "death." In September, the U.S. Court of Appeals for the Ninth Circuit affirmed a lower court's dismissal of the lawsuit, filed by a mother who objected to a decision by Children's Hospital Los Angeles to stop futile life support for her brain-dead child. Prior to the Ninth Circuit ruling, Compassion & Choices had filed a friend-of-the-court brief in the case, *Jonee Fonseca et al v. Karen Smith et al*, urging the appeals court to uphold the lower court's dismissal.

COLORADO

Compassion & Choices continues to work to expand access to medical aid in dying under the state's End-of-Life Options Act. Our Medical Provider Advocates Team, a group of active and retired medical professionals, donate their time to educate others about medical aid in dying. They meet every month and give presentations to professional organizations, physician groups and medical societies. They also meet individually with doctors, nurses, social workers, hospital administrators and more. Through the work of this team and our staff, we continue to add supportive providers and facilities to our Find Care Tool.

DELAWARE

Compassion & Choices collaborated with Reps. Paul Baumbach and Sherry Dorsey Walker to host

"End-of-Life Empowerment and the Faith Community" in November, led by Rev. Dr. Jeff Gardere and African American Leadership Council member Rev. Charles McNeill, Jr. Twenty faith leaders in Delaware participated, representing several Christian denominations and the Islamic and Jewish communities. The majority of participants either support or lean toward supporting the Ron Silverio/Heather Block Delaware End of Life Options Act.

HAWAII

Hawaii's law has been in effect since Jan. 1, 2019, but it can be very difficult to access. Data shows that at least 35% of eligible patients don't survive the mandatory 20-day waiting period. Additionally, Hawaii's growing physician shortage makes it very difficult to find a doctor. On the Big Island, Ron Meadow died before he could find a provider. Compassion & Choices is working to amend the law so that qualified advanced practice registered nurses, like nurse practitioners, may participate as medical providers for those who want to access the law. We delivered two webinars with record-breaking attendance from doctors, nurses and social workers.

IOWA

Action team leaders throughout the state, with leadership from Central Action Iowa, hosted a statewide meeting in November with a keynote presentation by Dan Diaz, husband of the late Brittany Maynard. Sen. Joe Bolcom and Rep. Mary Mascher also discussed implications of the recent election and plans for legislation in the upcoming session.

MARYLAND

A total of 79 Maryland media outlets aired, posted or published a story commemorating World Dementia Day on September 21 featuring an interview with Compassion & Choices President and CEO Kim Callinan. Kim discussed two new videos that explain how to use our dementia care planning tools and their value: "Our tools allow a person to ... identify the point at which they would want their caregivers and their medical team to support them in allowing natural death to take place," Callinan said.

MINNESOTA

In November, Compassion & Choices hosted a webinar about advance care planning and hospice use among African Americans. The event included State Representative Rena Moran, who chairs the Health and Human Services Policy Committee, along with two members of Compassion & Choices African American Leadership Council: Rev. Charles McNeill, Jr. of Unity Baptist Church and Missy Moore, a nurse and healthcare executive. With the help of an amazing host committee of volunteer advocates, we also held our first-ever live virtual fundraiser, with remarks from Kim Callinan, former Governor Arne Carlson and consultant Richard Carlborn, who has organized some of the most powerful grassroots campaigns in the history of the state.

NEVADA

Compassion & Choices continued to educate state residents about their full range of options at the end of life. Compassion & Choices Action Network hosted virtual online advocacy training for volunteers and a webinar for Nevada lawmakers. They also ran a digital ad campaign in key areas and will reintroduce medical aid-in-dying legislation at the start of the 2021 legislative session.

NEW JERSEY

Since New Jersey's Medical Aid in Dying for the Terminally Ill Act took effect Aug. 1, 2019, Compassion & Choices' implementation campaign has led dozens

of healthcare providers statewide to adopt policies allowing their doctors to provide medical aid in dying. Our free online Find Care Tool shows that every New Jerseyan lives within 50 miles of a supportive healthcare system. In August 2020, the New Jersey Department of Health reported that 12 terminally ill state residents had used the law in its first five months.

NEW MEXICO

Compassion & Choices worked closely with the New Mexico End-of-Life Options Coalition to continue to educate New Mexicans about their full range of options at the end of life. Prior to COVID-19, we held events across the state, including presentations on advance healthcare directives and informational tabling at health fairs and conferences. New Mexico's rural outreach team presented to bilingual members of the New Mexico Community Health Worker Association and offered continuing education units in three rural communities. The Compassion & Choices Action Network is cultivating legislative champions for The Elizabeth Whitefield End of Life Options Act and setting the stage for advancement in 2021.

NEW YORK

Our New York campaign is working hard to ensure that our voices are heard amid the din of so many other issues. This effort includes hosting dozens of virtual presentations across the state in late 2020, including several events during the worldwide virtual festival Reimagine: Life, Loss, & Love; and several New York-specific webinars as a part of our Staying Stronger Together webinar series. In addition, Katie Couric presented Compassion & Choices with the 2020 Sharecare Award in the Caregiving/End-of-Life category for our video featuring pioneering LGBTQ filmmaker Barbara Hammer urging New York lawmakers to pass the Medical Aid in Dying Act. By the time you read this magazine, we will have launched a television advertising campaign putting pressure on Albany lawmakers to pass the Medical Aid in Dying Act in 2021.

Massachusetts: Bay Staters Getting Closer to End-of-Life Autonomy

While Compassion & Choices continues campaigns to expand end-of-life care in all states, that work has intensified with a continued and active legislative session in Massachusetts.

Our campaign to pass the Massachusetts End of Life Options Act (H.1926/S.1208) got another welcome boost of public support in September 2020 when the Boston Globe reported on the results of a November 2019 poll that confirmed what we already know to be true: seven out of 10 Massachusetts residents (70%) support medical aid-in-dying legislation.

Conducted jointly by the Globe and Suffolk University, the poll showed majority support for medical aid in dying among 500 Massachusetts residents across the demographic, ethnic and geographic spectrum.

Shortly after the new poll results were published, Compassion & Choices launched an ambitious digital advocacy campaign that includes a video streamed across our social media platforms. To date, the campaign has resulted in more than 1,100 emails sent by Compassion & Choices advocates urging their lawmakers to pass the bill without delay. On Dec. 6 2020, The Boston Globe urged the Legislature to pass the bill: "At the end of life, people should be able to choose dignity and less pain."

In spite of the unprecedented nature of this year's legislative session, the End of Life Options Act advanced in committee for the first time since its original 2011 introduction. Compassion & Choices advocates continued to push the legislation until the end of the session. Although the Legislature did not pass the bill, we will continue to push new legislation in 2021!



Read more about the poll results:
CompassionAndChoices.org/maglobepoll2020

Take action online:
CompassionAndChoices.org/Massachusetts
Facebook: [CompassionAndChoicesMassachusetts](https://www.facebook.com/CompassionAndChoicesMassachusetts)
Twitter: [@CompAndChoices](https://twitter.com/CompAndChoices)



During Compassion & Choices' webinar, Massachusetts supporters ask legislators to pass the End of Life Options Act.

The Power of Building Community

Compassion & Choices' efforts to address the dementia crisis and health-care disparities in diverse communities include a multipronged grassroots effort. Before COVID-19, we spent hours at community events, talking to people about end-of-life autonomy and choice, and distributing our materials. Now we're adapting to the struggle of the pandemic and finding new ways to reach the public.

Reaching Underserved Communities Virtually

Black and Latino communities suffer disproportionately from COVID-19 and other illnesses. That's why Compassion & Choices is partnering with major national organizations to bring our message of end-of-life autonomy and choice to the public. Our staff participated in multiple webinars, including the National Hispanic Medical Association webinar addressing COVID-19: Dealing With the New Normal. We also continued our partnership with the Institute of Mexicans Abroad and Ventanilla de Salud via the Mexican Consulate, participating in a Facebook Live event with the Mexican Consulate in Chicago, providing a workshop on end-of-life options in Spanish. The event garnered more than 2,000 views.

In October 2020, we celebrated Hispanic Heritage Month and Binational Health Week (BHW). For Hispanic Heritage Month, we featured our Hispanic/Latino staff on social media and participated in virtual events. During BHW, federal, state and local government agencies; community-based organizations; and thousands of volunteers came together to conduct a series of health promotion and health education activities, including workshops, referrals, vaccinations and medical screenings. Compassion & Choices participated in the 20th Binational Health Week Inauguration ceremony, sharing videos about our mission and PSAs about medical aid in dying recorded by Dolores Huerta and Mauricio Ochmann.



Compassion & Choices remains committed to reaching Black and Latino communities with our tools and resources. We mailed information to thousands of people from diverse communities in an effort to expand our reach. We sought new audiences by running digital and print ad campaigns to diverse audiences in several National Newspaper Publishers Association newspapers and social media platforms, reaching 3.5 million people virtually with our resources. We also created a set of videos with Dr. Jeff Gardere covering a wide range of topics, from health disparities at the end of life to medical aid in dying. As a prominent mental health expert, Dr. Jeff provides an important voice to this ever-evolving conversation. Stay tuned on our social media pages for links to watch these videos.

Tributes, Stories and Song: From Oregon to a National Event

Traditionally, Compassion & Choices holds an annual fundraising event in Oregon for our supporters. Given the COVID-19 pandemic, we weren't able to meet in person, so Compassion & Choices decided to bring the event to a national audience. On December 8, 2020, we gathered our supporters from 45 states and D.C. for an event paying tribute to loved ones we've lost and celebrating their lives.



formance by multi-instrumentalist and composer Julius Rodriguez. We debuted our signature song, "This Is Your Show," which highlights the importance of end-of-life planning and encourages everyone to chart their end-of-life journey according to their values and beliefs.

Every virtual gathering Compassion & Choices holds builds new and important connections. From our national Tributes, Stories and

The engaging Dr. Jeff Gardere, better known from television as "America's Psychologist," emceed the event. We also brought together our dedicated storytellers, including advocate and actor James Naughton, to share their instrumental work that moves the movement for end-of-life options forward. The event included an exclusive jazz per-

Song event, to the smaller state-based webinars and volunteer meetings happening every month, we are committed to staying connected during the COVID-19 pandemic and building upon our mission of helping everyone chart their own end-of-life journey.



Carmen Ruby Floyd (center) and the Harlem Gospel Choir singing "This Is Your Show." Compassion & Choices' signature song premiered during the Tributes, Stories and Song event.



left: Musician and composer Julius Rodriguez performed with his trio. right clockwise: Compassion & Choices President and CEO Kim Callinan moderating a panel titled "Reflections of Impact and Reach" that included former California State Senator Bill Monning; storyteller/advocates Dan Winter and his husband, John Forsgren; and Compassion & Choices National Latino Outreach Manager Maria Otero.

A New Medscape Resource for End-of-Life Education

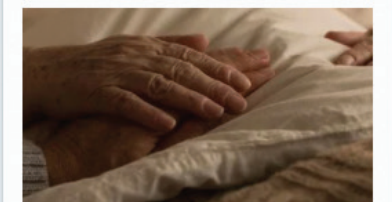
Medical Aid in Dying: Your Clinical Guide and Practice Points is a new Medscape continuing medical education (CME) activity. Authored by esteemed City of Hope National Medical Center faculty member and Compassion & Choices board member Dr. Chandana Banerjee, the CME offers clinicians a comprehensive resource to learn the clinical criteria and current standard of care for how to practice medical aid in dying. Physicians may receive 1.0 units upon completion of the activity.

This Medscape-accredited content is an important contribution to the field of end-of-life care. We are pleased to bring this research-based information into the standard of care as physicians care for terminally ill patients who seek to end their life on their own terms.

Medical Aid in Dying: Your Clinical Guide and Practice Points

Family Medicine/Primary Care, November 23, 2020

Don't wait until a patient asks you about medical aid in dying to figure out how you will respond.



1.0 ABIM MOC | 1.0 CME | 60 MIN | SAVE

An Interdisciplinary End-of-Life Care Effort

Recently, Compassion & Choices launched our Healthcare Advisory Council, a group of prominent professionals across the healthcare spectrum from all over the country. Our goal is to remain a credible source for clinical professionals discussing, improving and practicing end-of-life care. We aim to create products, programs

and tools to move the conversation forward; the Healthcare Advisory Council will be instrumental in this goal.

The Healthcare Advisory Council, composed of doctors, nurses, social workers, chaplains and others, offers invaluable perspectives that will be used to create

communications designed for the healthcare community. Members will also conduct media outreach, provide legislative testimony and serve as guest speakers and panelists at events in their communities and nationally. The Council covers topics such as advance care planning and telehealth.

Growing Compassion & Choices' Dementia Program

Dementia is another disease that disproportionately affects Black and Latino communities. UsAgainstAlzheimer's reports that by 2030, Latinos and African Americans will make up 40% of the 8.4 million American families affected by Alzheimer's disease, the most common form of dementia. Compassion & Choices continued our dementia outreach and education efforts across the country in order to reach every community with the message of planning for a dementia diagnosis.

Compassion & Choices commemorated World Alzheimer's Day on Sept. 21, 2020, and Alzheimer's Awareness month in November 2020 with a media campaign and multiple webinars targeting different parts of the country. Stories appeared on radio stations and in newspapers in states like Florida and Maryland, and Kim Callinan, Compassion & Choices president and CEO, participated in interviews with a dozen radio stations. We held a successful webinar in North Carolina where Matt Whitaker, Compassion & Choices integrated programs director, explained the importance of planning for a dementia diagnosis and previewed our dementia tools.



Scene from Compassion & Choices Dementia Values & Priorities Tool and Decoder video.

Compassion & Choices also released two videos about our dementia tools. In one, members of our staff explain the necessity of planning for dementia and its importance across diverse communities. In another, we describe the tools in depth so that anyone can use them.

Watch the dementia tool videos at:
candc.link/our-tools

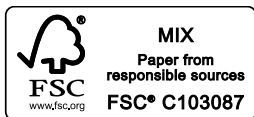


Why I Give ...

“Empowering Black communities to make informed decisions that fit their priorities and values is critical, particularly during the end-of-life process.”

- The Rev. Madison T. Shockley II, pastor, Pilgrim United Church of Christ, Carlsbad, Calif.

To make a donation and learn more about end-of-life care preparation and options, visit CompassionAndChoices.org or call 800.247.7421.



This year it's even more important for your voice to be heard.



HERE ARE **5 WAYS** TO
GET INVOLVED NOW!

- 1. FIND** upcoming activities and events in your state at CompassionAndChoices.org/events
- 2. TAKE ACTION** by learning how you can support medical aid in dying at CompassionAndChoices.org/take-action
- 3. VOLUNTEER** any way you can; find options at CompassionAndChoices.org/volunteer
- 4. SHARE** your personal experiences about medical aid in dying to demonstrate why this option is so crucial at CompassionAndChoices.org/stories
- 5. SIGN UP** to receive real-time updates on our advocacy campaigns, including our monthly e-newsletter at CompassionAndChoices.org/join