



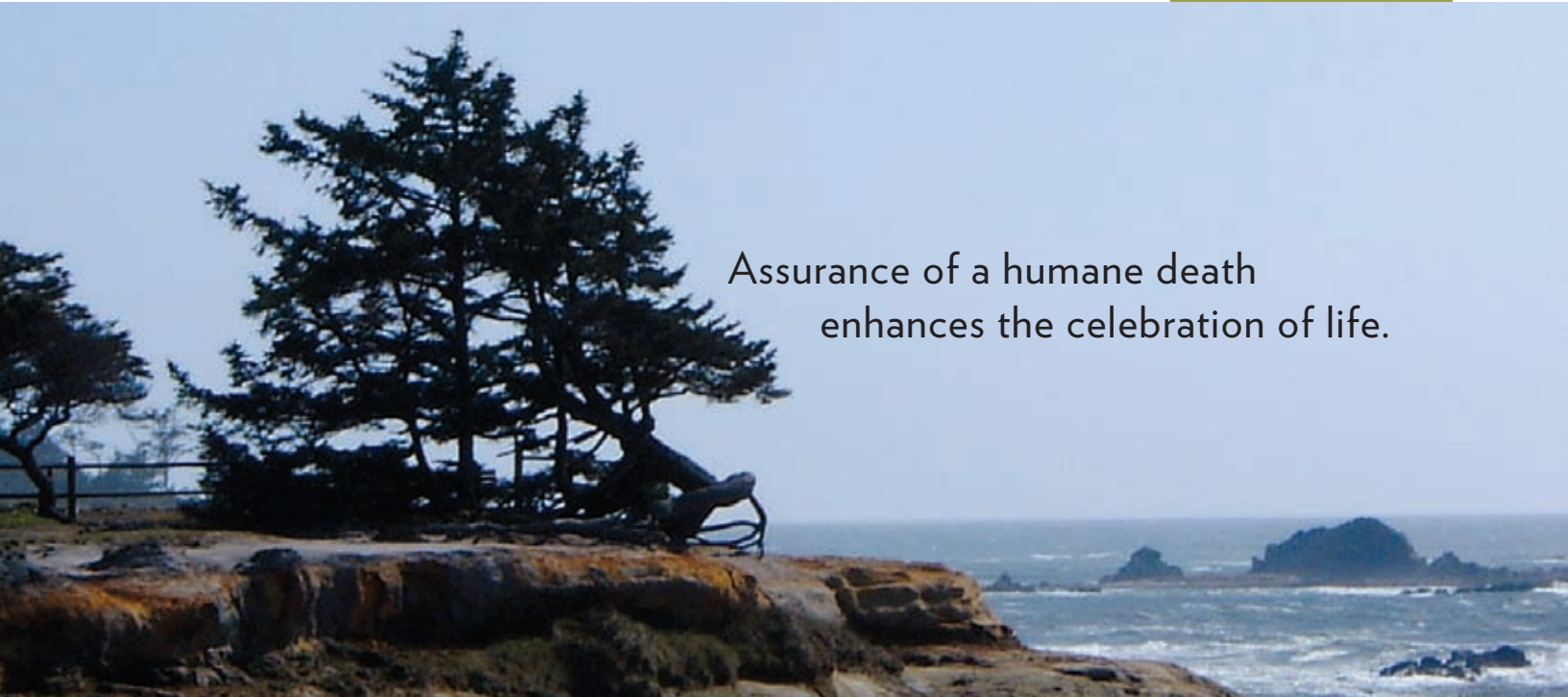
Compassion & Choices of Oregon
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Compassion & Choices of Oregon



Assurance of a humane death
enhances the celebration of life.

Annual Report 2008

Compassion & Choices of Oregon

OUR MISSION

To provide emotional, social and spiritual support to help mentally competent, terminally ill individuals and their families and caregivers face the end of life with courage and grace.

We provide information that will allow individuals to achieve a humane and peaceful death as defined by them at the final stages of their lives. Compassion also makes certain Oregonians have someone to turn to when they wish to have information about using Oregon's aid-in-dying law. As one of more than eighty affiliates, chapters and community groups under the umbrella organization Compassion & Choices, Compassion & Choices of Oregon is considered a model for others to follow.



OUR SERVICES

Compassion, through its network of professional volunteers, offers consultation about all end-of-life options to terminally ill, adult Oregonians and their families. We provide free consultation on pain and symptom management, hospice care, and for mentally competent adults who make an enduring and voluntary request, we provide information about hastening death to avoid further suffering.

In accordance with Oregon's aid-in-dying law Compassion & Choices of Oregon helps dying clients obtain prescriptions for effective medications to hasten their death. Compassion works with our client's physician(s) and other physicians who support the right of individuals to make considered and informed choices at the end of life. Compassion follows strict guidelines and safeguards to ensure that all of the requirements of Oregon's aid-in-dying law are fulfilled. This assures dying people a safe and dignified death, while protecting vulnerable people, the interests of society and participating physicians.

Compassion & Choices of Oregon works closely with our national organization, Compassion & Choices, to provide information, spokespersons and a model of how well Oregon's law works. This in turn allows our parent group to promote the passage of Oregon type laws in other states throughout the US.

Compassion & Choices of Oregon

PO Box 6404 • Portland OR • 97228

tel: 503.525.1956 • fax: 800.930.0535

email: or@compassionandchoices.org

web: www.compassionoforegon.org



FROM THE EXECUTIVE DIRECTOR

Dear Friends,

Compassion & Choices of Oregon entered the year 2009 with renewed confidence that we will continue to provide high quality services to terminally ill Oregonians and that our commitment to end-of-life care improves the quality of life for all Oregonians.

Compassion faces many challenges in 2009, even though 2007 and 2008 were the first two years Oregon's physician assisted dying law was not being challenged in court, by congress or administrative rule. Our challenge now is to expand our services to all eligible Oregonians and to assist Washington and Montana to properly implement their aid-in-dying laws.

Compassion & Choices of Oregon believes all individuals should have access to information and support on the full range of end-of-life options. It is for this reason Compassion does not charge for its services. We rely on tax-deductible contributions from those who believe in our work. We receive no contributions from government grants or our parent organization. Donations from the public are critical to our ability to advocate for and support Oregonians in their personal and private decisions about the end of life. We thank all of our generous donors. If you are financially able, please become a sustaining or new contributing member of Compassion & Choices of Oregon. Please join us as we ensure all Oregonians the right to explore their end-of-life options.

Warmest Regards,

George Eighmey, Executive Director



FROM THE ADMINISTRATIVE DIRECTOR

Dear Oregonians,

Joining Compassion & Choices of Oregon has had a profound effect on my life and career. My masters in public administration helped prepare me for the challenges in this position, but it has been working with the hundreds of clients and their family members that has given meaning to my work.

My sincere thank you to all the volunteers who make my job more enjoyable and to all our clients who have shown us all that Oregon's aid-in-dying law provides comfort to thousands. To our donors I wish to send a special thank you for supporting us so we may continue to help terminally ill Oregonians face the end of life with courage and grace.

Fondly,

Yvonne Shaw, Administrative Director



OUR FUNDRAISING ACCOMPLISHMENTS IN 2008

Compassion & Choices of Oregon wishes to thank all our donors who give generously so our staff and volunteers may provide our needed services free of charge to each person who calls. The majority of our donors live in Oregon but we receive donations from people who live throughout the U.S. All of them believe in our work and see Compassion & Choices of Oregon as the organization that provides the most comprehensive range of end-of-life options.

In 2008 Dr. George Whatley, who lives in Alabama, recommitted his support for Compassion by assuring us that his annual gift of \$25,000 will continue. Thank you, again, Dr. Whatley.

In order for Compassion & Choices of Oregon to provide our services and follow our mission, we raise funds from several sources. These include fundraising events such as our annual dinner/auction. In 2008, our dinner/auction was held at the Multnomah Athletic Club in Portland. More than 160 guests attended our eleventh annual event.

A huge thank you goes out to the following individuals who gave us countless hours of their time and energy to put the 2008 dinner/auction together: Ellen Baltus, Jon Bridnebaugh, Esther Bell, Renée Binns, Sylvia Campbell, Elaine Carter, Nancy Crumpacker, MD, Pat Dennis, David Dietz, Lynne Gazzola, Peter Goodwin, MD, Teresa Grove, Mike Hampel, Michael Wilk Houston, Linda Jensen, Susan Jones, Rev. Shakti Khan, Jodi Kilgore, James Labrador, Beth McKee, LMT, Brad & Julie McMurchie, Jeffrey Menashe, MD, Michael Moody, Derianna Mooney, Jonathan Mulcare, Robert Nimmo, Jane O'Dell, Elizabeth Olsen, Carl Perkins, Sue Dessayer Porter, Bobbie Regan, Scott Rice, Harriet Richard, Peter Richardson, Gov. Barbara Roberts, Rabbi Emanuel Rose, Brian Ruess, Jasmine Ruthdotter, Janet Samuels, Deb Sankovitz, Yvonne Shaw, Claire Simons, Kate Barker Swindell, Jill Sydnor, Victor and Jeanne Vore, Dara Wilk, and Bill Wright.

An additional thank you goes to Susan Jones, Laura Rose Lewis, Julie McMurchie, Yvonne Shaw, Kate Barker Swindell, and Dara Wilk for their work in organizing the dinner and obtaining a majority of the auction items for this year's oral and silent auctions. A very special thank you goes out to Susan Jones and Yvonne Shaw for organizing the check-in and check-out, organizing the volunteers and for all of their accounting expertise.



Compassion & Choices of Oregon also wishes to express our sincere thank you to all of our dinner/auction sponsors and volunteers for their generosity. We encourage you to support the advertisers, sponsors and service providers who helped make our dinner/auction a huge success. They include:

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A special thank you to Jonathan Mulcare, a commercial art and graphic designer, who designed our invitation and annual dinner program and to Carl Perkins, owner of Rhino Digital Printing, who generously assisted us in our printing needs.

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COMPASSION & CHOICES OF OREGON OUTREACH

PUBLIC PRESENTATIONS

Compassion & Choices of Oregon participated in more than 40 public presentations before more than 3000 attendees and thousands of TV viewers and radio listeners. Presenters included Dr. Nancy Crumpacker, Dr. Nick Gideonse, Dr. Peter Goodwin, Teresa Grove, Dr. Jeffrey Menashe, Julie McMurchie, Derianna Mooney, Elizabeth Olsen, Kathryn Tucker, Yvonne Shaw, Valerie J. Vollmar, Professor of Law, and George Eighmey. The venues ranged from panel presentations held by major media outlets, medical conferences, university and college classrooms, assisted living facilities, hospice meetings, private club meetings and private home gatherings.

PUBLIC RELATIONS ACCOMPLISHMENTS

Our clients, their family members, our volunteers and staff were interviewed by more than 2 dozen reporters throughout the US from the *LA Times*, *Seattle Times*, *New York Times*, all major US television networks, and almost every media outlet in Oregon. They told the story of Oregon's humane implementation of our law throughout the year. The value of such publicity is incalculable.

We received more than 4000 telephone calls, emails and letters from the public in 2008. The profile of the person who contacts Compassion & Choices of Oregon asking for assistance in using Oregon's aid-in-dying law is one who is fiercely independent, highly educated, and financially secure. The person who calls generally wants to be at home surrounded by his/her loving family and friends during his/her final days.

ADMINISTRATIVE PROGRAMS

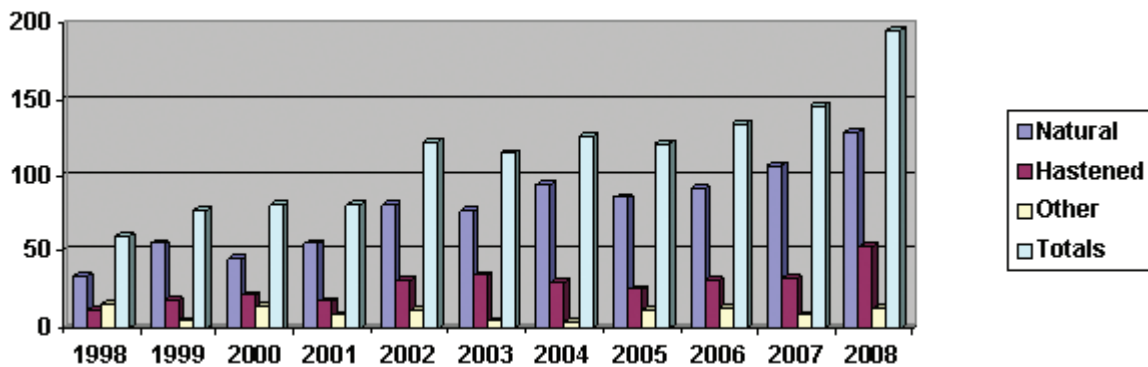
We continued to work with a nationally recognized researcher (Dr. Linda Ganzini) by providing participants for her two studies on aid in dying that were published in 2008 in the *American Medical Journal*. In addition, we assisted support groups and individuals in Washington with their efforts to pass Oregon type aid-in-dying legislation, cooperated with our parent organization in providing national spokespersons, worked with the Oregon Department of Human Services to improve the aid in dying reporting system and to prevent errors from being made on the reporting forms, and trained seven new client support team members, added one new board member and three new advisory board members.



2008 SUMMARY OF DECEASED CLIENTS

Compassion & Choices of Oregon continued its role as the steward of Oregon's unique aid-in-dying law. We served more than 230 clients during the year, 195 of whom died peacefully and humanely in 2008 in great part because of our volunteers' compassionate support. Of the 195 who died in 2008, 53 chose to hasten their death by taking medication prescribed under Oregon's aid-in-dying law, 129 died naturally from their illness, 7 died by terminal sedation, and 6 died after voluntarily stopping eating and drinking. In 2008, we also helped prevent 22 violent suicides from occurring (clients who expressed the intent to take their lives by violent means and had the means to do so, but changed their minds after working with our volunteers). We helped more than three dozen of our clients and others receive better pain management, referred 60 clients to hospice care that were not already enrolled, referred others to religious/spiritual counselors, and mailed or emailed more than 15,000 brochures, client packets, invitations and information materials to people who wanted information about Compassion's program or who are on our mailing list.

The following is a breakdown of the type of deaths since our beginning.



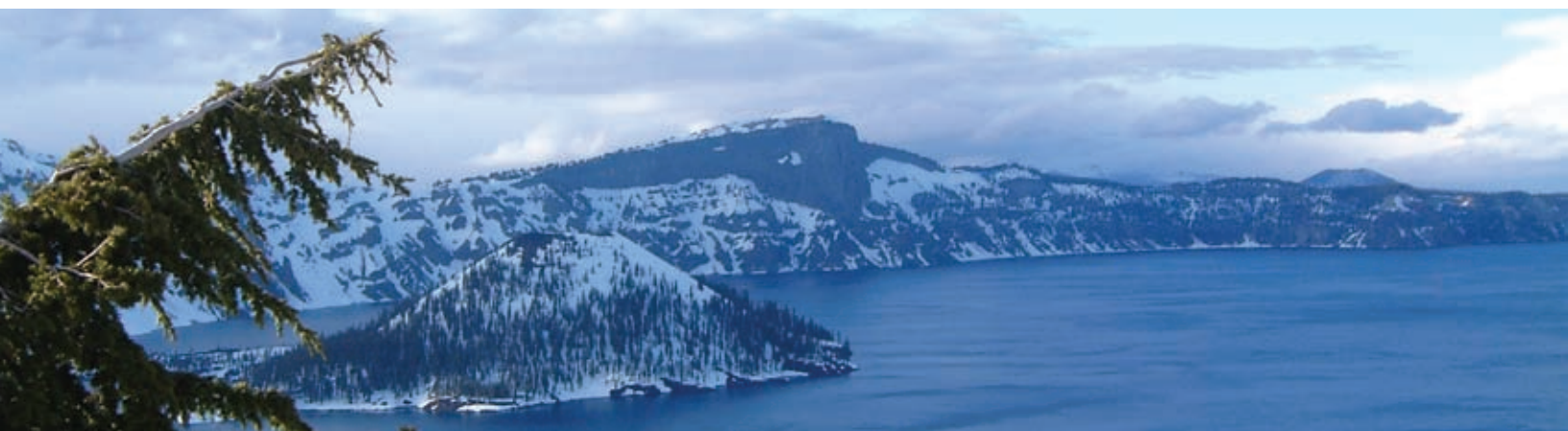
Compassion & Choices of Oregon has participated in 75 percent of all aid-in-dying cases since 1998. However, in 2008 we participated in 88% of all cases. The state's report was issued on March 3, 2009 showing 60 Oregonians took medication to hasten their death using the provisions of Oregon's law. Compassion & Choices of Oregon guided 53 of these patients through the process.

Of the 53 Compassion clients who hastened their death in 2008:

- 27 were men and 26 were women
- the youngest client was 44 years of age and the oldest 91
- 50 had family members present when they took the medication; 29 also had friends present
- 42 had a Compassion client support volunteer present
- 13 had their physician present
- 51 were receiving hospice care.
- all of our clients who took the medication were Caucasian except for one Asian-American
- 45 had some college and/or post-graduate education
- all held a long-time belief in the right to choose death with dignity

2008 SUMMARY OF DECEASED CLIENTS continued

Twenty-two of the 195 Compassion & Choices of Oregon clients who died in 2008 had seriously considered committing a violent suicide to end their suffering, but due to Compassion's aiding these people to obtain better end-of-life care, all of them chose not to take this course. Of Compassion's clients who used Oregon's law to hasten their death, six considered a violent suicide prior to contacting Compassion. All of Compassion's clients who died after taking the medication died peacefully. No one experienced a seizure and no one died alone. The primary reasons for having Oregon's law as an option were: fear of loss of control over their life, dependence on others for care, and loss of autonomy. Of the 195 Compassion clients who died in 2008, 155 self-identified as being religious or spiritual, 63 self-identified as being Republican and 95 as being Democrat. All but 5 had health insurance at their death.



REVENUE FOR 2008 COMPARED TO PREVIOUS YEARS

	Actual 2006	Actual 2007	Actual 2008	Goal/Budgeted 2008
Grants	27,084	25,783	26,950	50,000
Annual Dinner	46,583	76,856	55,485	37,000
Fundraising Letters & Major Donors	62,992	92,949	129,723	65,000
Legacies and Bequests	0	7,452	5,000	0
Miscellaneous Income	2,236	2,314	26,240	14,800
Totals	\$138,895	\$205,354	\$243,398	\$166,800
Expenses	\$126,758	\$141,070	\$189,343	\$174,400
NET REVENUE	\$12,137	\$64,285	\$54,055	-\$7,600

COMPASSION & CHOICES OF OREGON TEAM

THE EXECUTIVE BOARD



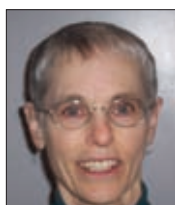
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1998—present



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Board Member
2004—present



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BSN, RN,
Board Member
2000—present



Nancy Crumpacker, MD
Volunteer Medical
Advisor
1998—present



Teresa Grove, RN, EdD
Board Member
1998—2008



Bobbie Regan,
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2007—present



Patrick Boylston, JD
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2008—present



Julie McMurchie, JD
Board Member
2006—present



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2004—2008



Kate Eskew
Board Member
2007—2008



Jeffrey Menashe, MD,
Board Member
2007—present



Brian Ruess, JD
Board Member
2007—present

THE ADVISORY BOARD

Compassion & Choices of Oregon's Advisory Board members represent the diversity of our community. They support individual choice and believe Oregonians should have the right to the full range of end-of-life options. They contribute their time, advice and money to Compassion & Choices of Oregon for which we are eternally grateful. We thank:

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Dara Wilk

COMPASSION & CHOICES OF OREGON TEAM continued

VOLUNTEERS

Volunteers are the heart of Compassion & Choices of Oregon. They work with clients and families and provide expertise in fundraising, public relations, board development and program development.

Our volunteers come from all walks of life: business, social work, homemaking, psychology, medical, and hospice workers. The client support team members must attend monthly meetings for support and training. They work with clients, families, physicians and other health care providers and empower clients to obtain the highest quality end-of-life care. If a client chooses to use the aid-in-dying law, their client support person counsels them throughout the process and may be present on the day of death, at the client's request. Our more than twenty client support volunteers are dedicated and committed to Compassion's cause.

Our physicians, client support, office and event volunteers provided more than 6000 hours to Compassion & Choices of Oregon in 2008; an in-kind donation valued at more than \$500,000. Dr. Crumpacker donated not only financially to Compassion, but also gave more than 200 hours of her time and her medical expertise. Julie McMurchie donated more than 200 hours in her role as dinner/auction chair and board member. Sue Porter also donated more than 400 hours of time in helping clients. Michael Wilk Houston donated 2000 hours of her time. Our other client support volunteers averaged 200 hours of their time to our clients.

We truly have a dedicated team.

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Nancy Crumpacker, MD
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Teresa Grove

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OUTSTANDING VOLUNTEER OF THE YEAR

Michaele Wilk Houston is Compassion & Choices' Client Support Team Coordinator. She received her MA in sociology from Indiana University and immediately launched her career as the Executive Director of the Parenting Skills Center for the Prevention of Child Abuse and the Director of Corporation and Foundation Gifts at Reed College. She has also been honored for generously volunteering her time and talents in counseling and supporting people living with HIV/AIDS.



Thanks to all who gave in 2008. Your support is crucial to us so we may continue to provide our services free of charge.

(Please let us know if your name should be added to our list or should be corrected for spelling, category placement or for any other reason. In many cases when we did not know for certain if a donor agreed to have their name published we placed it in the anonymous category.)

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