



Compassion & Choices of Oregon
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Compassion & Choices of Oregon



To die proudly when it is no longer possible to live proudly. Death of one's own free choice, death at the proper time, with a clear head with joyfulness, consummated in the midst of children and witnesses: so that an actual leave-taking is possible while he who is leaving is still there.

Friedrich Nietzsche

Annual Report 2009

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.



FROM THE EXECUTIVE DIRECTOR

Dear Friends,

Compassion & Choices of Oregon entered 2010 with renewed confidence that we will continue to provide our unique 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 2010. Our challenge now is to expand our services to all eligible Oregonians. Compassion works closely with our national organization, Compassion & Choices, to provide information, spokespersons and a model of how well the Oregon law works. This in turn allows our parent group to promote the passage of Oregon-type laws in other states throughout the U.S., such as occurred in Washington State in 2008 and was implemented in March 2009. In addition, the court in Montana ruled that the citizens of the state of Montana have the right to die with dignity.

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. 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. If you are financially able, please renew your support or become a new donor to Compassion & Choices of Oregon. 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 Friends,

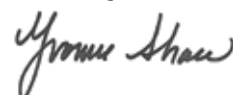
In 1997, Oregonians as a voting body passed a law that protects choice at end of life. Today, Oregonians as individuals define what it means to have a good death. As you read this 2009 Annual Report, you will see quantifiable contributions by supporters such as former governor Dr. John Kitzhaber, the keynote speaker at Compassion & Choices of Oregon's annual luncheon. Dr. Kitzhaber told stories of love, honesty and strength given to those nearing death and those carrying on their memories.

You will read about the importance of Compassion volunteers, such as Esther Bell. Esther understands how her presence at a client's death impacts those saying good bye to a spouse, parent or friend. So she provides an appropriate voice to ensure her client's final wishes can be honored.

Finally, you may consider the generosity of contributors such as the late Dr. George Whatley, who considered Oregon's law so important that he left a bequest to Compassion & Choices of Oregon. Whatley's bequest will support Oregonians who use Death with Dignity, their families and physicians.

Personal contributions such as Dr. Kitzhaber's dedication to end-of-life options, Esther's commitment to be present for families and Dr. Whatley's pledge to provide funding make it possible for Oregonians to access the law. Opponents would like to point to Oregon's law as an example of cost-saving taking precedence over healthcare. In truth, Oregon's law creates an environment of empowerment. Every number in this report represents the voice of a Compassion & Choices of Oregon supporter. We are glad to have you in the conversation.

Kind Regards,



Yvonne Shaw, Administrative Director

OUR FUNDRAISING ACCOMPLISHMENTS IN 2009

In order for Compassion & Choices of Oregon to provide our services and follow our mission, we must raise funds in a variety of ways. In 2009, we mailed, handed out or emailed more than 15,000 brochures, client packets, invitations and information materials to people who inquired about Compassion's program or who are on the mailing list. We participated in more than 40 public presentations before more than 2500 attendees and thousands of TV viewers and radio listeners.

We wish to thank all the donors who give generously so our staff and volunteers may provide needed services free of charge to each person who calls. The majority of Compassion & Choices of Oregon donors live in Oregon but donations are received from people who live throughout the U.S. All of them believe in and support us as the organization that provides the most comprehensive range of end-of-life options. Dr. George Whatley generously donated \$15,000 to Compassion & Choices of Oregon in 2009 prior to his death. Dr. Whatley was a true benefactor and is sorely missed.

Following eleven years of dinner/auctions, in 2009 we decided to go with the trend of having a luncheon fundraiser. The event was held at the Oregon Zoo where more than 360 supporters heard newly announced gubernatorial candidate John Kitzhaber, our keynote speaker, discuss his mother's death and the improvements necessary for our medical system. In addition, Esther Bell, one of our client support volunteers, told of the struggles one of her clients had to overcome in order to have the option of using the law. Tom Leach, one of our newest volunteers, recounted saying goodbye to his wife on the day she chose to exercise her right to die with dignity. Julie McMurchie, Board Chair, told the audience about our services and how they could help our program. Julie introduced 14-year-old David Bach whose uncle died in 1998. David and his family support the right to die with dignity movement and chose the luncheon to announce their donation to our cause.



Clockwise, from top row left:
Julie McMurchie and Dr. Peter
Goodwin; John Kitzhaber, MD;
Tom Leach and Esther Bell;
David Bach.

Opposite page, from top:
Micki Carrier and Lynn Partin;
Eve Richle, Jeff Menashe, MD,
Rabbi Joshua Stampfer;
luncheon at the Oregon Zoo.





Compassion & Choices of Oregon extends a huge thank you to all of our luncheon sponsors and table captains for their generosity. They include:

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Jeffrey Menashe, MD
Lynn Partin

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Dotti Wilson

Our heartfelt appreciation goes out to our luncheon planners, speakers and volunteers:

Susan Anderson, David Bach, Esther Bell, Renée Binns, Elaine Carter, Nancy Crumpacker, MD, John Kitzhaber, MD, Ethan Knight, James Labrador, Tom Leach, Kirsten Leonard, Julie McMurchie, Derianna Mooney, Shannon Spencer, Bobbie Regan, Yvonne Shaw, Stacie White

A special thank you to:

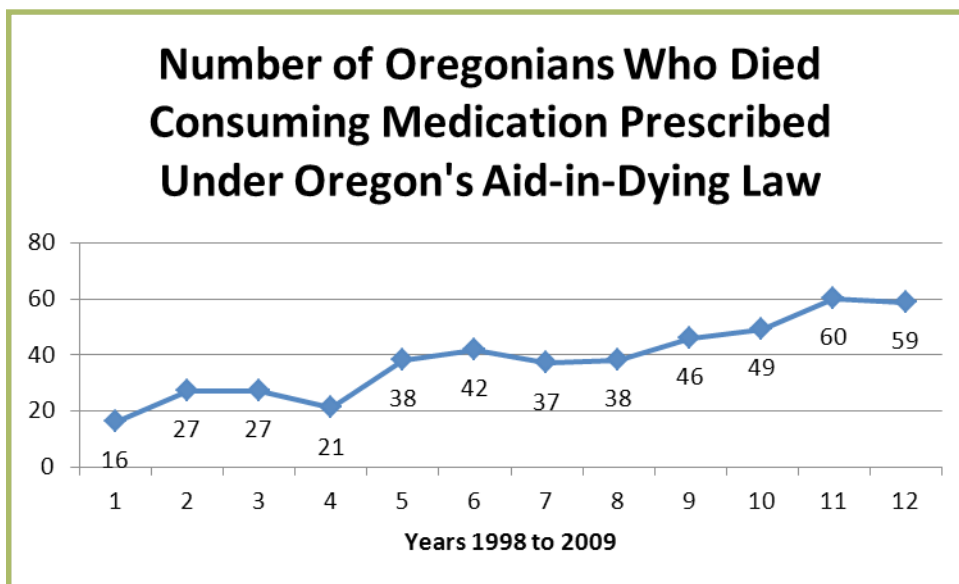
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White Bird Dance



2009 SUMMARY OF DECEASED CLIENTS

Compassion & Choices of Oregon continued its role as the steward of Oregon's unique aid-in-dying law in 2009. We served more than 240 clients during the year, 190 of whom died peacefully and humanely in great part because of the volunteers' compassionate support. Of the 190 who died in 2009, 57 chose to hasten their death by taking medication prescribed under Oregon's aid-in-dying law; 121 died naturally from their illnesses; 12 died by stopping eating and drinking or total sedation. Compassion also helped prevent 17 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). Compassion helped 12 clients receive better pain management, referred 50 clients to hospice care that were not already enrolled and referred others to religious/spiritual counselors.

The following chart shows the number of deaths of people who ingested the lethal dose of medication in each of the past 12 years.



Compassion & Choices of Oregon has participated in an estimated 78 percent of all aid-in-dying cases since 1998. In 2009, 59 Oregonians took medication to hasten their death using the provisions of Oregon's law. The state's report was issued in March, 2010. Compassion & Choices of Oregon guided 57 of these patients through the process.

Of the 57 Compassion clients who hastened their death in 2009:

- 31 were men and 26 were women
- the youngest client was 34 years of age and the oldest 93 with the median age being 74 and the average age was 71.25
- 55 had family members present when they took the medication
- 23 had friends present
- 43 had a Compassion client support volunteer present
- 7 had a physician present
- 54 were receiving hospice care
- 56 were Caucasian; 1 was African-American
- 44 had educations beyond high school, of which 28 had college or post graduate degrees

2009 SUMMARY OF DECEASED CLIENTS continued

- 46 had some form of cancer; 5 had ALS (Lou Gehrig's Disease); 3 had advanced COPD; 3 had other illnesses
- 41 self-identified as belonging to a religious organization or were otherwise spiritual
- 22 self-identified as voting Republican; 28 Democrat; 7 Independent or not voting
- all held a long-time belief in the right to choose death with dignity

Seventeen of the 190 CCO clients who died in 2009 had seriously considered committing a violent suicide, but due to Compassion's aiding these people to obtain better end-of-life care, all chose not to take this course. Of Compassion's clients who used Oregon's law to hasten their death two considered a violent suicide prior to contacting Compassion.

All of Compassion's clients who died after taking the medication died peacefully, except one person who experienced vomiting.



REVENUE FOR 2009 COMPARED TO PREVIOUS YEARS

	Actual 2007	Actual 2008	Actual 2009
Grants	25,783	26,950	7,000
Annual Dinner	76,856	55,485	62,562
Fundraising Letters & Major Donors	92,949	129,723	96,634
Legacies and Bequests	7,452	5,000	0
Miscellaneous Income	2,314	26,240	17,300
Totals	\$205,354	\$243,398	\$183,496
Expenses	\$141,070	\$189,343	\$198,338
NET REVENUE	\$64,285	\$54,055	-\$14,842

COMPASSION & CHOICES OF OREGON TEAM

THE EXECUTIVE BOARD



Patrick Boylston, JD
Board Member
2008—present



Kirsten Leonard
Board Member
2009—present



Bobbie Regan
Vice Chair of the Board
2007—present



Nick Drakos, MD
Board Member
2009—present



Julie McMurchie, JD
Chair of the Board
2006—present



Brian Ruess, JD
Board Member
2007—present



Nina Ford, RN, ANP,
WHCNP
Board Member
2009—present



Jeffrey Menashe, MD,
Board Member
2007—present



Peter Goodwin, MD
Medical Advisor
1997—present



Derianna Mooney,
BSN, RN,
Board Member
2000—present



OUR STAFF



George Eighmey, JD
Executive Director
1998—present



Yvonne Shaw, MPA
Director of Administration
2008—present



Stacie White
Administrative Assistant
2009—present



CCO appreciates the efforts put forth in community development and grant writing by Dotti Wilson, Development Director, 2009-2010.

OUR VOLUNTEER STAFF



Nancy Crumpacker, MD
Volunteer Medical
Director
1998—present



Michaele Wilk Houston
Volunteer Coordinator
2009—present



THE 2009 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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Renee Holzman
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Robert Trotman
Miranda Wellman
Stacie White
Dara Wilk

COMPASSION & CHOICES OF OREGON TEAM *continued*

VOLUNTEERS

Volunteers are the heart of Compassion & Choices of Oregon. Those who volunteer in the office work with clients and families and provide expertise in fundraising, public relations and board and program development. Client support volunteers 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. We wish to thank our client support and office volunteers:

Susan Anderson
Esther Bell
Renée Binns
Alanna Bove
Randal Brown
Elaine Carter
Alan Cohn, MD
Nancy Crumpacker, MD
Pat Dennis
Dan Donham
Jessie Fan, MD
Bob Frymire

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Elizabeth Olsen, DC
Beth Patterson

Sue Porter
Katy Powell
Richard Reed
Harriet Richard
Gene Rimmer
Robert Rubenstein
Susan Smith
Jill Sydnor
Wendy Trunick
Ann Woeste
Corrinne Williams
Mary Zenorini

Our volunteers come from all walks of life: business, social work, homemaking, psychology, medical and hospice workers. Our physicians, client support, office and event volunteers provided more than 7000 hours to CCO in 2009, an in-kind donation valued at more than \$550,000. Dr. Crumpacker donated not only financially to Compassion, but also gave more than 300 hours of her time and her medical expertise. Julie McMurchie donated more than 200 hours in her role as board chair. Sue Porter also donated more than 400 hours of her time in helping clients. Michaele Wilk Houston donated 2000 hours of her valuable time as Compassion's volunteer coordinator. The client support team members attended monthly meetings for support and training. These client support volunteers, committed to ensuring that Oregonians have the right to a peaceful and dignified death, averaged 200 hours of their time to our clients. We truly have a dedicated and experienced team.



OUTSTANDING VOLUNTEER OF THE YEAR

Dr. Peter Goodwin has dedicated 25 years to the right to die movement. He was a chief petitioner on the 1994 ballot measure that passed by a 51% to 49% margin. He has served as a volunteer, medical director and Board member for the Death with Dignity National Center, and currently serves as medical advisor and Board member for CCO, where he continually offers valuable insight. Dr. Goodwin was born in London and grew up in South Africa where he practiced medicine in an isolated district from 1953–1962. He was a visiting professor at the Medical University of So. Carolina in 1974–75. In 1978 he joined the faculty of OHSU where he practiced medicine and taught in the medical school until his retirement.



Thanks to all who gave in 2009. 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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