



## ANNUAL REPORT 2016

Dear Members

Today I would like to send you the fifth annual report of the association "lifecircle".

As in previous years, this past year has shown a respectable rise in the number of members. Until the end of 2016, the number of members increased to 552 active members, whereas at the end of 2015 there were only 841. Many Swiss people became members. Members made use of our offer to obtain information through personal discussions, and also a public podium discussion in Basel proved popular. During this event I was able to put forward the ideas of our association concerning quality of life and autonomy, even in old age and in case of the need to be nursed.

The association "Chreemer Kari" in Biel-Benken is doing well, with the realisation of the project to build about 20 apartments for seniors. The association Lifecircle has given a loan of 50'000 to that association. The obtain a permit from the government to not pay tax, the board of the association has decided that an amount of 60'000 be donated to the following associations: Insieme Basel, Spitex Basel, Spitalexterne Onkologiepflege BL, Sehbehindertenhilfe Basel, PluSport Behindertensport Schweiz, Kinderspitex Nordwestschweiz.

The association "lifecircle" does everything to promote and keep quality of life high. We have therefore organised a workshop in Oristal, the new apartment of the Foundation, where we completed Living Wills in small groups, and discussed problems regarding the end of life. The possibility of a nursing at home and improving life quality was also discussed in depth. Please note we have wheelchairs, walking frames, walking sticks and other aids to hand out to our members.

I find it most encouraging that we have experienced less resistance by the responsible leading persons or the institution when we are giving information to our members in nursing homes. Apart from informing people in nursing homes, the Foundation Eternal Spirit allowed us to assist voluntary death in several nursing homes. In these cases, I am always a little concerned there may be some "Jo-Jo-effect". I cannot tolerate people needing nursing just to die, because "the other person was also allowed to die". But this has, to date, never taken place- which relieves me. This fact also tells me that we are providing good support and information within our association "lifecircle". The senior citizens love to live and it is the duty of the association "lifecircle" to raise the quality of life and therefore diminish the wish to die. But if the suffering of a member is not tolerable, he or she shall have the possibility to die, with the help of the Foundation Eternal Spirit, without great obstacles.

Even in Switzerland things are not that straightforward regarding the acceptance of assisted voluntary death (AVD). We had to oppose Professor Kressig, the leading physician of the "competence centre for geriatrics at the University Hospital in Basel". It is unacceptable that a Professor forbids all physicians working with him to give a judgement on mental capacity when, whilst afflicted with dementia, and the wish to end one's life. I did not agree, and continued fighting for our liberal law in Switzerland. Eventually the opponent professors, Exit and "lifecircle" discussed the problem and there seems to be a good solution in sight.



I would like to give you some information about the Eternal Spirit Foundation.

It was a wonderful surprise, that the film "Simon's Choice" was translated into German by Swiss TV producers. I was asked to give an interview which was then inserted into the film "Simon's Entscheidung". The fact that the film was translated and shown in Switzerland proves that we are on the right path with our work. The film, produced by BBC with our help, shows how important it is to integrate family members within the decision for AVD. In the end, they have to go on living with the death of their loved one. This film gained an award, and it has been nominated for a second award. Currently we are working on four other films. We are assisting teams to produce these films, as it is important to discuss the wish to die. We hope that in future no one has to travel to Switzerland for AVD, after AVD has been legalised globally.

After the first AVF had taken place in our beautiful new apartment in Oristal in Liestal, we organised an event for informing authorities and the public last September. Many interested people attended, seeking more information. Although the apartment is situated in the industrial zone, it is comfortable, bright, with a beautiful view of the forests and a large balcony. We have planted grapes, and in time these will decorate the pergola, as well as climbing roses. Someone who is not allowed to die in his own home must at least have the possibility to die in a wonderful apartment where he/she can feel good.

Beside all this, I would like to refer to my last newsletter, in which I have written about further happenings during the last year.

With my best wishes

Dr. med. Erika Preisig, President of the association "lifecircle".