
Newsletter October 2023

Dear members

This year I wrote a detailed annual report in spring, so there was no reason to write a newsletter after the General Assembly in June. But now I would like to inform you again with a newsletter. The minutes of the General Assembly and the annual report can be found on our website:

<https://www.lifecircle.ch/fileadmin/lifecircle/docs/annualreport/Jahresbericht2022E.pdf>

The two most important points of this newsletter to me are:

Firstly, that you once again take note that neither the stop of taking new members into our association, nor the new guidelines of the SAMS (see annual report), mean a restriction for the possibility of AVD in Switzerland. Even very old people who suffer from various old-age complaints that worsen the overall quality of life to such an extent that a stable desire to die occurs, can make use of an AVD. All members of the lifecircle association will continue to be professionally accompanied into death by our empathetic, patient team if they fulfil the conditions for an AVD. All people who are not members of the association receive counselling and advice on which other organisations in Switzerland they can turn to, in order to apply for an AVD.

Secondly, we will be holding a panel event on Friday 3 November 23 on the topic of "Age-related AVD". "Age-related AVD". I am attaching the flyer with information here, you will also find information under this link: <https://www.lifecircle.ch>. I would be very pleased if you would come in large numbers and take part in the discussion and the subsequent aperitif., but it **will be held in German only**. You can book guest rooms at the Hofmatt Hotel in Münchenstein, where the event will take place <https://www.hotelhofmatt.ch>
If you are looking for a cheaper place to stay, check Arlesheim, the neighbor village, easily reached by tram.

As mentioned in the annual report, I do not regret my decision in May 22 to close the lifecircle association to new members, but to continue to provide counselling and AVD to existing members. I am only slowly recovering from the enormous strain of the court case that has been going on since 2016. This has now brought great relief with a definitive acquittal regarding intentional homicide, but I have to appear before the cantonal court in November for a trial, as the accusation of violation of the Narcotics Law was rejected by the Federal Court to the Cantonal court. So once again contact with the judges, which unfortunately weighs heavily on my health. And yet, in the end, I hope that this case will also be decided in my favor and thus in favor of freedom and access to the AVD. Who knows, maybe these legal issues will be concluded and definitely closed next year.

One experience with the AVD of a Frenchman particularly concerns me, because in France the way to the legalisation of AVD is being clearly opened by many positive reactions concerning the "Consultation Citoyenne". I hope for people like the Frenchman in question that AVD will soon be legalised and possible in France and the UK as well. Only if every person is allowed to have access to AVD in their home country, can such dramas be avoided. In reality, we are getting closer to worldwide legalisation step by step, but it still takes a lot of time and patience, apparently also in Switzerland, my home country.



I would like to describe how difficult good dying can be in one of the next newsletters, based on the events mentioned above. We need to talk openly all over the world, but also especially in Switzerland, about claiming our human right to choose the way, place and time of our own dying.

And now I would like to present you another interesting development on how to deal with the topic of dying and death, a good example for Switzerland. The organisation "RUNDUM" has created a set of cards that can be used to discuss the end of life in general. Now there is also a new series of cards concerning AVD. The association lifecircle was allowed to help in an advisory way with the creation of the new series. You can find more information under this link: <https://rundum-kartensets.ch/>

I look forward to meeting you at one of our "Café Goodbye" events, which take place every three months at the Reinach Museum of Local History, in addition to the 3.11.23 panel. You will find information on upcoming topics on the website: <https://www.cafegoodbye.ch/>

Erika Preisig, general practitioner and
President of lifecircle association