

Annual meeting, September 21, 2016

Elaine Myers gave a riveting talk about her mother's decision to voluntary stop eating and drinking. (VSED). Court decisions have found that anyone has the right to make this decision. However, Elaine's mother was a resident of a senior living facility and when she announced her determination for VSED, the facility said they would not be able to accommodate her. Elaine moved her mother into her house. However, social services were alerted to check on her and the sheriff's deputy came to the house to see if Elaine's mother was being mistreated. The mother was able to tell the deputy this was her decision and it was obvious that she had her full mental capacity. Her three adult children and her husband agreed and voiced their support for her in this process.

She entered hospice care and was kept comfortable for the 12 days it took for her to die. She mostly slept and was in a semi-coma state when on day 7 she awoke and inquired what day it was. When she was told it was day 7, she smiled and said she was on schedule. She slipped into sleep and never awoke.

Elaine emphasized that anyone has the right to VSED just as anyone has the right to refuse medical treatment including hydration and nutrition. She graciously answered questions from the floor.

A brief account, in Elaine's own words, is on page 4 in the [Spring 2016 newsletter](#): "We Promised my Mom, 'We will tell your story'". For further information, Elaine mentioned a TED talk video: "[Not here by choice](#)", featuring Phyllis Shacter. She also noted that for the second year in a row, this Fall's offerings of Virginia Tech's [Lifelong Learning](#) courses includes "Living Well to the End: Creating a Better End-of-Life Path".

Three Board of Directors were elected for the 2016–2019 term. After the meeting, the new Board convened to elect officers for the coming year. Elected were Sandy Schlaudecker, president; Darrel Clowes, vice president; Harriett Cooper, secretary; Dianne Rencsok, treasurer. The Annual Report is included in the [Fall 2016 newsletter](#).