



HEALTH & WELLNESS



### Living to 100 Club Archives Available

**August 9th 2019: How to Prepare for a Peaceful Death**

Even though we could live to be 100 we will all ultimately — like all living things -- die. Dying can be a painful experience where dignity, control and sometimes, personhood, are lost. The motto of the Hemlock Society is Good Life Good Death. Although many of us know about Advance Directives, Hospice, and Palliative Care, we also have the option, in California, of a medically assisted death with the help of a physician. We will talk about who is eligible for this help, how it works, and when it doesn't. Other remedies will be discussed that are gentle, non-violent, and compassionate. The law

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### Featured Guest



#### Faye Girsh

Faye Girsh was President of the Hemlock Society USA from 1996 to 2004, following its founder, Derek Humphry. Concurrent with this national position, she began the Hemlock Society of San Diego in 1987 and was its president for 22 years. Faye was also President of the World Federation of Right to Die Societies and currently serves as a board member. She initiated the Caring Friends program which eventually became the Final Exit Network. In 2003, she was awarded Hemlock's Lifetime Achievement Award. Dr. Girsh received her doctorate in Human Development from Harvard University. She was Associate Professor and Chair of the Psychology Department at Morehouse College for nine years, was a Resea

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