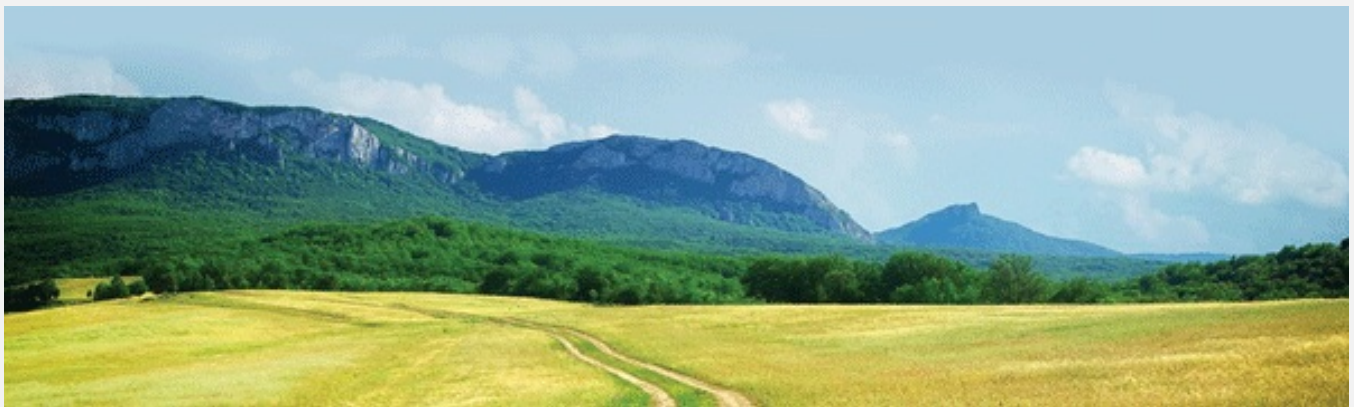


# Hospice of the Valleys



**Your Local Community Hospice.**



**FEBRUARY 2016**



## HOSPICE OF THE VALLEYS ELECTS 2016 BOARD OF DIRECTORS

Hospice of the Valleys has elected their 2016 Board of Directors officers. The Board of Directors makes policy decisions, authorizes financial decisions, is responsible for decision making in compliance with the organization's mission, and acts as the organization's community ambassadors.



# TOP WORK PLACES 2014/2015

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Tom Bloom, Owner of Pre-Need Partners Advance Planning Specialists, will serve as Hospice of the Valleys' Board President for 2016. Tom says, "I am honored to work side by side with such a great group of professionals who care about their community and are committed to such a noble cause. Our mission is: We foster reverence for life, relief of suffering, and compassion in loss for the terminally ill residents and their families in the communities we serve. As volunteers we give of our time, talents and emotion to better the lives of those we serve. I am grateful for my association with such a fine group of compassionate members."

Rosie Wilson, Owner of Wilson Creek Winery, has served as the Hospice of the Valleys Board President from 2014 – 2015 and will now serve as Vice President.

Cathy Owens, R.N., M.Ed., NCSN Murrieta Valley School District will serve as Secretary.

Gary Youmans, Senior Vice President, First Choice Bank will continue to serve as Treasurer.

Additional Board of Director members include:

Frank Cuevas - Director of Liturgy at St. Martha's Catholic Church, Bob O'Donnell - Community Volunteer, John Byrne, D.O., and Tate Parker-Donner - Nothing Bundt Cakes Owner.



# This month of Love

Give a gift  
of the heart.  
Donate to  
Hospice of the  
Valleys.



Your donation  
will help patients  
and families  
in need of  
loving care during  
their time of need.

## A Note From Our Executive Medical Director Dr. Leslee B. Cochran



### The Health Benefits of Love

There is a growing body of research which demonstrates that being happily married has many health benefits. For example, a study in the *Annals of Behavioral Medicine* found that happily married participants had lower blood pressures than did single people. Not surprisingly, unhappily married individuals had the worst blood pressures. The Health and Human Services Department Report also demonstrates that married people overall enjoy better health as evidenced by a lower incidence of depression and substance abuse and fewer doctors' visits and shorter hospital stays as compared to unmarried individuals.

Positive emotions associated with happy marriages also benefit the immune system. A study done at Carnegie Mellon University found that people who exhibit positive emotions are less likely to get sick when exposed to cold or flu viruses. Another study published in the *Archives of General Psychiatry* by researchers at Ohio State University found that skin wounds healed twice as fast in couples who interacted warmly as compared to those who demonstrated hostility toward each other. These benefits translate into a longer life expectancy for married couples as demonstrated by an eight year review of research data collected by the National Health Interview Survey which found that married people had a 42% decrease in age adjusted mortality rate compared to those who had never been married.

Although ongoing research is needed to explain these benefits, one explanation may be due to the beneficial effects of happy marriage relationships on reducing anxiety. A study conducted by researchers at the State University of New York at Stony Brook used functional MRI scans to look at the brains of people in long-term loving relationships. They found that couples with strongly connected long term relationships had an increased activation in the part of the brain known as the dopamine-reward area which promotes a general sense of well being and happiness. The study also showed decreased negative responses to anxiety and stress related symptoms.

A study in the *Journal of Family Psychology* shows that happiness depends more on the quality of family relationships than on income level. When you invest into the happiness of your spouse, you will find yourself on the receiving end of many health benefits and a happier life in general. For all you husbands out there I offer the following health tip: Happy Wife = Happy Life!

## NOTES FROM FRIENDS

Hospice of the Valleys serves hundreds of patients each and every year. We honor them by sharing their stories. They remind us every day of the meaning and purpose in our work and that human connection is at the heart of the hospice experience.

The following are notes Hospice of the Valleys has received from the families of patients that we have been privileged to provide hospice care.

*"To all of you at  
Hospice of the Valleys,  
On behalf of our entire family  
please accept our deep gratitude  
for the tender loving care and  
kindness provide to our mother  
during her final days with us.  
We appreciate your support  
so very much."*

-----  
*"It was such a great help to  
have my husband so lovingly  
taken care of. I would not have  
known what to do. Once again,  
Thank you- thank you!"*

## ANATOMY OF A HOSPICE HEART

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



*"Though your heart may feel small,  
it is spacious beyond the mind's imagination.  
The spaciousness of the heart  
can hold the suffering of the world."*

Ezra Bayda

We have a tradition here at Hospice of the Valleys: the Hospice Heart.

If an employee has done something "above and beyond" to help another on the team, we have a simple thank you slip called a hospice heart. The thank you is written and delivered to the one who is to be thanked, and then a portion of the thank you slip is shared at our all staff meeting with the entire staff. It is a gift that keeps on giving.

But here at Hospice of the Valleys, a hospice heart is also more than this gracious gesture. To "have a hospice heart" is to be a person whose heart understands and practices the love and loving care a hospice team provides. It is a descriptor of a very special kind of loving and dedication. Often, when we are interviewing those who have applied to work for Hospice of the Valleys, we hear ourselves ask, "Do they have a hospice heart?"

The quote from Ezra Bayda which begins this piece describes how I understand "the hospice heart": "Though your heart may feel small, it is spacious beyond the mind's imagination. The spaciousness of the heart can hold the suffering of the world." The hospice heart does not need to be large, indeed, it may feel quite small and meek. Its mystery and blessing is that it has a spaciousness beyond imagining, which can reach out to hold and embrace the suffering of others. It has a natural ability and unforced desire to want to help hold another's suffering in order to alleviate it. The action of a hospice heart is a natural response, a pure gift given without need for praise or return. It is the action of one heart purely and simply desiring to help ease the suffering of another heart.

The chamber of the hospice heart receives and holds that suffering, and there within that loving chamber, that suffering is transformed.

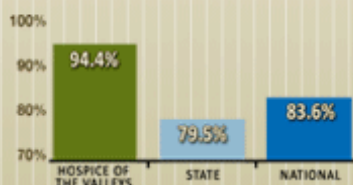
That is the love and loving care of the hospice heart. One cannot meet a person with a hospice heart and not experience that transformation. That is why a person with a hospice heart is a treasured employee. That is why a person with a hospice heart is a healer of bodies, minds, and souls. That is why the gift of the hospice heart is a treasure.



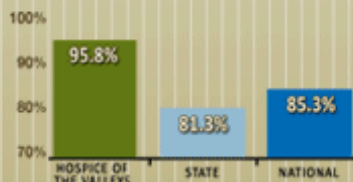
# FAMILY REPORT CARD



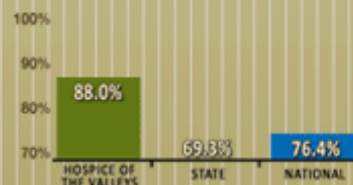
Here is how Hospice of the Valleys' care compares to other state and national hospices surveyed. These results have been obtained by DEYTA, a CMS approved 3rd party market leader in caregiver and family satisfaction surveys. Deyta's survey numbers were compiled from over 1700 hospice organizations and 90,000 caregiver and family surveys.



**PATIENT CARE - 94.4% OF OUR FAMILIES GIVE US A 9 OR 10 OUT OF 10 RATING**



**WOULD DEFINITELY RECOMMEND THIS HOSPICE**



**ALWAYS RECEIVED TIMELY CARE**

SURVEY RESULTS APRIL 1 -OCTOBER 31, 2015

## VOLUNTEER



# THANK YOU

**A HUGE thank you to our community partners for donating your delicious treats and beverages for our holiday party!**

**To Gallant Medical Supply...  
Thank you for the delicious appetizers and delights!**

**To Rosie Wilson and Wilson Creek Winery....  
Thank you for the dozens of bottles of your magnificent bubbly. Our staff felt loved!**

**To Tate Donner and Nothing Bundt Cakes...  
We are so grateful for your generosity in donating your scrumptious bundtinis. You could hear the oohs and ahhs all the way down the hall!**

# VOLUNTEERS



Our hospice volunteers were busy this month making handmade vases, handwritten cards and beautiful flower bouquets for our patients. Thank you for



# You Can Make A Difference!

Volunteering is a great way to respond to the call for service to others.

Hold a Hand  
– Give a Hug –  
Touch a Heart.



By volunteering at Hospice of the Valleys, you will help those in need. You will make a tangible difference in the lives of others and your own spirit will be lifted by knowing you are changing someone's life for the better. Everyone has their own gifts to share and we can match your talents with existing needs. Hospices depend on volunteers. Without the efforts of volunteers, we could not continue our important work. Thank you for your giving heart. If you are interested in being a Hospice volunteer.

If you have questions, Please contact Chrissy Lawless, Volunteer Coordinator at 951-200-7800.

**CLICK HERE**

flower bouquets for our patients. Thank you for spreading lots of love and joy this Valentine's Day!





## AN EXCITING ANNOUNCEMENT ABOUT THE HOV WEBSITE!

Hospice of the Valleys is pleased to announce a new addition to our website. We hope it will be of interest and benefit to you.

## ESTATE PLANNING

Estate planning impacts every family in different ways. Our Estate Planning resource pages will provide information which can benefit you and your family. Please take a few minutes to explore this site filled with practical tips that can help save estate taxes, increase the value of assets passed on to heirs, and increase retirement income. To learn more, please click below.

[Click Here](#)  
TO FIND OUT MORE



Additionally, for a complimentary copy of our Personal Estate Planning Kit, which can save you time and money before you meet with your attorney, please click below.

[Click Here](#)  
TO FIND OUT MORE

Lastly, we are happy to let you know that you will be receiving a quarterly estate planning newsletter with more helpful tips.

We hope this information is useful to you and your family.

FOR MORE INFORMATION  
OR QUESTIONS, PLEASE CONTACT  
**951-200-7800**

Please remember Hospice of the Valleys in your Trust or Will.  
And, help us now with your kind donation.

**[DONATE to Hospice of the Valleys](#)**

Hospice of the Valleys is a non-profit 501(c)(3) organization

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**You can help Hospice of the Valleys  
by choosing us as your charity of choice**

on **spreebird** 