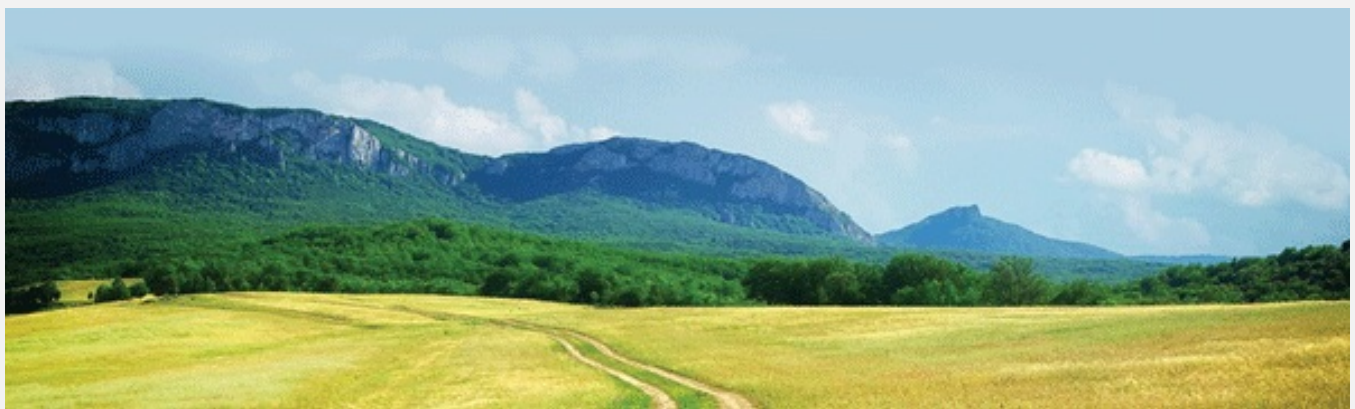


Hospice of the Valleys



Your Local Community Hospice.



JANUARY 2016



TOP WORK PLACES 2014/2015

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Blessing of the Hands 2016

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



Each year, at the first staff meeting of the New Year, it has become tradition to hold a Blessing of the Hands ritual. Many health care agencies participate in some form of this simple annual rite which combines the symbol of water (healing and life) and a personal exchange of blessing. Its aim is to bless and seal the work of healing which will be done throughout the year with intention and love.

Our liturgy seeks to include every task of every person at Hospice of the Valleys: there are so many hands and so many roles which comprise the work of hospice. We affirm at this time of blessing that each task done by each person is of vital importance to the work as a whole; each person is a blessing, and every pair of hands is honored. Quiet words, tender words, shared laughter, and deep smiles are shared as co-worker turns to co-worker to offer a personal blessing.

If you are reading this newsletter, you are an important part of the work we do at Hospice of the Valleys. We invite you to join in this blessing as you read. Consider how your own hands are instruments of blessing, of giving life and love, and of transformation as you read. May you and yours be blessed this New Year of 2016.



Blessing of the Hands

We come this day to celebrate the blessing of the hands.

We come together to consecrate these hands.

**To consecrate something is to set it apart as sacred.
The Latin, consecrare, literally means to make holy.**

By considering our hands and the work of our hands, we remember that the work of our hands in hospice is holy work. Our touch is sacred. The acts of caring and compassion we perform are acts of loving devotion to the sacred presence in all persons.

**Consider your own hands. Know that they are beautiful.
Consider all that they do.**

They perform tasks which may seem very simple and mundane, like tying a shoelace. They also perform tasks, deep and profound, like the stroking of the brow of a dying person.

As you consider your own hands, receive this blessing:

Bless these hands that touch life. Bless these hands that have experienced pain. Bless these hands that embrace with compassion. Bless these hands

SPECIAL THANK YOU



Evans Brown Mortuaries



**A SPECIAL THANK YOU
GOES OUT TO
EVANS BROWN MORTUARY
FOR THE "JUST BECAUSE"
HOLIDAY CAKE POPS.
OUR STAFF ENJOYED
THIS DELICIOUS TREATS
AND YOUR KINDNESS
BRIGHTENED OUR DAY.
THANK YOU FOR YOUR
PARTNERSHIP AND
GIVING SPIRIT!**

that diagnose with care. Bless these hands that bring understanding to tangled family systems and untangle difficult paperwork. Bless these hands that take blood pressures and administer medicine. Bless these hands that bathe broken bodies, clean beds, and dispose of waste. Bless these hands that anoint the sick and offer blessings. Bless these hands that embrace frightened loved ones over a telephone wire. Bless these hands which type and pay bills and audit medical charts and share the good news of Hospice of the Valleys to our community. Bless these hands that enable and encourage our larger community to give so that this work can be accomplished. Bless these hands which comfort the dying, lovingly prepare a body, and shepherd the grief stricken. Bless these hands which hold the future, nurture the present, and celebrate the past. Bless these hands which have lovingly held the hands of those we remember today. Bless all of these hands whose life and touch have blessed us and the world. Amen.

The Blessing of Hands with Water

Blessed be these hands, our hands, for they do the work of Your Hands, O Holy One, in this world. Bless these hands, with love.

Water is a universal symbol for restoration and life. Without its blessing, there would be no life. There will be three elements of blessing today: water, fragrance, and YOU as a source of blessing for others. Water, symbolizing the precious gift of life, fragrance, symbolizing the presence of the love of the Divine, and our own hands, reaching out to another pair of hands, symbolizing our profound connection with each other.

I will touch one person's hands with scented water, and then we will go around the circle, hand to hand, and bless each other. Turn to your neighbor on the right, hold both of their hands in yours, and meet their eyes. Then turn to the person next to you and repeat. Take all the time that you need.

Final Blessing

Let us pray, O Holy One, receive the gift of all of these hands, blessed and made holy for the work of compassion and healing here at Hospice of the Valleys.

This year, may each pair of hands be empowered to do the work of healing love.

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.

"Thank you all for the support and care you so willingly gave our family."

"Hospice has been a huge help to me and others I know. God bless your help."

"I want to express my thankfulness to Hospice of the Valleys. Though my mom was only on hospice for a little more than a week, we had a great experience. The nurses were thorough and caring and we loved the pastor. Also, the social worker called me and I truly appreciate it."

A Note From Our Executive Medical Director

Dr. Leslee B. Cochran



A New Beginning

Imagine for a moment that you lived in a very crowded city, more crowded than Los Angeles or New York and the garbage collectors went on strike. I don't think it would smell very good do you? Now imagine how much worse it would be if the population of this city were greater than the ten largest cities in the world combined. You may be wondering where on earth I could possibly be referring to but would it surprise you if I told you the answer is right "behind" your eyes? You see, I am referring to your incredible brain, which is composed of an estimated 85 billion neurons and comes equipped with a very sophisticated "trash" collecting system known as the brain's glymphatic system.

The glymphatic system is an incredibly complex filtering system which circulates a clear fluid known as cerebrospinal fluid around your brain and spinal cord to remove harmful toxins and proteins. This intricate system is driven by arterial pulsation and regulated during normal sleep cycles in a manner similar to the way that the ocean tides regularly exchange coastal waters as they ebb and flow. This filtration system cannot adequately "flush" out these toxins unless your brain is in a state of sleep. When you skip sleep it is a bit like having the trash pile up on the streets of a city with 85 billion residents!

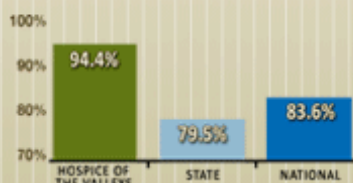
Everyone who has ever pulled an "all-nighter" knows that the brain does not work very well when you are sleep deprived. Numerous scientific studies have also shown a clear link between sleep deprivation and a numerous diseases including cancer, heart disease and strokes. Researchers have noticed a connection between Alzheimers disease and sleeping disorders for decades and now some researchers believe that sleeping disorders may actually predispose people to Alzheimers disease. A study is currently underway at the Oregon Health and Science University which seeks to better understand and define the role of the glymphatic system in relation to Alzheimers. They believe that sleeping disorders may inhibit the ability of the glymphatic system to remove the harmful proteins associated with Alzheimers disease and will use sophisticated MRI scanners to study the effects of sleep deprivation on the function of the glymphatic system.

Given all the positive health benefits of regular sleep I suggest that you do yourself and your brain a tremendous favor and "sleep on it."

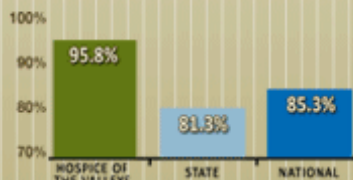
FAMILY REPORT CARD



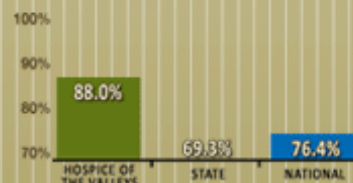
Here is how Hospice of the Valleys' care compares to other state and national hospices surveyed. These results have been obtained by DEYTA, a CMS approved 3rd party market leader in caregiver and family satisfaction surveys. Deyta's survey numbers were compiled from over 1700 hospice organizations and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

THANK YOU MURRIETA VALLEY FUNERAL HOME

A big shout out to Murrieta Valley Funeral Home! Thank you for inviting Hospice of the Valleys staff to attend your special Open House BBQ where guests enjoyed delicious food, drinks, entertainment and fun. We are so grateful for Murrieta Valley Funeral Home and their cherished partnership over the years!



M

Murrieta Valley Funeral Home
FD1853

VOLUNTEER



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

Holiday Party



VOLUNTEERS IN ACTION

Happy 2016! Wishing you a year of joy, peace and
abundant blessings as you give of yourselves as
Hospice of the Valleys volunteers. Looking forward

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

to the special moments this New Year will bring.

Volunteers Give a Wealth of Gifts this holiday season

Mary Kay Independent Beauty Consultants Kym and Mike Smith partner again with Hospice of the Valleys to provide special gifts to our patients through the Mary Kay "Adopt a Hospice Patient" program.



Anne Benavente made darling mittens stuffed with goodies as special gifts to our patients.



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](#)

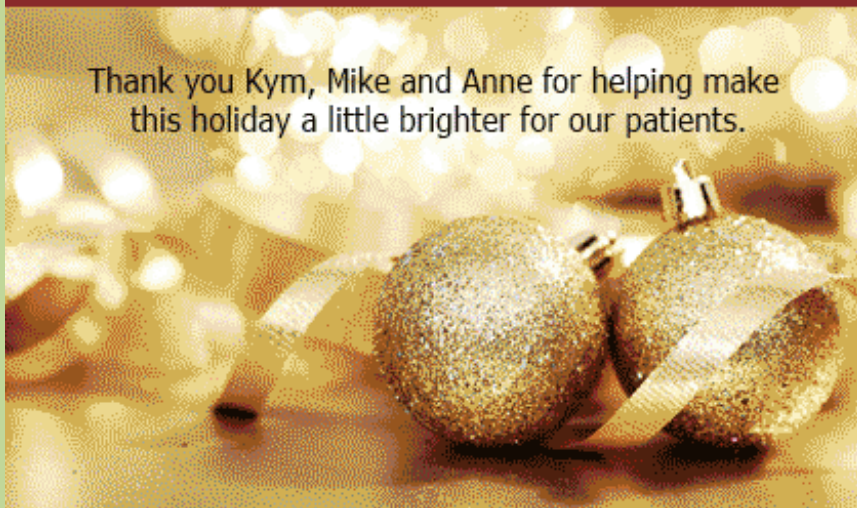
Lastly, we are happy to let you know that you will be receiving a quarterly estate planning newsletter with more helpful tips.

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

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



Thank you Kym, Mike and Anne for helping make this holiday a little brighter for our patients.



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** 