

Hospice of the Valleys



Your Local Community Hospice.

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JANUARY 2015

**TOP
WORK
PLACES**
2014

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Enjoy running followed
by a glass of wine?
Then the
Wicked Wine Run
in Temecula
is the event for you!

RUN *wicked.*



DRINK wine.

Hospice of the Valleys
volunteers will be
participating in the



A Note From Our Executive Medical Director

Dr. Leslee B. Cochrane



The Healing Power of Forgiveness

YOUR HEALTH MATTERS

"It's snowing!!! It's snowing!!!" Late one evening last week, my youngest daughter ran through the house excitedly proclaiming that it was snowing! The next morning our home was blanketing with three inches of beautiful fresh snow and it was amazing how this unusual event magically transformed the landscape around us. The following day while I braved the weather to make house calls to see patients, my daughter delighted herself by sledding and building a snowman who she decided to name Olaf. Later that evening while I was working in my home office, my wife interrupted with a look of grave concern on her face. When I asked her what was wrong, she told me that some of the neighborhood kids had knocked down Olaf and so "Dr. Daddy" was needed "Stat" to attend to the wounded snowman.

When I arrived on scene, things did not look good for Olaf. There had been a hit and run accident involving a sled resulting in a head on collision with Olaf - or a "head-off" collision; because that is what happened. Olaf's arms were also severed from his torso. I saw the disappointment on my little girl's face and Dr. Daddy had to do something. After I explained the risks and benefits of attempting surgery, I performed an experimental procedure involving a head and limb transplant. The patient tolerated the procedure well and we returned to the house with smiles on our faces.

Although my daughter could have been angry at the neighborhood kids who toppled Olaf and demanded that the judge "throw the book" at them for reckless operation of a sled; instead she chose to forgive them. "It was probably an accident" she said, and I nodded my head in agreement as we walked home. As a physician, I realize that there was a tremendous healing power in my daughter's simple act of forgiveness. Forgiveness is more than simply accepting an apology. This is important to understand because most of the time when people do something that hurts us, they are unlikely to apologize because they are unaware of the hurt that they have caused. Refusing to forgive until you receive an apology is like holding a hot coal in your hand while you wait for the person to apologize. They don't even feel it but the longer you hold it the deeper it burns you.

There is ample scientific evidence to support the health benefits of an attitude of forgiveness. A study done by researchers at Hope College examined 71 participants and found that those who exhibited more forgiveness had a lower serum cortisol level which translates into a less physiological stress. Another study done by Duke University on patients suffering from chronic pain found that those patients who were more likely to forgive reported lower pain levels. Forgiveness has also been shown to lower blood pressure in a study published by the Journal of Behavioral Medicine. Just as our recent unexpected snowfall magically transformed the earth with a blanket of fresh crisp snow, I encourage you to allow forgiveness to cover over the hurts of your past and you will be on your way to a very happy and very healthy new year!

WICKED WINE RUN

on Saturday, March 14th
at Europa Village Winery
to make it an
amazing event!

The event begins at 5:30pm
and runners have the
option of a 5K route,
followed by a
celebratory glass of wine,
or a 1K Tasting Route with
4 tasting stops along
the way. Register at
www.wickedwinerun.com

ROCK out.

New Year's Greetings To All:

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



I'm feeling cantankerous. I don't want to write the ubiquitous "New Year's Resolution" article this year. There. I said it! How many times have we all written the same list every January to find by Feb. 1st it has all gone to Hades in a handcart? Humbug, I say!!!

I find it so easy, come New Year's Eve, to take the 2014 calendar and toss it with a flourish into the blazing Yule Log fire. Then I lean back and stand tall, and take a swig from my champagne glass and toast to all that will be new. Up, up the chimney go all those "bad" memories from 2014! How delightful to see the things left undone, projects that went south, and unexpected twists that knocked me off my well planned course, all go up in smoke! How satisfying to believe that all of those sniggley, gossipy, gnarly words I have said or thought disappear once up the chimney! "A toast to 2015!... Good Riddance, 2014!"

But it's never that easy. When I toss 2014 into the fire, I know I'm not remembering all the good things that happened. I know I haven't taken a moment to reflect upon the blessings of the year and the growth that came-- both from pure grace and from the trials. I know I haven't taken the chance to look for learned things, changed habits, new viewpoints, or foibles I now can laugh at.

So today, in this first two weeks of the new year, I'm cranky enough not to write the "What I'm Going To Do To Be A Better Human in 2015" list. However, I'm also feeling strangely realistic enough to want to sit, now the holidays are over, and make a "Things That Got Done in 2014" list. Perhaps if I'm really daring, I'll call it my "How I Have Grown in 2014" list.

This year, I want to know I'm making progress, not just hoping to.

(Oh dear...that sounded dangerously like a resolution...)

A Happy New Year to all!

Crankily Yours,

Lynn Euzenas

VOLUNTEERS CORNER

As we embark upon another year of service, we would like to thank our Hospice of the Valleys volunteers for their love, giving spirit and caring hearts. Hospice of the Valleys volunteers are the best of the best-and we are blessed to have them as part of our HOV team.

Looking forward to what lies ahead for our volunteers in 2015 and to the special moments this new year will bring. **Happy New Year!**



PRESENTS
**How to Create Your
Own Vision Board**

Come join us as we spend the hour creating a Vision Board for 2015. A vision board is a visual representation or collage of the things that you want to have, be or do in your life.

We'll provide the supplies and you provide the ideas!

**Tuesday
January 13th
2:00-3:00**

Sun City Library
26982 Cherry Hills Blvd
Sun City

FREE TO THE PUBLIC

FOR MORE INFO
951-200-7800

VOLUNTEERS IN ACTION

Christmas Deliveries



Be a Santa to Seniors



THANK YOU!



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

HOV HOLIDAY PARTY





**Thank you Kym and Mike
for helping bring joy to our
patients this holiday season!**



EMPLOYEE OF THE MONTH

Congratulations to Kathy Rojas on being chosen as Hospice of the Valleys' Employee of the Month. Kathy is a valuable member of the hospice team as a Case Manager. She came to us with valuable experience that is quite evident in her knowledge of hospice and patient care. She amazes us with her dedication to her work and to her patients. She is a solid team player and collaborates well with her other team members. She has demonstrated her ability to handle difficult and trying cases with grace and competence.

One of Kathy's many wonderful attributes is her compassion for her patients and patient's families. Many family members have commented on Kathy's empathy at a time when her patients and family are in their greatest need. To most people, there is nothing greater than to know you have been heard and understood and Kathy does that so well.

We are grateful to have Kathy on our team and we thank her for making a difference to Hospice of the Valleys, her patients, and her coworkers. Her commitment to excellence and dedication to her patients and families are just a few of the traits we treasure.

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.

"Just a short note to say a big thank you for all your help. We will always be grateful.

Each of your hospice workers was so nice, so knowledgeable, so helpful, and so organized and always in a respectful mood."

"I cannot imagine what this would have been like without all you folks. You were the very best people that I could have had by my side for the past two weeks. All of you will always have a special place in my heart."

*In response to HOV bereavement support services:
"You are doing a terrific job-keep up the great work!
Your compassion and empathy really helped fill the void of my father's passing."*

DONATE to HOV



**Hospice of the Valleys
appreciates your generosity.
Click here for ways to donate.**

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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on **spreebird** 