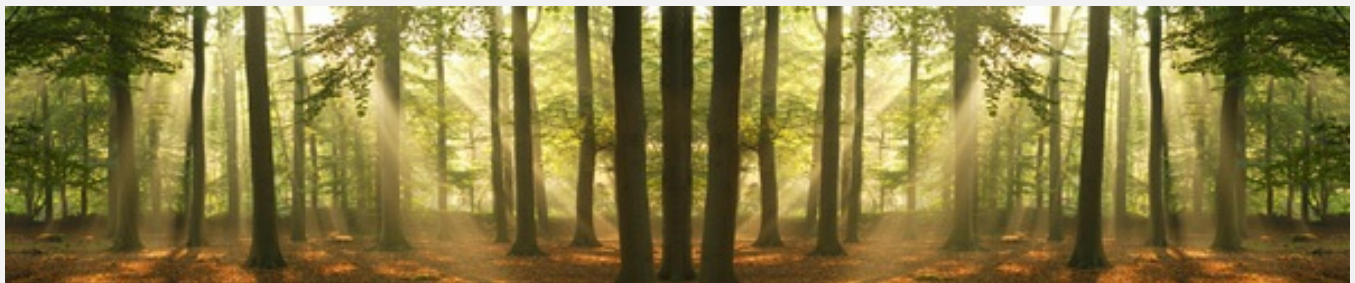


Hospice of the Valleys



Your Local Community Hospice.



NOVEMBER 2015



By: Dr. Lynn Euzenas
Director of Spiritual Care & Bereavement Services

Happy National Hospice Month! If you are reading this column, you already are a friend of hospice! You have either personally experienced the deep caring of hospice, or know someone else who has benefitted from the care of a hospice team. You understand the miracle of finding relief from pain, having someone who really understands to talk with at a difficult time, or having a doctor visit a patient in their own home. You have felt the incredible feeling of how hospice care enhances quality of life for patients and families. You have come to know the special people at Hospice of the Valleys, and the very special work they do.

We at Hospice of the Valleys need your help to celebrate this month.

TOP WORK PLACES 2014

In This Issue

[Request Information](#)

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[Volunteer Opportunities](#)

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10 Things You Can Do To Celebrate National Hospice Month With Hospice of the Valleys:

1. Tell a friend, co-worker, or neighbor about Hospice of the Valleys. Share your personal story of how hospice blessed your life.
2. Talk to your family about hospice care. Educate them about this wonderful option for care at the end of life.
3. Have "the talk." Have you let your family members know your wishes for medical care are as you age? Do you have a will or advanced directives yet? What would be your choices for excellent and compassionate care should you become ill?
4. Celebrate life! Do something extra to celebrate the life you are living right now. Go dancing with your spouse. Walk in the park with a grandchild. Play with your dog. Bake some cookies for your neighbor. Re-invent the lost art of writing a letter.
5. When you have your regular visit with your physician, ask them if they refer patients to hospice. Tell them about the wonderful care Hospice of the Valleys provides. Bring them a brochure!
6. Celebrate your health! Do something this month which will increase your own health and vitality. Eat something green. Take a yoga class. Swim. Do some relaxation breathing. Have some fun! Laugh yourself silly.
7. Unclutter your heart: have a garage sale and share the love. Donate the proceeds to Hospice of the Valleys for patient care.
8. Spend some quality time with another human being. Turn off the cell phone. Turn off the TV. Turn off your worries. Just "be" with the human in front of you.
9. If you know a hospice worker: give them a call, write them a note, stop by and tell them how much they are appreciated and how special you think their work is.
10. Learn even more about hospice. Check in with our Hospice of the Valleys website: <http://hospiceofthevalleys.org/>

National Hospice Week: Hospice. Helps. Everyone.

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.

"You were such a blessing and comfort. Thank you for the smiles you brought our way."

"I can't tell you how much your kindness and support meant to me and my family on the death of my husband."

"Hospice is an excellent service. Keep up the good work."

A Note From Our Executive Medical Director Dr. Leslee B. Cochrane



As a hospice physician, I am reminded daily that having good health is a precious gift. As we approach Thanksgiving season, those of us who have the gift of good health truly have much to be thankful for. If you have been blessed with good health, I would like to encourage you to consider sharing it with others. Anyone who has ever volunteered has experienced first-hand the truth of the famous Biblical saying that "it is more blessed to give than to receive". What you may not know is that modern research has shown that there are significant positive health benefits to serving others.

According to a review of recent research by the Corporation for National and Community Service, several longitudinal studies have shown that people who volunteer at least 1-2 hours per week enjoy several significant health benefits. Not surprisingly, those who volunteer have been shown to report a higher levels of happiness, life-satisfaction, self-esteem, a sense of control over life, and physical health. Those who volunteer are also less likely to suffer from depression and even those volunteers who suffer from chronic illness experienced pain reduction and other positive health benefits greater than that achievable through standard medical treatments alone.

It seems that being a volunteer is the gift that keeps on giving in that those who volunteer live longer and happier lives! Hospice of the Valleys really believes in the power of volunteerism, in fact we were founded by volunteers and continue to be supported by our amazing volunteers. Our volunteers do so much to support our patients and their families and they inspire our team daily as they come along side us and donate their time, treasure and talents in the service of others.

Each day we have the opportunity to use our gift of health in the service of others and like the old saying goes, you must either use it or lose it. Although it is important to eat well and exercise regularly to achieve optimal health, it is also important to have a sense of purpose in life. I can think of no better way to gain a deeper sense of purpose than to dedicate 1-2 hours per week to the service of others. If you do, I am confident that you too will discover that it is truly more blessed to give than to receive.

CONSIDER A YEAR-END GIFT



GIFT OF CASH

For your cash donation,
you will receive a

charitable deduction.
You can feel good knowing
that your generosity will
help further our mission.

GIFT OF CHARITABLE BEQUEST

By including a bequest to
Hospice of the Valleys
in your will or living trust,
you are ensuring that we
can continue our mission
for years to come.

INSURANCE & PENSION BENEFICIARY DESIGNATION

OTHER GIFT OPTIONS

- Charitable Gift Annuity
- Gift of property
- Gift of Stock

Contact us today
951-200-7800

**November is National Family Caregiver Month.
This year's theme is**

“Respite Care for Caregivers”

In hospice care, the family is an important part of the patient's care team. We at Hospice of the Valleys work with each family caregiver as they care for their loved ones. We acknowledge that providing day in, day out care can take its toll. We encourage caregivers to take time to re-energize. Although it seems there is never any time for breaks, it is important to put self-care high on the to-do list.

We are here to help.
Please know you can contact your hospice team
for support and assistance. We are here for you.

Hospice of the Valleys
951-200-7800

WHICH WICH?

INVITES YOU TO A

FUNDRAISER

Benefiting

**GREAT OAK
HIGH SCHOOL HOV**

Thursday

November 12, 2015

5:00 PM - 9:00 PM

**Temecula Parkway
32140 Temecula Parkway
951-302-8070**

Temeculaparkway@whichwich.net

20%

**of the proceeds
Hospice of the Valleys**



Making the world a better place,
one wich at a time.



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 -**

THANK YOU HOME HEALTH AIDES

This month, Hospice of the Valleys celebrates our invaluable team of Home Health Aides who work tirelessly to help our patients in every way with their daily needs. These special women exude dedication, compassion, and a desire for excellent quality care each day, and we are truly inspired by them.

Two of our Hospice of the Valleys' aides, Dora and Marilu, expressed how blessed they felt to do this sacred work. Dora mentioned that she does this work because of how gratifying it is to see the patients through their journey.

"You see patients at the beginning of the process and through each stage and they become a part of me. I think about them, pray for them... and when they die, I know I did everything I could to take care of them. We become family." Marilu shared how happy it makes her feel to see these families knowing that she made a difference. "I do this work with my whole heart. It is truly a blessing to me. When they die, I feel very close to God."

We honor these tremendous women and are so grateful and blessed that they are part of the HOV team!



In this time of gratitude, we give thanks to our amazing hospice volunteers for their continued support of Hospice of the Valleys' mission and to our community. We are so grateful to have them as part of our caring team!

Great Oak High School club supports the Temecula Halloween Carnival



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



The Colony Health Fair



Great Oak High School Club Fundraiser at Richie's Diner



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

Subscribe to Hospice of the Valleys' Newsletter

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

on **spreebird** 