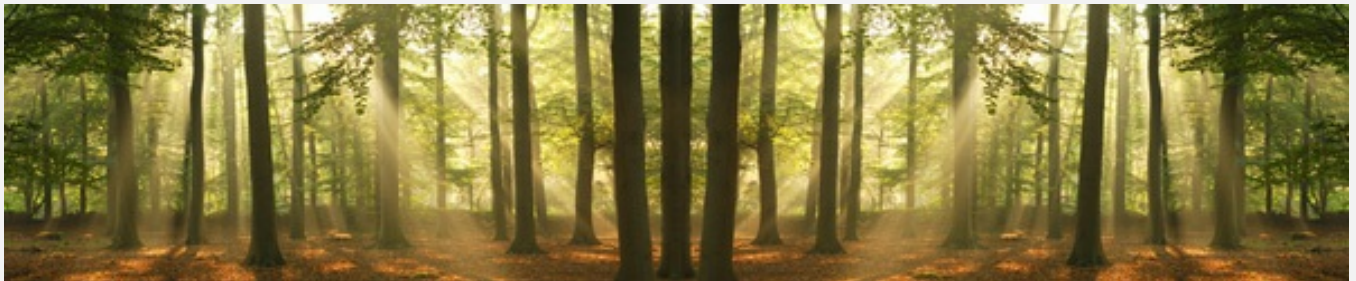


Hospice of the Valleys



Your Local Community Hospice.



SEPTEMBER 2015



PLEASE JOIN US



A DAY OF  **19TH ANNUAL**
Wine & Chocolate

TOP WORK PLACES 2014

In This Issue

[Request Information](#)

[Make a Donation](#)

[Volunteer Opportunities](#)

[Fundraising Information](#)

Find us on Facebook 

Sunday, September 27, 2015

**Doors Open 3:00 p.m.
Champagne Reception**

Event 4:00 p.m. to 8:00 p.m.

South Coast Winery Resort & Spa
34843 Rancho California Road • Temecula

FOR TICKETS CLICK HERE



*TICKETS INCLUDE:
tastings from over
25 wineries,
breweries,
restaurants
and chocolatiers.*

**MUSIC
BY**



**BENEFITING PATIENTS & FMAILIES
OF HOSPICE OF THE VALLEYS**



Senior Health Fair

September 16th
10:00a.m.-1:00p.m.

Kay Cenicerros Senior Center
Menifee

City of Temecula Health Fair

September 26th
9:00a.m.-12:00p.m.

Old Town at City Hall

The Colony Health Fair

October 3rd
10:00a.m.-12:30p.m.

The Colony In Murrieta

A Moment of Inspiration

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



This fall, I will mark the beginning of my 12th year at Hospice of the Valleys. One of the things which make me see our growth and celebrate our community support is to watch how each year, Wine and Chocolate has grown. Each year there are more and more people wanting to lend a hand, contribute to the event, share their wares and skills and love, come and dance and dine and meet others in our community, and all to help the mission of Hospice of the Valleys. It is marvelous!

Looking back, I can't help but think of that classic children's story of Stone Soup. It goes something like this:

Some travelers visit a village, and arrive carrying nothing but a large, empty cooking pot. As the travelers are strangers, the villagers initially are unwilling to share any food with them. So the travelers go to a stream, fill the pot with water, drop a big stone in it, and put it on the fire to heat. A curious villager comes along and wants to know what the travelers are doing. They answer that they are making "a stone soup", which is a wonderfully delicious repast, but that the soup still needs a bit of spice or a garnish or two to improve the depth of flavors. The villager says he has a few stalks of celery from his garden they can have, and he runs to get them, and adds them to the soup. Another curious villager comes by to see what's cooking; the travelers again mention just a few things that might make the soup that much more delicious. She has some carrots in her root cellar, and she goes to get them, and adds them to the soup. More and more villagers walk by, each adding another ingredient that they had in their homes, until a delicious and nourishing pot of soup was ready to be enjoyed and shared by all.

I smile when I think of how Wine and Chocolate has grown. For all those in our community who had never heard of hospice or met anyone from Hospice of the Valleys, we came with a large pot and a beautiful stone. We offered the promise of a wonderful soup to calm the soul, delicious in its way of building community and serving those in need. Our community members, curious, came by, and graciously (and repeatedly) came back, saying, "I have something to add which will add flavor and zest to this wonderful soup."

Look at how the community is served: we get to know each other, share of each other's gifts and graces, laugh and socialize together, and unite our hearts in service those dear ones who need the help of Hospice of the Valleys' loving, healing hospice care.

So this year, as you come to Wine and Chocolate, enjoy the fruits of our community shared...and look for me, I'm the one with the mug of Stone Soup.

Thank you for all you contribute to our community through our Wine and Chocolate Event, our hospice patients and families thank you, too!

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 for the excellent care my husband received during hospice period and for the good information that gave us comfort and support."

"Cannot thank you enough for your support during this very difficult time."

"There is no way that I can adequately thank you for your wonderful care, love and assistance. All of you are the best, loving, caring compassionate people in the world. You will forever be in my heart."

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



Take Two of these and Call Me In the Morning

We live in a crowded world and are increasingly exposed to environmental contaminants such as chemicals and second hand smoke which have the potential to cause cell damage through the creation of harmful substances known as free radicals. Antioxidants play a very important role in helping the body protect itself against free radicals which lead to cell injury, disease and premature aging by binding them so that they can be removed from the body and thereby minimizing the damage which these substances would otherwise cause.

Several vitamins including Vitamins A, C and E have excellent antioxidant properties and most health food stores have a large selection of various other antioxidant supplements including Coenzyme-Q, manganese and other products available. Although there are many commercially available antioxidant products on the market, I believe that the best strategy is to consume foods which are rich in naturally occurring antioxidants.

There are a variety of naturally occurring antioxidants in foods including the carotenoids and phenols. The carotenoids include alpha and beta carotenes which give the orange and yellow colors to foods such as carrots and squash; lutein found in foods such as spinach and kale; and lycopenes found in tomatoes and watermelons. The phenols include a variety of compounds such as the phytoestrogens found in soy products; the flavanoids found in berries, coffee and tea; resveratrol which is found in the skins of dark colored grapes and in red wine; and the flavanols which are the main type of flavanoid found in cocoa and chocolate.

In recent years red wine and dark chocolate have been the subject of numerous scientific studies which suggest that there are positive health benefits to consuming them in moderation. Although the exact mechanism at work remains unknown, use of red wine in moderation (one 5 oz glass per day) has been shown to help improve cardiac health. Quality dark chocolate with 70-85% cocoa contains a significant amount of flavanols in addition to 11 grams of fiber along with other trace minerals. Most studies suggest a 1 ounce bar of chocolate 2-3 times per week would be adequate; but my wife suggests a 1 ounce bar 2-3 times per day would be better. As for me, I suggest you "take two of these and call me in the morning."



PLEASIN' PEOPLE

Great Oak High School
Hospice of the Valleys
Club Fundraiser

Please come join us
for dinner at:

Richie's Diner-Temecula
32150 Highway 79 South,
Temecula, CA

Thursday, Oct. 8, 2015
5:00 - 8:00pm

Richie's Diner will donate
20% of your total check
(before tax and tip) to:



Present this voucher to your server upon
ordering. You must have flyer present to
receive the donation amount for your or-
ganization. For more information feel free
to call: Manager on duty @ 951-302-1448.

Thank you Colony Women's Golf Club!



A huge thank you goes out to the Colony Women's Golf Club for generously donating proceeds from their annual golf tournament to Hospice of the Valleys and Michelle's Place. Every year for many years, this incredible group of women has held a fabulous event and donated funds to support our mission. What a heartwarming day to mingle with many women who have been touched by Hospice of the Valleys personally. It is always a blessing to care for these women's families, and we are so grateful to the Colony Women's Golf Club for supporting our patients and families with their kindness. Thank you!!

VOLUNTEER



You Can Make A Difference!

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

Thank you HOV Volunteers for everything you do!
We appreciate all your efforts
and so do the patients, families and staff.
Here are a few highlights of the many ways our
volunteers give back to our community.



National Night Out
Target & BLUE

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 patients.



Thank you
Rosie Wilson for
Donation of Wedding flowers!



**Great Oak
High School
HOV Club**



St. Martha's Health Fair

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** 