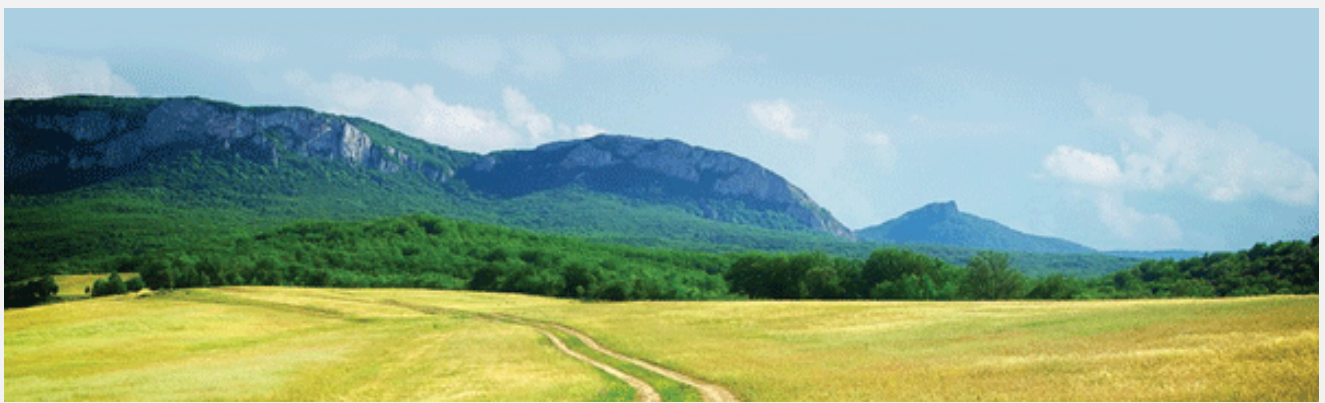


Hospice of the Valleys



Your Local Community Hospice.



JANUARY 2017



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Photo by Tim Llewellyn

Atul Gawande, MD, MPH

Professor, Department of Health Policy and Management
Harvard School of Public Health
Harvard Medical School

BEING MORTAL:

Medicine and What Matters in the End



*Happy New Year
from
Hospice of the Valleys*



"Hope is not a plan."

Dr. Atul Gawande

JOIN US for a free screening and discussion of the PBS FRONTLINE film *Being Mortal*. Based on the best-selling book by Atul Gawande, MD, this documentary explores the hopes of patients and families facing terminal illness and their relationships with the physicians who treat them.

See the film and be part of a national conversation that brings medical professionals and community members together around the shared responsibility of discussing what matters most to patients and families facing difficult treatment decisions and how to have these conversations ahead of a medical crisis.

- **WHERE:**
Temecula Valley Hospital
31700 Temecula Valley Pkwy.
- **WHEN:**
Wednesday, March 15
from 6:00 - 8:00PM
- **MORE INFORMATION:**
Call (951) 200-7800

This event is a program of
Hospice of the Valleys and
Temecula Valley Hospital



Hospice of the Valleys

Atul Gawande MD, MPH, is a surgeon, writer, and public health researcher. He practices general and endocrine surgery at Brigham and Women's Hospital and is professor in both the Department of Health Policy and Management at the Harvard School of Public Health and the Department of Surgery at Harvard Medical School. Dr. Gawande has been a staff writer for *The New Yorker* magazine since 1998 and has written four *New York Times* bestsellers: *Complications*, a finalist for the National Book Award in 2002; *Better*, one of the 10 best books of 2007 by Amazon.com; *The Checklist Manifesto* in 2009 and his most recent book, *Being Mortal: Medicine and What Matters in the End*, released in October 2014. He has won two National Magazine Awards, AcademyHealth's Impact Award for highest research impact on healthcare, a MacArthur Fellowship and the Lewis Thomas Award for Writing about Science.

HEA HOSPICE FOUNDATION OF AMERICA

Underwritten by the John and Wauna Harman Foundation

Take Control of Your Year

Dr. Leslee B. Cochrane



The New Year brings with it new opportunities and new challenges; both of which may be stressful. Stress is a part of everyday life and while some stress such as a deadline at work might help improve your productivity; excessive stress will take a toll on your health. Several diseases are known to be worsened by stress including problems ranging from headaches to heart attacks. Because no one can completely eliminate stress from their life, it is important that you develop a plan to help manage your everyday stressors. Below are several stress remedies which have been shown to be effective at reducing stress:

1. **Exercise** – Regular exercise is very effective in lowering stress, while also helping to control your weight and boost your immune system. The exercise does not need to be strenuous or complicated, try taking a walk each evening.
2. **Laugh** – This is my personal favorite. The act of laughing helps reduce stress and has been shown to boost endorphins which are substances that enhance your sense of well being and help to boost your immune system.
3. **Sleep** – When you are under stress it may become difficult to sleep. Having a good night of rest will help recharge your batteries and better prepare you to face the challenges of the day.
4. **Connect with your friends and family** – Try doing a puzzle together or playing a game of cards. The development of strong social relationships is a great buffer against stress.
5. **Assert yourself** – Learn the art of saying "no." Sometimes we are stressed out because we have overcommitted and are unable to keep up with unrealistic demands on our time. Learn to delegate non-essential tasks to others.
6. **Meditate** – Spend time thinking, not worrying, about those things in life that are most important and most inspirational to you. Meditative thinking can help to displace the effects of stress and worry.
7. **Music** – Listening to music has well known stress relieving properties. Pick a type of music that suits your style and go for it.
8. **Avoid the tyranny of the urgent** – Avoid the temptation to over-schedule your day. You will be surprised how much less stressed you will feel if you create a 5 minute buffer between activities on your schedule. If all else fails just remember that laughter is the best medicine!

VOLUNTEERS IN ACTION

Wishing you a year of joy, peace
and abundant blessings as
you give of yourselves.

Thank You



Thank you to Mary Kay rep, Judy Kentish who provided stockings filled with fuzzy socks and Mary Kay lotion to our patients. This was the third year Mary Kay reached out to help Hospice of the Valleys!

"The patients looked forward to receiving their gifts and just loved the socks and the non-scented lotions... they were so happy!" said Volunteer Manager, Chrisy Lawless.

We are so grateful to Judy for her generous gifts which lifted the spirits of our patients and brought a holiday smile to their faces. Thank you, Judy and Mary Kay Cosmetics!

Hospice of the Valleys volunteers. Happy 2017!

The Colony Yarnsters



Holiday Party



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.

Saying thank you is inadequate. There are no words to express the love and caring your staff gave to me and my Mom. Your staff eased our path, and gave me the strength to continue to care for my Mom on days I thought I couldn't go on. You eased her pain, and gave us both peace. God bless you all.



Santa to a Senior



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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