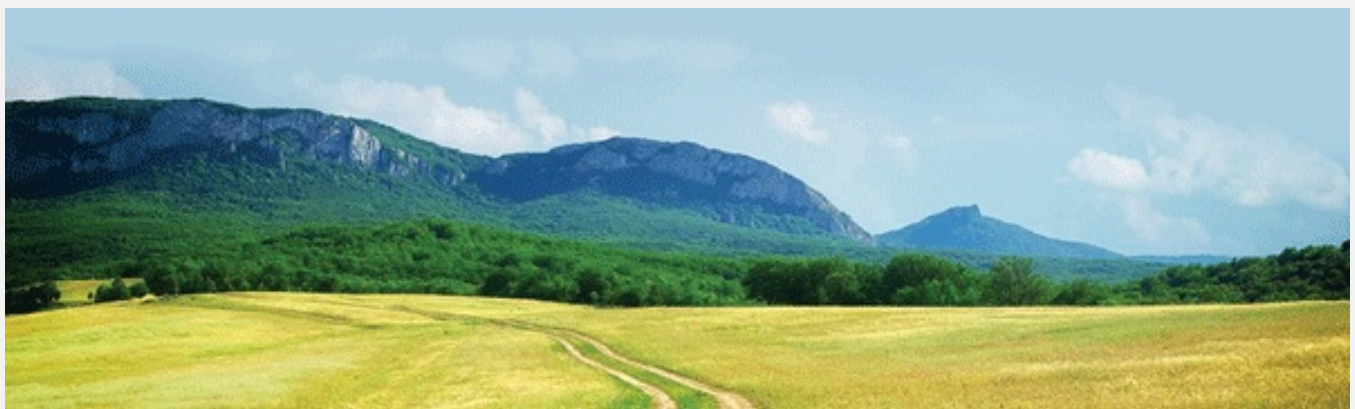


Hospice of the Valleys



Your Local Community Hospice.



APRIL 2016



TOP WORK PLACES 2014/2015

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A Note From Our Executive Medical Director

Dr. Leslee B. Cochrane



Giving from the Heart

A pessimist, they say, sees a glass of water as being half empty; an optimist sees the same glass as half full. But a giving person sees a glass of water and starts looking for someone who might be thirsty.
– G. Thomas Gale

Your heart is AMAZING! Each day of your life your heart beats over 100,000 times, moving over 2,000 gallons of life giving blood through more than 60,000 miles of blood vessels to supply food and oxygen to every cell in your body. By the time you have reached age 50, your heart will have beat more than 1.8 billion times, which if you think about it make you a billionaire! If your heartbeats were dollars, you would want to invest them very wisely so that they would produce a good return. Well, I have a hot investment tip that I would like to share with you about where you can invest your heartbeats into helping others while at the same time producing a great return on your investment. By investing only two hours a week as a volunteer you can improve your health, enjoy a greater sense of life satisfaction and add years to your life!

We intuitively understand the truth of the timeless proverb that it is more blessed to give than to receive and recent scientific research has born this out. In 2007 the Corporation for National and Community Service published a report titled: The Health Benefits of Volunteering: A Review of Recent Research. Here are a few of the highlights from the report which demonstrate that volunteering improves health, decreases mortality and improves life satisfaction:

- A study of the Assets and Health Dynamics among the Oldest Old Study found correlation between volunteering and better health and lower mortality rates, even when controlling for previous health conditions. Those who volunteered for at least 100 hours per year were 33% less likely than non-volunteers to report bad health, and also 66% less likely to die. (Luoh and Herzog, 2002)
- A study of older adults found that participation in community service was more strongly correlated with life satisfaction for retirees than for those individuals who continued to work for pay. (Harlow and Cantor, 1996)

I encourage you to invest your AMAZING heartbeats into serving others and experience the joy and benefits volunteering brings!

4 PART EDUCATION WORKSHOP SERIES

APRIL 12,14,19



Temeku Hills

41687 Temeku Drive
Temecula, CA 92591
Must pre-register by calling 888-701-1954
or visiting www.EstatePlanning101.org

2016 TOPICS & SCHEDULE

100%
FREE

CLASS 1 9:00 – 10:30 am
BREAK 10:30 – 10:45 am
CLASS 2 10:45 – 12:00 pm

Session 1

Class 1 Your Quality of Life
Class 2 Advance Health Care Directive,
Conservatorship & Durable POA

Session 2

Class 3 Estate Planning Basics
Class 4 Advanced Estate Planning

Session 3

Class 5 Charitable Giving & the Benefits
Class 6 Transferring the Wealth

Session 4

Class 7 Serving as Trustee
Class 8 It's Your Life and Your Plan

Classes consist of two sessions
per day, Tuesday/Thursday,
for two weeks.

You **MUST** register to attend
and registration is limited.



Have fun 'til you're done!

FOR MORE INFO
OR TO REGISTER
CLICK HERE

The Politics of Kindness

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



Dear Friends:

If politics are most simply, as Aristotle suggests, "the affairs of state," then the current state of affairs is affecting my soul! Last week I partook of a self-imposed "media fast" (turning off radio, television, internet, and print news) in an effort to silence the din of all our political wrangling. So much noise without kindness is soul eroding.

If politics could be about the affairs of the soul, and not the affairs of the nation, I would suggest the practice of the politics of kindness. Governing our lives and our ways from the perspective of kindness would radically alter the current worldly state of affairs. Even thinking about it is challenging, however.

A politics of kindness would treat all people as valuable and as people of equal worth. It would appreciate each individual, beautifully created with unique gifts and perspectives essential to the society as a whole. Its rule would be collaborative and its way not fearing of compromise or cooperation. It would value time as an investment, and spend that time wisely in careful listening until one could actually hear what the other was saying. The values of hospitality, charity, trust, and patience could replace hostility, self-protection, fear, and reactivity. A worldview governed by the politics of kindness would seek not to harm but to heal, not to ostracize but to embrace, not to abandon, but to welcome, and not to hate, but to be driven by the richness of love.

A utopian vision? Perhaps. But one more simple than we could imagine. Two souls wiser than I remind us how basic seeding a politics of kindness could be. Mother Teresa wrote that "Three things in human life are important. The first is to be kind. The second is to be kind. The third is to be kind." But it is the Dalai Lama who reminds us that the fundamental truth of the enacting a politics of kindness is not beyond our reach. His words are simple:

"Be kind whenever possible.

It is always possible."

UPCOMING EVENTS



April 23rd
7:00am-5:00pm

Old Town Grand Prix and Health Fair

41915 Business Park Dr.

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.

"The nurses and caregivers during my wife's last days were tremendous. I will be forever grateful."

"I want to thank all who helped my brother and for being there for me when I needed help caring for him."

"Thank you all for your support, knowledge and compassionate care of my mother. You made a challenging time easier to get through."

Holy Yoga Fundraiser for

SAVE THE DATE

Hospice of the Valleys
Celebrates the 20th Annual

A DAY OF
Wine & Chocolate

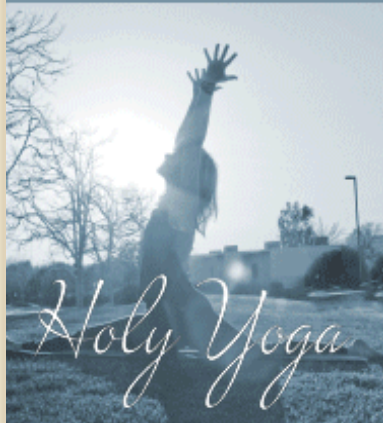
Avensole Winery
Saturday, October 1 • 5:00-10:00pm

... ..

- Wine, Beer, & Chocolate Tastings
- Plated Dinner & Program
- Live Music & Dancing
- Silent & Live Auction
- Surprises!
- 20's Style Dress

Tickets: \$75 / Table of 8: \$600





P3 Fitness
has partnered with
Hospice of the Valleys
to generously donate
25% of class proceeds
from their Sunday class
of Holy Yoga.
Begin your Sundays in
peace and gratitude
and feel good knowing
you will also be helping
raise funds to provide
care for hospice
patients and their families
in our community.



Rose Anton

Mention Hospice of the
Valleys when you arrive!



A special thank you to Valley Health System

Hospice of the Valleys is grateful to have received two grants in the sum of \$109,000 from Valley Health System (VHS) over the last 18 months. In September of 2014, Hospice of the Valleys was gifted a \$50,000 grant award from the VHS Board of Directors and the Menifee Community Health Investment Program. \$10,000 of the award was to be used to provide healthcare services and promote the general health and welfare of patients living within the grant service area. The remaining \$40,000 was to be used to provide continuing nursing education to nurses who reside in the Menifee service area or to sponsor speeches that provide nursing education in the Menifee service area. This generous gift allowed Hospice of the Valleys to pay for things such as training for supervisors and managers on nursing best practices, cover costs for an in-service training on the topic of wound care, allow staff to be certified with specialty credentials, and provide bereavement groups in Sun City. Marta, Hospice of the Valleys' Director of Nursing shared, "This generous grant has allowed me to personally attend two educational conferences and share this invaluable information with the nursing staff to enhance their level of care for terminally ill patients. Keeping up to date on current therapies and treatments has provided an incredible boost to the confidence level of the nursing staff at Hospice of the Valleys."

Hospice of the Valleys is thrilled to announce a second grant just awarded from the VHS Board of Directors and the Menifee Community Health Investment Program for \$59,000. This award will allow Hospice of the Valleys to purchase new laptops and other technological services for our team members who serve the grant service area.

VHS's Chairman, Vinay M. Rao, stated "VHS' mission is "Healing Our Community". On behalf of the Board, I'd like to say that we cannot think of a better way to honor our mission than to support organizations such as Hospice of the Valleys and the tremendous benefits this organization provides to our community. We are honored to work with Hospice of the Valleys."

Words cannot express our gratitude and appreciation for the kindness and support VHS has shown Hospice of the Valleys.

Thank you from the bottom of our hearts!

Save the Date

\$95

FRIDAY, JUNE 3RD



**LADIES
OF THE
80S
C·O·N·C·E·R·T**



Celebrating Volunteers!

National Volunteer Week, April 10-16



**Volunteers are an integral part of the care team
bringing comfort and support to millions**

In recognition of National Volunteer Week, April 10-16, 2016, National Hospice and Palliative Care Organization and its affiliate organizations are honoring hospice volunteers who bring compassion, support and dignity to those facing a serious, life-limiting illness.

NHPCO reports that in the U.S., an estimated 430,000 hospice volunteers provide more than 19 million hours of service to hospice programs every year.

Hospice volunteers bring companionship to people in the final months and weeks of life, often a time when people find themselves cut off from the community, isolated and alone. They bring respite to family caregivers who are caring for dying loved ones and struggling with their own grief and loss. They provide valuable support with local outreach efforts, fundraising events and administrative tasks.

We are grateful to our volunteers every day of the year but National Volunteer Week is a time when we can celebrate all they do and remind everyone that hospice volunteers are special people who give deeply from their hearts.





The Motels
FEAT. MARTHA DAVIS
Missing Persons
FEAT. DALE BOZZIO
ANNABELLA'S
Bow Wow Wow

**EACH VIP TICKET
PACKAGE INCLUDES**



3 course gourmet meal
Private wine bar
Up close VIP seating
Access to VIP area
Additional entertainment
Personal Server

**\$95 SINGLE
TICKET**

PURCHASE TICKETS



CONGRATULATIONS CATHY OWENS

*Hospice of the Valleys
board member receives
recognition by the state.*

MURRIETA • Cathy Owens, coordinator of health service for Murrieta Valley Unified School District, has been awarded the 2015 Excellence in school Nursing Administration award by the California School Nurses Organization.

A news release says Owens is a nationally certified school nurse, as well as a certified epinephrine resource school nurse. She recently consulted the California Department of Education as it revised the training standards for administering in schools.

The news release further describes Owens as an advo

describes Owens as an advocate for students with food allergies. She has presented nationally on the topic.

- Staff report

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** 