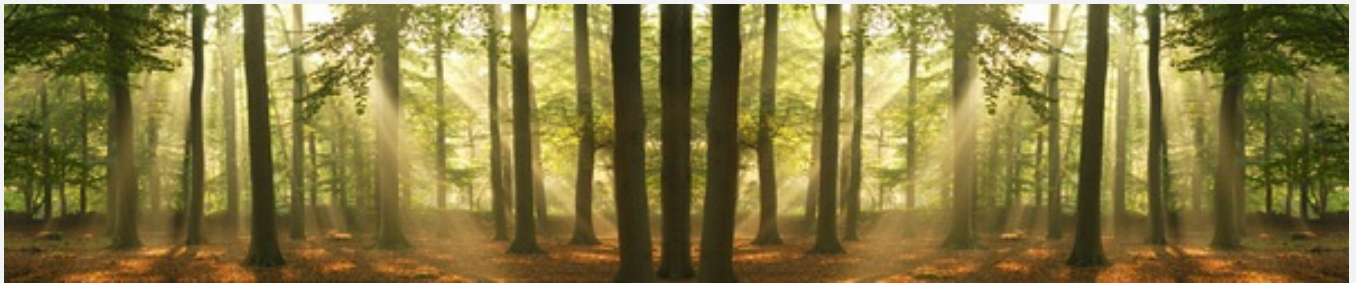


Hospice of the Valleys



Your Local Community Hospice.



AUGUST 2015



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

TOP WORK PLACES 2014

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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

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



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

MUSIC
BY

**Groove
Factory**

FOR TICKETS CLICK HERE



Hospice of the Valleys
will be at the
St. Martha's Health Fair
(in Murrieta)

**Sunday,
August 16th
8:00am-3:00pm**

St Martha's Church
Family Life Center
37200 Whitewood Rd
Murrieta, CA

FREE TO THE PUBLIC

FOR MORE INFO
951-698-8180 x325



**DONATIONS
NEEDED**



The 19th annual
"A Day of Wine and Chocolate"
will be here before we know it!
In order for us to have a
successful silent auction at the
event, we need your help.



CONCERT SUCCESS

**BENEFITING THE
PATIENTS AND FAMILIES
OF HOSPICE OF THE VALLEYS**



Thank you

to Golden Crown Productions, Gregg Hassler and Don Harbour
for once again choosing Hospice of the Valleys as the

If you have any items
you would like to donate
toward the event's silent
auction, please contact:

**Gina O'Bryant at
951-200-7800**

**WE ARE ALWAYS
LOOKING FOR:**

**Gift Cards to
Restaurants, Retail Shops,
Grocery Stores, ect.**

Travel Vouchers

Movie Tickets

Any New Items!



**Thank you for your
support in making our
signature fundraiser
a successful one!**

beneficiary of funds raised from one of the summer concerts
at Wiens Family Cellars. This year's BERLIN concert was
one of the hottest ever! With a packed house, this 80's band
favorite rocked the winery and enthusiastic attendees
were very supportive of Hospice of the Valleys.

We are so happy to announce that close to
\$15,000 was raised, all which will go directly to the
patients and families we serve.

**Thank you Terri Nunn and Berlin for putting on
an amazing show!! We are so grateful!!**

WIENS
Family Cellars

VOLUNTEER



You Can Make A Difference!

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



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

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



The Good, the Bad and the Ugly about Cholesterol

We hear and read a lot about cholesterol and heart disease these days and it is very important to know your cholesterol level and how to lower it in order to reduce your risk of a heart attack or stroke. It is also important to have a basic understanding of the two major types of cholesterol, LDL and HDL, and how they are related to your risk of heart disease.

LDL cholesterol is known as the "bad" cholesterol because it contributes to the buildup of plaque in your arteries which may lead to a heart attack or a stroke. Your LDL cholesterol goal depends on your risk factors for heart attack and stroke. HDL cholesterol is known as the "good" cholesterol because of its ability to help remove plaque from your arteries. HDL levels < 40 are considered an additional risk factor for heart disease and levels > 60 are considered protective against heart disease.

Setting goals for your LDL cholesterol depends on identifying your risk of heart disease. The three risk categories are normal risk, high-risk and very high-risk. Patients with one or fewer risk factors are considered normal risk. Patients with any of the following conditions are considered at high-risk for heart disease:

- Previous heart attack or stroke
- Peripheral artery disease (artery blockages in arms/legs)
- Carotid artery disease (artery blockages in the neck)

Having any of the above conditions and two or more of the following risk factors place you in the very high-risk group:

- Smoking
- High blood pressure
- HDL Cholesterol < 40
- Diabetes
- Family history of early heart disease
- Age >45 for men, >55 for women

LDL Cholesterol goals depend upon your risk group:

Normal risk patients	< 130
High-risk patients	< 100
Very high-risk patients	< 70

I suggest you review your risk factors and cholesterol levels with your physician for specific recommendations regarding diet and medications. For more information about lowering cholesterol, check out the American Heart Association website at www.heart.org.

VOLUNTEERS IN ACTION

Thank you to all of the HOV and Kohls volunteers who helped with the "Berlin" Concert Fundraiser at Weins Family Cellars. Your energy and efforts made this event a spectacular success!

CLICK HERE

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** 