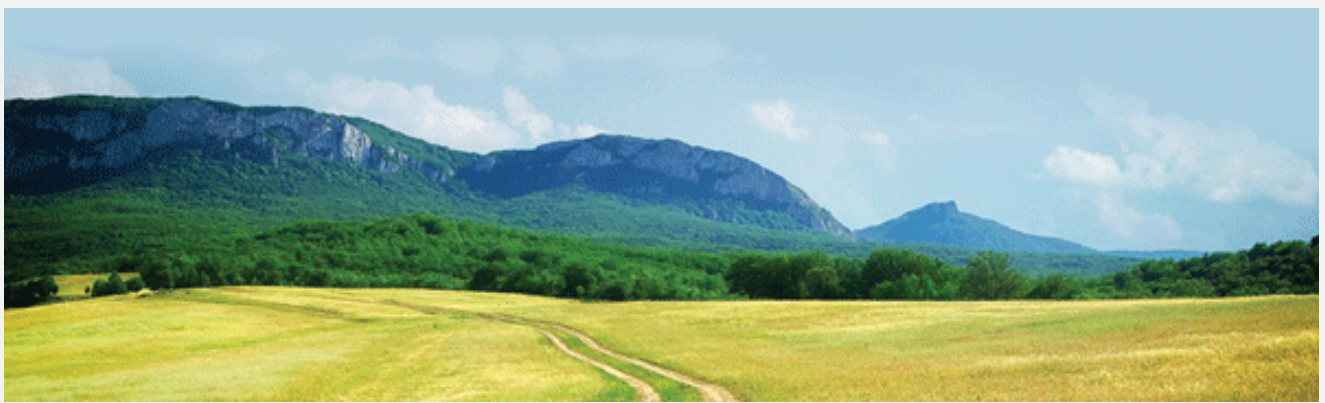


Hospice of the Valleys



Your Local Community Hospice.



AUGUST 2016



TOP WORK PLACES 2014/2015

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Benefiting
Hospice of the Valleys



OPEN HOUSE:

Saturday, August 27th
10:00am-4:00pm

35473 Loma Arroyo Road

THANK YOU TO THE
WINE & CHOCOLATE SPONSORS
WHO HAVE COMMITTED TO SUPPORT
THIS YEAR'S EVENT SO FAR!



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AVENSOLE WINERY
34567 RANCHO CALIFORNIA RD, TEMECULA, CA 92591

SATURDAY, OCTOBER 1, 2016
5:00-10:00PM

PURCHASE TICKETS \$80
CLICK HERE OR CALL 951-200-7800
or visit our partner, Bella Allure Salon!



25472 Lone Acres Road,
Menifee, CA 92584
(Please text: 951-764-9755
for directions)



ONLINE SHOPPING:
Sunday, August 28th
at 9:00pm
through
Monday, August 29th
at 10:00am

[www.facebook.com/groups/
LuLaRoeVickiVal](https://www.facebook.com/groups/LuLaRoeVickiVal)



Halifax Bird in Hand

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



Zen Abbot and end-of-life educator Joan Halifax tells a story which I've gratefully appropriated over the years. During one of her many travels, Joan was gifted with a beautifully carved ivory box. The box was crafted in the shape of two hands, one hand cupped over the other.

The hands were depicted in a gentle posture, as if holding something carefully. The top hand was intricately carved as the lid of the box. When the lid was lifted, it revealed an equally, intricately carved little bird just about to take flight.

For me, this image has always been emblematic of hospice care. It embodies the very work of healing care at the end of life. Quite simply, in hospice, we carefully and gently embrace any who come to us seeking our care. All are equal as they come. All are to be accepted simply as they are, for who they are, in all their uniqueness and beauty and brokenness, with all their challenges, strengths, hopes and dreams. All are worthy of having the pains of illness, and the pains of living life, comforted. All are worthy of love. All deserve a gentle and loving touch and a lightly sheltering embrace. All are able to rest within the caring circle of hospice until they are ready to claim their peace and take flight. We who walk the hospice way have been honored by their magnificent presences with us.

In these challenging times within our communities, I could not help but recall this image of the carved box. How different our lives and ways of being could be if we could rise to meet the needs of those in our communities with just one or two of these simple, gentle, gestures. Imagine the flights of possibility we could empower.

UPCOMING EVENTS



**Saturday
September 17
10:00am-3:00pm**

**Guardians
of Health
Wellness Expo**
29995 Technology Drive
Murrieta

Your Health Matters

Dr. Leslee B. Cochrane



NO NEWS IS GOOD NEWS

Idiomatic expression

an expression whose meanings cannot be inferred from the meanings of the words that make it up. (The Free Dictionary.com)

When we say "it is raining cats and dogs" we're referring to a heavy downpour and when we say that "no news is good news" we usually mean that not hearing any bad news means nothing is wrong. I've seen what golf ball sized hail can do to the hood of a car and it's not pretty. Imagine what would happen if it were to literally rain cats and dogs - I guess we would find out once and for all if cats really land on their feet]. Unfortunately in our modern age of 24/7 news coverage "no news is good news" is no longer an idiomatic expression, it's become quite literally our reality. The effect of this constant negativity not only causes us to view the glass as half-empty as opposed to half-full; we're also suspicious that terrorists have poisoned the water in the glass.

Why all the negativity? In order to compete with all other forms of entertainment, news has become a showcase for sensationalism which usually means that "if it bleeds it leads." What is the effect of all of the negativity? In short it is very bad for your health. According to a recent Web MD article, 43 percent of all adults suffer adverse effects of stress and 75-90% of all doctor visits are for stress related conditions. Numerous studies show that stress increases risk of stroke, heart attack, depression and anxiety disorders. Although we need timely access to information, the majority of what passes as news does very little to help us improve the quality of our day to day lives.

What can you do? As another popular idiom goes, "you can lead the horse to the water; but you can't make it drink." I encourage you to be like the horse and refuse to "drink" the bad news. I suggest you go on a diet and increase your intake of good news and limit your intake of "bad" news to one serving per day. Turn off the TV at meal times and bed time, instead enjoy the fellowship of friends and family or if you are by yourself, try a devotional or a good book. When traveling in your car, consider turning off the shock-jocks of talk radio and instead tune into something more uplifting such as music or books on tape. I think you will find that avoiding binge eating bad news will help you shed many unwanted pounds of worries.

NOTES FROM FRIENDS

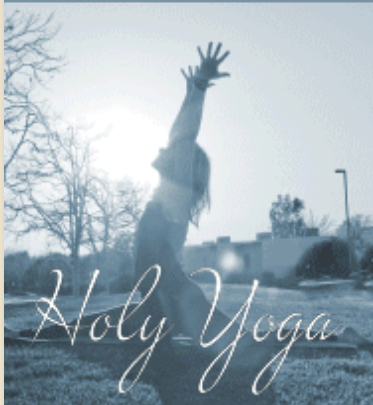
Hospice of the Valleys serves hundreds of patients each and every year. We honor them by sharing their stories. They remind us every day of the meaning and purpose in our work and that human connection is at the heart of the hospice experience.

The following are notes Hospice of the Valleys has received from the families of patients that we have been privileged to provide hospice care.

"Hospice team, Thank you for your wonderful team who lovingly cared for my aunt in her last days."

"For all of you who cared so well for our mom, thank you for making it possible to keep her at home surrounded by friends and family and all that was important to her. The care, the love and the support was beyond what we could have ever hoped for. You do such a wonderful job at such a time when we all needed care and guidance. Thank you. May God continue to bless you."

Holy Yoga Fundraiser for Hospice of the Valleys



P3 Fitness
has partnered with
Hospice of the Valleys
to generously donate

SPECIAL THANK YOU



Thank you to all our supporters who joined us for a fabulous appreciation evening at the beautiful Wilson Creek Manor.

Hospice of the Valleys wouldn't exist without the support of individuals & local businesses who give their time & resources!



POLICE • COMMUNITY PARTNERSHIPS

Hospice of the Valleys is proud to partner with the Murrieta Police Department & Target for the 33rd annual National Night Out family event. National Night Out occurs in over 16,000 communities across our nation bringing people

25% of class proceeds
from their Saturday class
7:00-8:00am of Holy Yoga.

Begin your Saturdays
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!



These communities across our nation bringing people
together in support of safer communities, strengthening
neighborhood spirit and police-community relationships.
Thanks to all of our wonderful volunteers that came out to
help support our BLUE with this event!



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

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by choosing us as your charity of choice

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