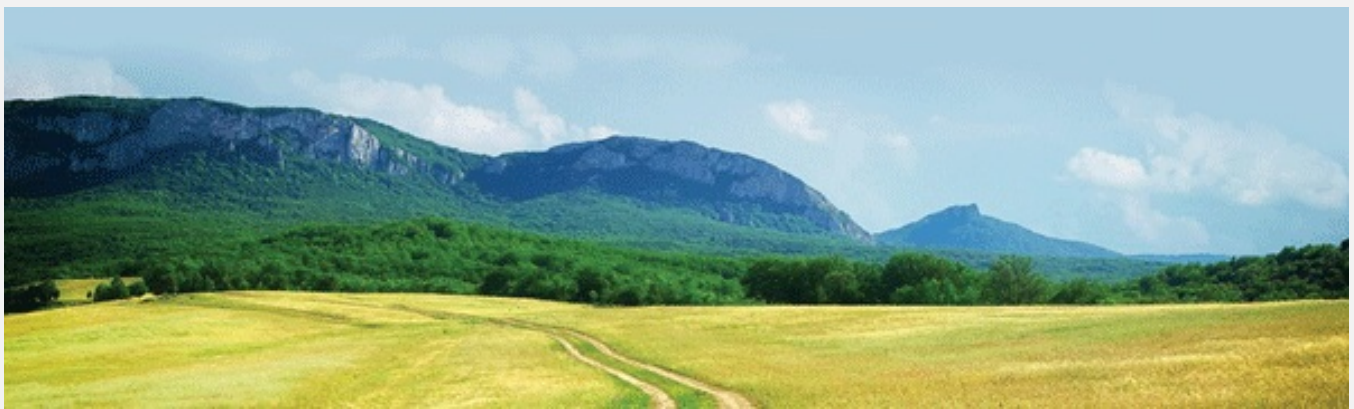


# Hospice of the Valleys



**Your Local Community Hospice.**



**JULY 2016**



# TOP WORK PLACES

2014/2015

## In This Issue

[Request Information](#)

[Make a Donation](#)

[Volunteer Opportunities](#)

[Fundraising Information](#)



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## Your Health Matters

Dr. Leslee B. Cochran



### **HAVING PATIENCE WITH OUR PATIENTS**

*"Earn the right to be heard by listening to others. Seek to understand a situation before making judgments about it."*

- John Maxwell

The authors of a recent study published by the British Journal of Medicine estimated that medical errors may be the third leading cause of death in the US. The authors concluded that over 250,000 deaths per year resulted from medical errors and although some argue that this estimate is exaggerated, we can all agree that even one death is too many. How do so many mistakes occur and what can be done to fix this?

I believe there are several factors which contribute to this ongoing problem including the most obvious factor of all - doctors are human and make mistakes. We live in the information age and are constantly bombarded by phone calls, texts, and emails. This "information overload" makes it very difficult to focus on the task at hand. When the task is critical like driving a car or practicing medicine, distraction equals disaster. One simple way to decrease the chances of becoming a statistic is to simply turn off your phone while you interact with your doctor and politely request that they do the same. When a phone rings during a visit it causes a distraction and distractions lead to mistakes.

Medical errors are frequently related to issues surrounding medications. You should know the name of each of your medications and understand exactly why you are taking them. I suggest you regularly ask your doctor about the risks, benefits and side effects of each of your medications including any alternatives. I have seen many patients who are taking double doses of their medications because they have one bottle that is labeled with the generic name and another bottle of the same medication that is labeled with the brand name. This will not end well and depending on the medications involved, it may be fatal. To avoid this problem I recommend that you regularly take all of your pill bottles to your doctor or pharmacist and ask them to review each one and explain how to use them correctly. Additionally you should also request that your doctor include the reason you are taking the medication on the prescription label such as: "Correg - take 5 mg by mouth twice daily for hypertension."

My final observation is that despite all the advances of modern medicine it still takes just as long to have a conversation as it did a century ago. I am absolutely convinced that if doctors will take the time needed to hear and understand the questions and concerns of their patients and then carefully explain all the options available, many unnecessary treatments and medical errors will be avoided. In short, we doctors need to have more patience with our patients.

# SAVE THE DATE

CELEBRATING OVER 30 YEARS



## WINE and CHOCOLATE

Benefiting the patients & families  
of Hospice of the Valleys

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

**AVENSOLE WINERY**

1920's Themed Party  
Seated Dinner,  
Live and Silent Auction,  
Wine, Beer &  
Chocolate Tastings,  
Whiskey Bar

**CLICK HERE  
TO PURCHASE TICKETS**

**TICKETS \$80  
951.200.7800**

## Wine and Chocolate

By: Dr. Lynn Euzenas  
Director of Spiritual Care & Bereavement Services



Dear Friends:

We are so excited as we approach the 20th Anniversary of our Wine and Chocolate Fundraiser on Sunday, Oct. 1, 2016. In honor of this upcoming event, I ask you to ponder an important question: which is more sublime--a fine wine, or an equally fine piece of chocolate? A truly sophisticated and discerning palate might respond: "Both! If appropriately paired!!!"

There is so much that will be delicious at this special, 20th anniversary event: samplings and tastings of local wines, beers, hand crafted chocolates, gourmet food, and even a whiskey bar. For the first time, Wine and Chocolate festivities will feature a sit down dinner and program. Guests will enjoy a live and silent auction as well as additional entertainment including "Hotsy Totsy", a Roaring 20's Review who will jazz up all the proceedings.

What is most delicious (better even than wine or chocolate) is that this wonderful evening is a major fundraising event for Hospice of the Valleys. I am proud to work for this nonprofit organization which serves our community with excellent patient care and which is also an excellent steward of the community support we receive. The Better Business Bureau identifies an agency practicing good stewardship of donated funds as an agency which dedicates at least 65% of every dollar spent for programming. For every dollar of your donation to Hospice of the Valleys, 87% of each dollar spent goes directly to hospice programs and stays in our community. This is impressive.

That means your dollars help support patient care, which lovingly provides relief of pain and emotional and spiritual support to patients and families. Your dollars provide hospice care to those who have no insurance or those who are underinsured. Your dollars provide bereavement support and comforting guidance for those mourning the loss of loved ones and seeking healing in loss. Your dollars assist us as we assist our community partners who seek out our help with education and training on hospice care and grief and bereavement support and education. There is a lot of joy in that 87%!

We invite you to join us at Wine and Chocolate. Come and sample the gourmet fixings! Meet and enjoy members of our community! Join us and know that while you are kicking up your heels a bit, you are reaching out (in a most profound manner) to help patients and families at such a critical point in their life's journey.

Wine...and chocolate...and a generosity which shares healing and compassion.

I'll drink to that.

We look forward to seeing you all on October 1st.

Lynn Euzenas

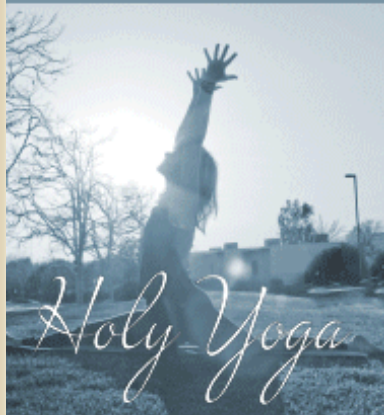
## NOTES FROM FRIENDS

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.

*"I want to thank you so much for the care you provided to my mother and to our family. It was as positive of an experience we could have had and far above anything expected."*

## Holy Yoga Fundraiser for Hospice of the Valleys



### P3 Fitness

has partnered with Hospice of the Valleys to generously donate 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

## THANK YOU TelePacific Communications



We at Hospice of the Valleys rely on the support of our community to deliver compassionate and loving care to those who need us. Robert (Bob) Moore from TelePacific Communications is a shining example of a generous community member who supports us and understands the important work of Hospice.

Bob experienced the loving care of hospice services when his mother was ill. He witnessed firsthand how sacred this stage of life is and how profound the end of life experience can be. Going through this journey with his mom made Bob very aware that every loved one should be cared for with dignity. Bob shared, "I was so touched by the people who worked with hospice. There is nothing more important than allowing the person being cared for to be in the comfort of their own home. The experience with my mother was one I will never forget."

Bob also said, "When I first met Hospice of the Valleys staff and got to know them, I felt the same caring feelings I had experienced with my own family. In learning that the donations collected go directly to the patients' care, I was felt motivated to help. I wanted to contribute however I could".

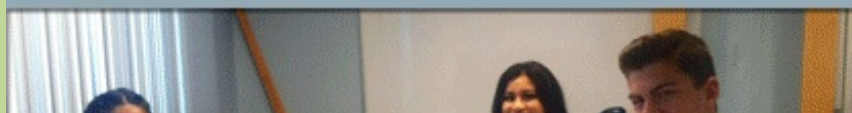
Bob took the time to find out that his company offered referral and other programs to nonprofit organizations which would donate back to the organization. Hospice of the Valleys qualified and has been a recipient of financial donations for 3 years now. Additionally, Bob sponsors and attends Hospice of the Valleys' signature fundraiser, "A Day of Wine & Chocolate" each year, bringing family and friends as well to support this important fundraiser.

Thank you Bob Moore and TelePacific Communications for your loving spirit and for helping us support so many in our community.

## VOLUNTEERS IN ACTION

### HELPING HANDS & SMILING FACES

Hospice of the Valleys couldn't function without all the support of our amazing volunteers. Their smiling faces and presence are always appreciated around the office. We are truly grateful for all you!



patients and their families  
In our community.



**Rose Anton**

Mention Hospice of the  
Valleys when you arrive!



**"Selfless deeds are more valuable than gold...  
And provide more kindness than a  
hundred hearts can hold."**

**-author unknown**





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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You can help Hospice of the Valleys  
by choosing us as your charity of choice

on **spreebird** 