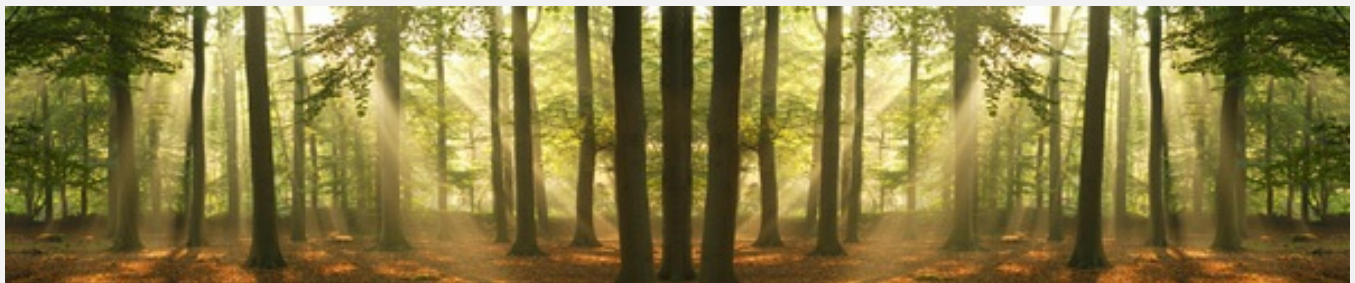


# Hospice of the Valleys



**Your Local Community Hospice.**



**JULY 2015**



# TOP WORK PLACES 2014

## In This Issue

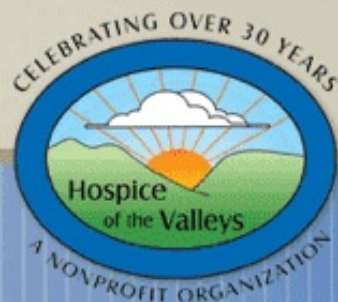
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19TH ANNUAL



BENEFITING OUR  
PATIENTS & FAMILIES

**South Coast Winery**

**Resort & Spa**

34843 Rancho California Rd  
Temecula

## A Note From Our Executive Medical Director

Dr. Leslee B. Cochrane



### Sleep & Weightloss - The Connection

It is estimated that Americans spend over \$62 billion dollars per year on various weight loss products, diets, books and gym memberships which proves to me that people are interested in losing weight. What most people don't know is that maintaining healthy sleeping habits is just as important as diet and exercise when it comes to losing weight and achieving optimal health. In fact, one of the main reasons most people fail to achieve their weight loss goal is that they place all of their focus and attention on diet and exercise and totally neglect their need for regular quality sleep.

Over the past several years we have unraveled some of the science which explains the link between sleep and weight loss. In one weight loss study, researchers found that patients who cut back on sleep felt more tired, experienced more hunger and lost 55% less weight than when eating the same amount of calories but getting adequate sleep. There are several ways in which a lack of sleep impairs your ability to lose those extra pounds. In addition to the obvious negative influence that sleep deprivation has on your brain's ability to resist the temptation to indulge in those late night snack runs, there are also several hormones involved in weight control and appetite regulation which are all negatively impacted by sleep deprivation.

Three of the key hormones involved in weight control and appetite regulation are Ghrelin, Leptin and Cortisol. Ghrelin, also known as the "hunger hormone" is secreted by cells in your stomach and signals your brain that it is time to eat. When you are sleep deprived, your body makes more of this hormone which leads to overeating and obesity. Leptin, also known as the "satiety hormone" is secreted by fat cells and acts in the brain to counteract the effect of the sensation of hunger. When you are sleep deprived, your body produces less Leptin which leads to increased appetite and intake resulting in increased weight. Cortisol is a hormone produced by the adrenal gland in response to stress and elevated levels of cortisol lead to weight gain. Studies show that sleep deprivation results in increased cortisol levels which impairs your ability to lose weight in addition to other negative health effects.

Developing healthy sleeping habits is essential for losing weight and achieving optimal health. Here are some simple things you can do to promote healthy sleeping habits:

- **Develop a regular sleep schedule which allows time for 8-9 hours of sleep.**
- **Keep TV's, computers, and electronics out of the bedroom and turn them off at least 1 hour before bedtime.**
- **Lights out at bed time. Darkness helps your body release melatonin which promotes natural sleep.**
- **Avoid caffeine within 5 hours of bedtime; avoid heavy meals or alcohol close to bed time.**

Remember sleep is like food for your brain. In addition to the beneficial effects on weight loss you will also find that you are more effective and more productive after a good night's rest.



**Sunday,  
September 27**

**Doors Open 3:00 p.m.  
Champagne Reception**

**Event  
4:00 p.m. to 8:00 p.m.**

*Your ticket includes:  
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wineries, breweries,  
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# THANK YOU

**GOSCH**



Hospice of the Valleys would like to extend a heartfelt THANK YOU to Mark Gosch, Donna Holiday and Rancho Ford, located in Temecula.

Rancho Ford has been a strong supporter of Hospice of the Valleys over the past few years, and recently extended their efforts to help Hospice of the Valleys.

Mr. Gosch has offered to personally match dollar for dollar any donation his employees make through an automatic payroll deduction. Mr. Gosch and Rancho Ford collectively will be donating close to \$4,000 per year. Additionally, Rancho Ford will be once again, a generous sponsor for the 19th Annual "A Day of Wine & Chocolate" fundraiser.

Thank you Mark Gosch, Donna Holiday and Rancho Ford for your giving spirit and kindness. It is because of generosity such as yours that so many in our community will receive all the loving care they deserve during such a difficult time in their lives.

## 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 can't say enough about my husband's Hospice care before he died. The support they gave him and me was invaluable...Would I recommend Hospice of the Valleys to a friend or neighbor, you bet... in a nano-second. You do great work and it was so appreciated by us."*

-----  
*"Hospice was there when I really needed their help. For that I am eternally grateful."*

-----  
*"Everyone we came in contact with was excellent. Your offers were timely and sensitive - very well done!"*

## Gift of Love & Prayers

By Anita Shrode



Can you touch a prayer?  
Can you pull it close and feel  
its comfort? You can if it's  
part of a prayer quilt.



## A Moment of Inspiration

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



I am a worrywart. It is one of my more finely honed skills. You name it, and I can find a way to worry about it. I do it well, and I do it often. I have spent many years dedicated to un-learning how to be a worrywart. That un-learning has brought me to one simple truth: the best antidote for worry is to stay in the present moment.

Least I worry about whether I will explain this clearly enough, I defer to the wonderful voice of Vietnamese Buddhist monk Thich Nhat Hanh, who has taught generations of people the world over, how to find happiness in the present moment.

In something as simple as drinking a cup of tea, he shows us how to banish worry:

**You must be completely awake in the present to enjoy the tea.**

**Only in the awareness of the present, can your hands feel the pleasant warmth of the cup.**

**Only in the present, can you savor the aroma, taste the sweetness, appreciate the delicacy.**

**If you are ruminating about the past, or worrying about the future, you will completely miss the experience of enjoying the cup of tea.**

**You will look down at the cup, and the tea will be gone.**

**Life is like that.**

**If you are not fully present, you will look around and it will be gone.**

**You will have missed the feel, the aroma, the delicacy and beauty of life.**

**It will seem to be speeding past you. The past is finished.**

**Learn from it and let it go.**

**The future is not even here yet. Plan for it, but do not waste your time worrying about it.**

**Worrying is worthless.**

**When you stop ruminating about what has already happened, when you stop worrying about what might never happen, then you will be in the present moment.**

**Then you will begin to experience joy in life.**

**Thich Nhat Hanh**

Stop...and enjoy a cup of tea, a sip of life...today.





We do not know where the practice of making Prayer Quilts first started but here is how I was introduced to them. Through my last church in Portland, Texas, a member of our congregation was given a prayer quilt because she was having a kidney transplant. Her mom and I were very close and we became very involved in making them from that moment on.

We learned to make them from the woman who gave that first quilt. Her church group was making them for their own church members who were in need, as well as sending them to our Veterans overseas. They continue sending them wherever they are needed to this day.

Our ministry grew as we sewed. We contacted Children's Hospital in Corpus Christi. They accepted the first 25 quilts for the kids undergoing dialysis. They continue to receive quilts as the need arises. We made them for the sick, weddings, births, retirement and for Hospice. We also provided quilts to the group that ran a mission for the homeless. The list can go on and on.

Whatever the reason, when you hold your Prayer Quilt, you see the knots in the quilt and you know each knot is a prayer for you. On each quilt we would attach a note that says "This is a Prayer Quilt. Pray your prayers as you tie your knot. You will seal in your prayer for the person intended. MAY GOD BLESS".

It is so simple, but it has a very strong and lasting effect on those who receive them...

**Anita delivered Hospice of the Valleys her first batch of 8 Prayer Quilts to be distributed to our hospice patients by our Spiritual Care Team. Thank you so much for giving our patients the gift of love and prayers!**



A heartfelt thank you to the Canyon Lake Women's Club for their incredible generosity to Hospice of the Valleys. The women in this group work so hard to raise funds all year long and then hold a special ceremony to present these donations to many non-profit organizations in our community. Hospice of the Valleys once again was a recipient of their kindness and hard work. We are so grateful for the giving spirit of the Canyon Lake Women's Club. Thank you, thank you!!

## 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

# Congratulations Candi Wuhrman!

**Our HOV spiritual care providers celebrate the graduation of their colleague Candi Wuhrman from the Academy for Jewish Religion, (with a master's degree in Jewish chaplaincy), by the presentation of a new prayer shawl (also called a talit).**



**The team is (left to right):**

*Mike Patton, Lynn Euzenas, Teri Trombley, Candi Wuhrman,  
Bill Koster, and Caroline Flanders.*



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**

## Ask the Professional

Hospice of the Valleys' Director of Nursing, Marta Sarver-Martinez recently participated in a panel discussion at the Murrieta Senior Center. During this event titled, "Ask the Professional," the audience asked questions and the panel shared stories of the important work Hospice of the Valleys provides to our community. Approximately 25 Murrieta Senior citizens attended.

Marta commented that it was inspiring to also hear other panel members sharing stories of how Hospice of the Valleys had touched their own lives. A special thanks to Marta for sharing her wisdom and to Board member Tom Bloom for facilitating this special 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

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