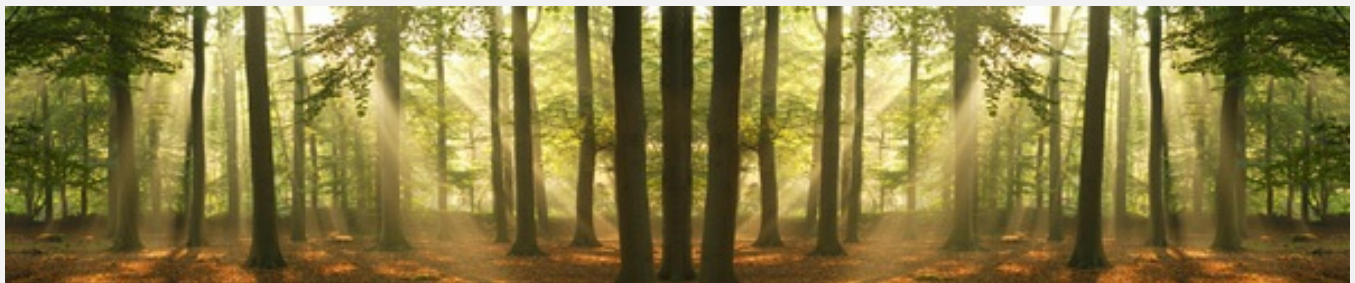


Hospice of the Valleys



Your Local Community Hospice.



JUNE 2015



TOP WORK PLACES 2014

In This Issue

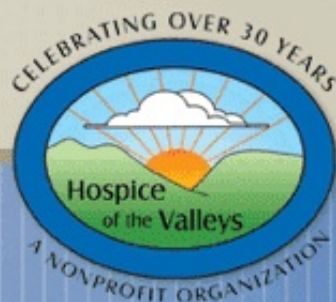
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19TH ANNUAL



BENEFITING OUR
PATIENTS & FAMILIES

**South Coast Winery
Resort & Spa**
34843 Rancho California Rd
Temecula

The Gift of Time

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



How did it get so late so soon?
It's night before it's afternoon.
December is here before its June.
My goodness, how the time has flown!
How did it get so late so soon?

Dr. Seuss

Time always seems to be in flight. I know that I have used at least two of these phrases in the past week: "I'm chasing my tail;" "Got to get off the treadmill;" "Time flies when you're having fun." Time flies: tempus fugit. It seems to be part of the human condition, for that familiar Latin phrase is co-opted from Roman poet Virgil's Georgics, from 29 B.C.! Virgil's Latin says, fugit irreparable tempus... or, "it escapes, irretrievable time." Literally, irreparable time. Once it's flown, it's impossible to get back. We're always looking behind, a bit disheveled, and wondering, like Dr. Seuss, "How did it get so late so soon?"

Time is precious. Philosophically, most all affirm that truism. But when the calendar meets the schedule meets the obligation meets the clock on our phone...the value and preciousness of time moves at the speed of light. We forget its preciousness and often don't take time to give time as a gift. Those who do remember to give the gift of time can change the world, and do.

Saturday, in an attempt to see if the blur I've been seeing was the acceleration of time or simply a need for a change in my eyeglass prescription, I went to see my optometrist. At the close of our appointment, he turned to face me and extended his hand. He shook my hand, took but a brief few seconds to meet my eyes and smile, and to say, "It's good to see you again." As I walked out of the office, time had stopped. I felt cared for, listened to, filled up with kindness, and had a lightness to my step. He had given me the gift of time, and it reoriented my clock. The rest of the morning my pace slowed, I saw more of the world in front of me, more of the beauty around me, and it was much easier for me to offer the gift of time to others, even if in brief seconds.

Don't let time get the best of you. Give the gift of time: take a few precious moments to listen deeper, smile broader, extend a hand, perpetrate random acts of kindness. It will slow you down, and make you care less about "How did it get so late so soon?"

**Sunday,
September 27**

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

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

*Your ticket includes:
tastings from over 25
wineries, breweries,
restaurants &
chocolatiers.*

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THANK YOU



Mary Piper with Lee and Associates
Thank you for your kindness and support over
the years to Hospice of the Valleys.
We're been blessed to work with such a superb
commercial real estate broker, supporter,
and prior Board Member. Thank you!



Crossroads Corporate Center

**Whitaker Investment Corporation and
Crossroads Murrieta Partners**

We are so fortunate to have been in our office
building for the past 7 years and look forward
to many more years of happiness!
We love our office, their great management team,
and fantastic location. We are so thankful!

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.

"My sister and I would have never made it through this without the help from hospice. We were able to share, cry, be angry and were told this is normal."

"Thanks for all your help, support and kind words during our long trying time."

VOLUNTEER



You Can Make A Difference!

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



By volunteering at

A Note From Our Executive Medical Director

Dr. Leslee B. Cochrane



Fun In the Sun

Did you know that getting outdoors is important to optimal health? In addition to the obvious benefits of exercise, your body needs at least 10-15 minutes of sun exposure at least 3 times per week to maintain healthy levels of vitamin D. Vitamin D is essential for helping in the absorption of calcium and phosphorus; the building blocks of bones. In addition, Vitamin D also helps to promote healthy skin and regulate stress, and blood pressure.

Excessive sun exposure however will increase the risk of all three of the major types of skin cancer: melanoma, basal cell carcinoma and squamous cell carcinoma. Studies have shown that having one blistering sun burn before age 18 or five or more sun burns at any age will double a person's risk of developing malignant melanoma during their lifetime.

Below are some tips from the Skin Cancer Foundation www.skincancer.org to help decrease your risk of developing skin cancer; while still enjoying your "fun in the sun":

- **Seek the shade**, especially between 10 AM and 4 PM.
- **Do not burn.**
- **Avoid tanning and UV tanning booths.**
- **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Apply 1 ounce** of sunscreen to your entire body 30 minutes before going outside.
- **Reapply every two hours** or immediately after swimming or excessive sweating.
- **Keep newborns inside.** Sunscreens should be used on babies over the age of 6 months.
- **Examine your skin** head-to-toe every month.
- **See your physician every year** for a professional skin exam.

BENEFITING THE PATIENTS AND FAMILIES OF HOSPICE OF THE VALLEYS



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 Chrisy Lawless,
Volunteer Coordinator at
951-200-7800.

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NONPROFIT ORGANIZATION

BERLIN

**FEATURING TERRI NUNN
WITH THE FORTY NINETEENS**



FRIDAY, JULY 24 • 7PM

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PACKAGE INCLUDES**

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Access to private wine bar

Additional entertainment in VIP area

Up close VIP seating

Access to VIP area

personal server

**TABLE
OF 4
\$395**

**TABLE
OF 10
\$950**

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Family Cellars

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VOLUNTEERS IN ACTION

Thank you to our many volunteers who
lighten the day and hearts of so many.



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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