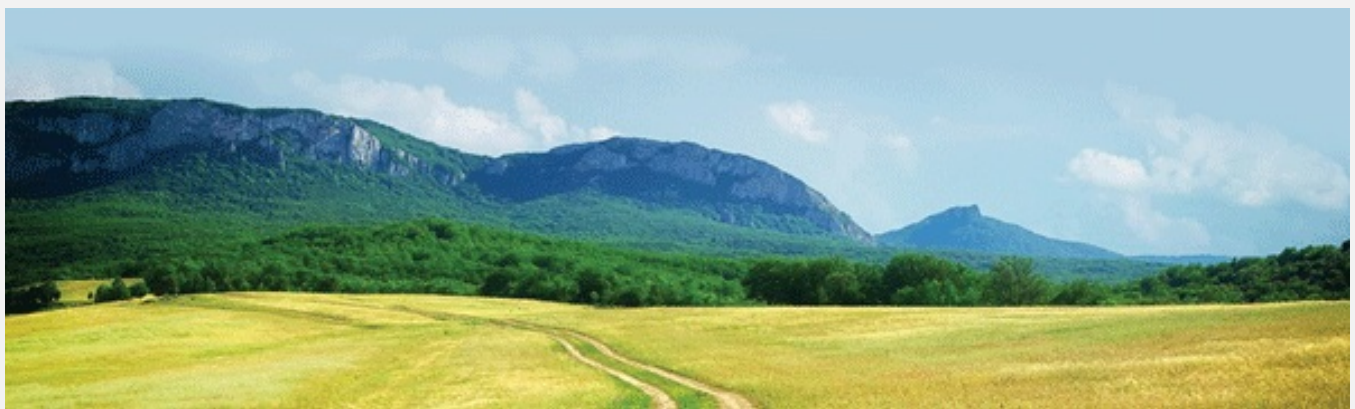


Hospice of the Valleys



Your Local Community Hospice.



MARCH 2016



**TOP
WORK
PLACES**
2014/2015

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SOCIAL WORK

FORGING SOLUTIONS
OUT OF CHALLENGES

Social Work Month

Each March, Hospice of the Valleys along with the National Association of Social Workers proudly celebrates National Social Work Month.

Social Workers daily embody this year's Social Work Month theme, "Forging Solutions out of Challenges," by helping individuals, communities and the larger society tackle and solve issues that confront them.

Social Workers work in all areas of our society to improve happiness, health and prosperity, including in government, schools, universities, social service agencies, communities, the military and mental health and health care facilities.

Hospice of the Valleys social workers are part of the interdisciplinary team that provides support and assistance to patients and their families.

Hospice of the Valleys honors its social workers: Dorothy Lebowitz MSW, Lainie Goldstein MSW, Laura Gilroy LCSW, Pam Matson MSW, Mariah Kaffka LCSW and Celeste Preble LCSW, ACHP-SW.

ESTATE PLANNING 101

With Host, Marguerite Lorenz

4 PART EDUCATION WORKSHOP SERIES

APRIL 12,14,19,21



41687 Temeku Drive
Temecula, CA 92591

Temeku Hills

Must pre-register by calling 888-701-1954
or visiting www.EstatePlanning101.org

2016 TOPICS & SCHEDULE

100%
FREE

CLASS 1 9:00 – 10:30 am
BREAK 10:30 – 10:45 am
CLASS 2 10:45 – 12:00 pm

Session 1

Class 1 Your Quality of Life
Class 2 Advance Health Care Directive,
Conservatorship & Durable POA

Session 2

Class 3 Estate Planning Basics
Class 4 Advanced Estate Planning

Session 3

Class 5 Charitable Giving & the Benefits
Class 6 Transferring the Wealth

Session 4

Class 7 Serving as Trustee
Class 8 It's Your Life and Your Plan

Classes consist of two sessions
per day, Tuesday/Thursday,
for two weeks.

You **MUST** register to attend
and registration is limited.



Have fun 'til you're done!

FOR MORE INFO
OR TO REGISTER
CLICK HERE

Social Work Month

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



Dear Friends:

This month I have the enviable task of speaking highly about my hospice social work colleagues. This is not hard to do. I marvel again and again at the skill, balance kindness, attention to detail, and, well, courage of heart, of our social work staff. Compassionate and adroit at caring in often very difficult family situations, with what seems a natural ability to ask all the right questions at the right time (this comes of training and experience, don't be fooled!), our hospice social workers are the quiet problem solvers of the hospice team. They are the ones wearing the virtual Super Woman capes!

They have big shoes to wear. In many ways, they are the conscience of our organization. Their job is the job of a professional patient advocate/professional human advocate. Each day they call all of us on the hospice staff to never lose sight of the needs, dignity, and self-worth of each patient and family. A quick read of the Code of Ethics of the National Association of Social Workers describes in broad strokes the deep ideals of how hospice social workers care for human persons: to meet the basic needs of all people, to empower the vulnerable, to address unjust situations and help to find positive and equitable resolutions, to support the dignity and worth of all, and to honor the importance of human relationship with competence and integrity.

You might wonder: what kind of a person can live up to those kinds of standards? Come and meet our social workers. I am inspired daily by the great and little ways they live these core values. Here are just a few examples of their magic: hours of research find a grant that will help a hospice patient fulfill a last wish; a calm and steady presence leads a conflicted family to a more harmonious place; a clear thinking voice helps steer ethical decision making in all things hospice; a loving, extraordinarily patient listener has time for one who feels broken; and sometimes, the gift of a well-timed, sharp as a tack, infusion of a wry sense of humor is bestowed upon the hospice team.

Smart, impeccable in character and dedication, gifted with life and love: the social workers of Hospice of the Valleys--Laura Gilroy, Lainie Goldstein, Mariah Kaffka, Dorothy Lebowitz, Pam Matson, and Celeste Preble.

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.

Thank you for all the help you gave my husband. That I will never forget.

"Thank you to all who made his passing so peaceful. I am so grateful to all who were here to help me understand what was happening and were so supportive of me and my family."

"Thank you so very much for all of your blessings and care in the recent loss of our dad." Everyone was comforting and wonderful."

Save the Date

\$95
FRIDAY, JUNE 3RD



LADIES
OF THE
90s

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



Better Than Social Media

Call me old fashioned, but I really don't see anything very "social" about so-called "social media." Although we are now more connected than ever to the world around us through email and social media programs such as Facebook and Twitter; these virtual worlds are not the same as the real world when it comes to really connecting with those around us. From the moment we are born until we breathe our last breath, we humans were designed for connection. The next time you are around a crying baby, watch and see how the baby calms when their mother lovingly picks them up and holds them – this is the real power of social connection and it has significant consequences to our health. A summary article published in Scientific American in 2010 about children from Romanian orphanages, pointed out those children who were deprived of the normal bonding that occurs between mother and infant had elevated levels of the stress hormone cortisol persisting some 6 -12 years later in comparison to those who were adopted at an early age.

Guess what? The need for social connection continues to have a profound effect on our health throughout the rest of our lives. Researchers from Mayo Clinic recently offered a presentation at the American Heart Association's Lifestyle Scientific Sessions which demonstrated the negative effects of social isolation on elderly patients with heart failure. The research showed that greater degrees of social isolation were associated with lower physical functional abilities and higher degrees of anxiety and depression. Several studies have demonstrated that patients who are socially isolated and suffer a heart attack are less likely to survive than those with good social connections. Those patients who are socially isolated are more likely to experience the negative consequences of the increased physiological stress associated with these conditions.

They say that laughter is the best medicine and I agree; but laughter, much like an excellent meal is best enjoyed when it is shared with family and friends. I would encourage you to be very intentional about spending time with your family and friends on a regular basis. Perhaps you can plan a meal together, or arrange for a game night. If you don't have family or friends nearby, I encourage you to join a club or a house of worship where you are sure to find some new friends.

80s C·O·N·C·E·R·T



The Motels
FEAT. MARTHA DAVIS
Missing Persons
FEAT. DALE BOZZIO

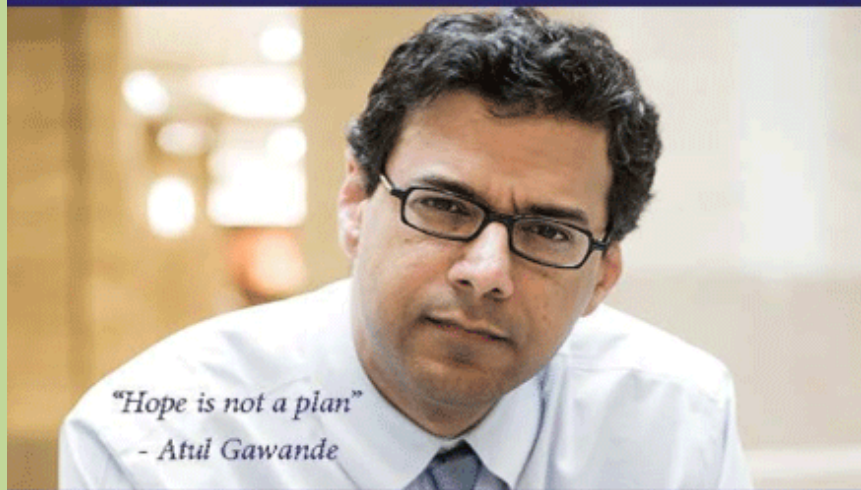
ANNABELLA'S
Bow Wow Wow

**EACH VIP TICKET
PACKAGE INCLUDES**

**TABLE OF 4
\$395**

**TABLE OF 10
\$950**

If you thought you were dying, what would matter most?



"Hope is not a plan"
- Atul Gawande

BEING MORTAL

FRONTLINE

70% of Americans say they would prefer to die at home, but nearly 70% die in hospitals and institutions. 90% of Americans know they should have conversations about end-of-life care, yet only 30% have done so.

You are invited to watch this 1-hour PBS Fronline film, *Being Mortal*, which informs audiences on the concrete steps needed to be taken to indentify and communicate your wishes for end-of-life care.

CLICK HERE

VOLUNTEERS IN ACTION

Our Hospice of the Valleys volunteers spend many hours filled with selfless giving. Their volunteer services do not go unnoticed. State Assemblywoman Melissa Melendez awarded our volunteers "California Legislature Assembly Certificate of Recognition" for their exemplary services and commitment to improving the lives of others in our community. Not only do their services benefit our community, their services also benefit our state as a whole. We are truly grateful for our volunteers.

\$950

3 course gourmet meal
Private wine bar
Up close VIP seating
Access to VIP area
Additional entertainment
Personal Server

**\$95 SINGLE
TICKET**

PURCHASE TICKETS



Please remember Hospice of the Valleys in your Trust or Will.
And, help us now with your kind donation.

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Hospice of the Valleys is a non-profit 501(c)(3) organization

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