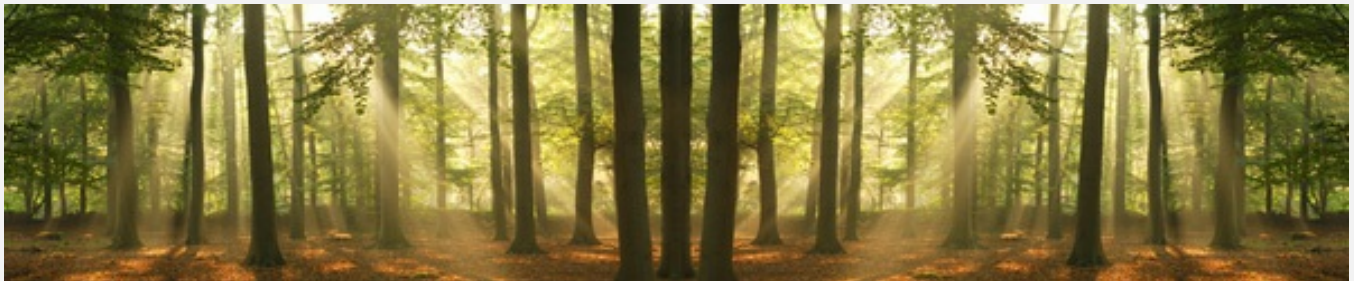


Hospice of the Valleys



Your Local Community Hospice.



MARCH 2015

**TOP
WORK
PLACES
2014**

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JOIN HOV FOR



Enjoy running followed
by a glass of wine?

Then the
Wicked Wine Run
in Temecula
is the event for you!

RUN wicked.



DRINK wine.

Hospice of the Valleys
volunteers will be
participating in the



National Professional Social Work Month

SOCIAL WORK
PAVES THE WAY FOR



change

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

This year's theme, "Social Work Paves the Way for Change" highlights the role of the social work profession over the past six decades to bring about positive changes in society and for the individual.

The primary mission of the Social Work profession has been to enhance well-being and help meet the basic needs of all people, especially the most vulnerable in society.

Social Workers take a holistic, psychosocial approach to working with patients providing for the best overall care. Social Workers celebrate the courage, hope and strength of the human spirit.

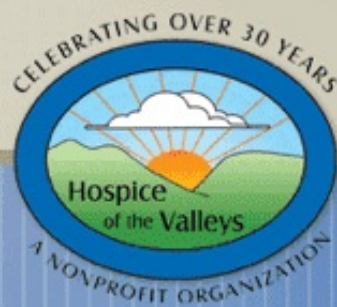
Social workers are an integral part of Hospice of the Valleys' interdisciplinary team that provides end of life care to hospice patients. Hospice of the Valleys honors its social workers: Dorothy Lebowitz MSW, Lainie Goldstein MSW, Laura Gilroy LCSW, Pam Matson MSW, Celeste Preble, LCSW ACHP-SW, Mariah Kaffka MSW, Tricia Poche MSW, and Joe Ramirez LCSW.

WICKED WINE RUN

on Saturday, March 14th
at Europa Village Winery
to make it an
amazing event!

The event begins at 5:30pm
and runners have the
option of a 5K route,
followed by a
celebratory glass of wine,
or a 1K Tasting Route with
4 tasting stops along
the way. Register at
www.wickedwinerun.com

ROCK out.



19TH ANNUAL



BENEFITING OUR
PATIENTS & FAMILIES

**South Coast Winery
Resort & Spa**

34843 Rancho California Rd
Temecula

**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,*



**Hospice of the Valleys is proud to announce
that it has been awarded CHAP accreditation.**

CHAP accreditation demonstrates that Hospice of the Valleys meets the industry's highest nationally recognized standards. Rigorous evaluation by CHAP focuses on structure and function, quality of services and products, human and financial resources and long term viability.

"We are very pleased that Hospice of the Valleys chose CHAP accreditation," said Michael S. Grogan, Senior Vice President of Business Development. "Voluntarily selecting to achieve CHAP accreditation and meeting our high standards of excellence demonstrates Hospice of the Valleys' commitment to quality. CHAP is delighted to work with their entire team through the ongoing process of quality improvement."

**For more information about the CHAP accreditation
process, please visit the CHAP website:**

www.chapinc.org

LIVE & SILENT AUCTION



TO PURCHASE TICKETS
951-200-7800

A Note From Our Executive Medical Director

Dr. Leslee B. Cochrane



The Four Dimensions of Pain

YOUR HEALTH MATTERS

There are many things in life which we know through experience but find difficult to adequately describe with words. Take the word love for example; we understand through experience that "I love football" and "I love my wife" use the same expression but describe two very different experiences. The Ancient Greeks were very clever people and used four distinct words to better describe the different types of love. The Greek word "Storge" refers to the affection between parents and their children, "Phileo" is used to express brotherly love or friendship, "Eros" refers to sexual or romantic love and "Agape" expresses selfless or the divine type of love. Please take this into consideration the next time you ask a teenager to explain how a particular relationship is going and they reply by telling you "it's complicated", because chances are it is.

Pain is another human experience that can be difficult to adequately describe with words. Dame Cicely Saunders was an Anglican nurse, social worker and physician best known for her role in the birth of the modern hospice movement. Because of her unique multidisciplinary perspective, Dame Saunders had profound insight into the nature of pain and developed a concept she referred to as "Total Pain". This concept acknowledges that pain is a multi-dimensional experience which includes physical, emotional, social and spiritual components. Simply stated, when you drop a brick on your foot, you experience physical pain but when you lose a loved one you experience emotional, social and spiritual pain. In order to adequately treat pain, we must first recognize and understand the different dimensions of pain.

Throughout my medical career I have always believed in treating the whole person; mind, body and spirit. One of the things I love most about hospice is the opportunity to practice this holistic approach by working with a dedicated interdisciplinary team including home health aides, nurses, social workers, bereavement counselors, chaplains and trained volunteers. Our team views each patient as a whole person- mind, body and spirit and develops an individualized plan of care to focus on all four dimensions of pain including physical, social, emotional and spiritual pain. In my experience, it is very difficult to effectively manage physical pain without addressing the patient's social, emotional and spiritual needs as well. Although the physician and nurse provide expertise in managing physical pain, I greatly respect and appreciate the vital role which other team members including social workers, chaplains and bereavement counselors serve in helping to manage the more complex emotional, social and spiritual dimensions of pain. I think I can speak for our entire team when I say we "love" what we do and I hope that you find this article helpful in gaining a better understanding of the four dimensions of pain.



You Can Make A Difference!

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



By volunteering at 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.

Please contact Chrisy Lawless, Volunteer Coordinator at 951-200-7800 to learn more.

The Rule of the Striped Dress

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



Last week the internet was abuzz with just one question: what color IS that dress?!?!

A photo of a striped dress worn by the mother of the bride at a Scottish wedding had people humming. Some people looked at the dress and saw a white dress with gold stripes, and others saw a blue dress with black stripes. Two people standing right next to each other, the same distance from the photograph, would see the dress differently. Heated arguments arose over the color of the dress in the photo. Neurologists and psychologists, magicians and painters all weighed in on the optical chicanery. Was the illusion the result of variations of blue receptor cones in the retina, or simply the lighting? Was it some Photoshop fun, or some deep seated kind of psychological Rorschach test? Everyone seemed to have an opinion, but no one a definitive answer.

Jonathan Mahler, writing in the New York Times, said, "It too hinged on a matter of perception. Only in this case, the polarization wasn't ideological, or political, or racial. It was physical, based on how our brains were processing visual information. And it was harmless."

Musing a bit more on the internet dress phenom, I realized that perhaps there is something more to this than meets the eye. And so I'd like to propose The Rule of the Striped Dress.

This is The Rule of the Striped Dress: Human beings can stand side by side and disagree. We can admit together that we each see a totally different thing. We can agree or disagree upon what we see. We can have an amusing or even a heated discussion about it. But in the end, we can acknowledge that mainly, and most often, we are somewhat colorblind... and that the differences which we so vociferously defend may indeed be simply a matter of perception...and a harmless one, at that.

Something to think about.

VOLUNTEERS CORNER

Our work at HOV revolves around people and the relationships we build. Our volunteer team spent many hours filled with the joy of selfless giving. We are truly grateful for all you do!

SAVE THE DATE

WIENS
Family Cellars

HELPING TO SUPPORT



berlin

Friday, July 24

Hospice of the Valleys
will be receiving a
portion of the proceeds
from the evening.



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.

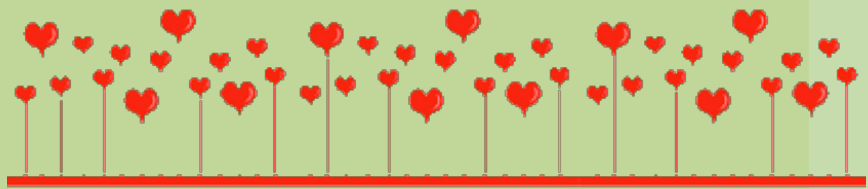
"Hospice, you were a great help with my wife in her last days. I am very grateful for your help and support. I also appreciate the contacts you have made with me over this past year. I am especially grateful for the memorial service which I thought was well done."

"I found Hospice of the Valleys performance above my expectations. They followed through with everything they promised."

"Thankful for the blessing of Hospice of the Valleys."



Thank you to Great Oak High School Hospice
of the Valleys Club
for creating large Valentines
for our hospice patients.
Your kindness touched us.



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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by choosing us as your charity of choice
on **spreebird**