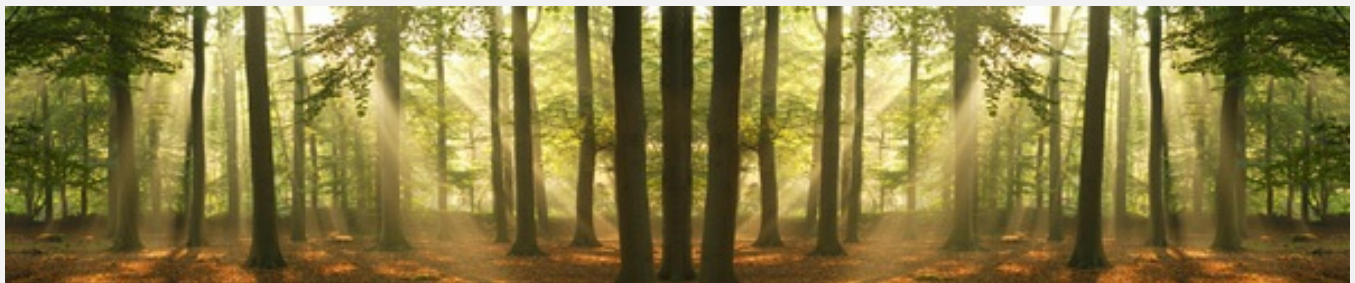


# Hospice of the Valleys



**Your Local Community Hospice.**



**MAY 2015**



# TOP WORK PLACES 2014

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19TH ANNUAL

A DAY OF  
*Wine & Chocolate*

BENEFITING OUR  
PATIENTS & FAMILIES

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

# National Nurses Week

The month of May is not only dedicated to Mothers, but it's also dedicated to Nurses. May 6th through the 12th is National Nurses Week. We here at HOV are excited to honor our wonderful nurses with a BBQ luncheon and some gifts of appreciation for all the hard work and dedication they display all year long. Our special day of celebration will be May 13th!!

Thank you to all the wonderful nurses who continuously share their gifts with our sweet patients and their families. We are inspired daily by their dedication and selflessness!



**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.*

**LIVE & SILENT AUCTION**



**TO PURCHASE TICKETS  
951-200-7800**

## **A Moment of Inspiration**

**By: Dr. Lynn Euzenas**

**Director of Spiritual Care & Bereavement Services**



Last Sunday I put up a finch and a hummingbird feeder. My backyard has come alive with cheeps and squawks and the flutter of wings.

Later that morning, I heard a sharp "bang."

My heart stopped, hoping that one of the birds hadn't hit a window. I stepped out onto the concrete patio and, relieved, didn't see anything. Then, looking down, I saw a tiny body, lying on its right side. Grey wings with a hidden iridescent green body. It was a female hummingbird.

I bent down to see if she had survived. There was no movement. I gently slid my fingertips under the tiny body and lay it in the palm of my hand. She was badly stunned and I feared the worst. She turned her body and righted herself, just in the space between the lines on my hand...right on the "life line." Though my hand was trembling, barely moving, I moved my arm into the sunlight. I prayed that the warmth of my hand and the sunlight on her body might help her.

In ten minutes that felt like ten hours, she slowly opened a deep black eye, and I watched it move from side to side. Her tiny beak opened and closed slowly. I dared not move and tried to hold myself steady. I was amazed as I steadied my own hand, I could feel the furious beats of that tiny, tiny heart. I prayed that she would live as furiously as that little heart beat. A friend brought a bottle cap of hummingbird food, to see if some nectar might help her. As I moved my hand slightly, I felt the slightest brush of wings, and she was gone like a little rocket to the top of the trees. Grateful and stunned, I was overcome with emotion. So grateful that she could fly. So grateful that she appeared only to be stunned. Completely humbled to have held a miracle in my hand.

It occurred to me when I could catch my breath from this encounter with the miraculous, that it was so like what we do in hospice. We ever so gently hold those who have been stunned by death's presence encroaching upon their lives. We tenderly hold and support. We oh so gently provide care to release the bluntness of pain. And we wait with them, barely moving, sometimes moving together towards the light, until they are ready to seize the moment, and fly.



Providing help and hope to  
those with life-threatening illnesses

**Thank you for supporting  
Animal Utopia &  
Hospice of the Valleys!**

**\$1.00 of  
Each Ride**

**will be donated to  
Hospice of the Valleys  
on the last Sunday  
of every month!**



**Your children enjoy the ride**

**And you can feel good knowing you  
are helping those in our community!**

## A Note From Our Executive Medical Director Dr. Leslee B. Cochrane



### Good Grief!

Did you know that Hospice of the Valleys provides bereavement services free of charge to the families of our patients for 13 months following the loss of their loved one? We also provide no-cost community grief and support groups even if your loved one was not under our care because we feel it is the right thing to do. When we experience the loss of a loved one it is normal to experience a sense of deep sadness. Grief is a normal response to loss and may typically involve a wide variety of feelings ranging from emotional numbness to anger. You may experience physical changes such as weakness, trembling, loss of appetite and difficulty sleeping. Although some people may cope very well following the loss of a spouse, it is more common to experience some degree of emotional and spiritual distress.

There is no "normal" length of time it takes to grieve. Grieving is a very individual experience that is influenced by a wide variety of factors. Grief is a journey that begins with a deep sense of sadness which at first may feel overwhelming. As you continue the journey you will find that over time the sadness slowly becomes less intense and is later interspersed with happy memories. For most people the grieving process will be slow and gradual. Feeling sadness a year after the loss of a spouse is quite normal, especially if you were married for many years.

In normal grieving you will gradually become less consumed by your loss over time and experience renewed energy enabling you to go on with your life. Many patients benefit from attending a bereavement support group to help process through their loss. Occasionally, normal grieving can be complicated by clinical depression that may warrant treatment. If you are experiencing severe and disabling symptoms such as depression, sleep or appetite disturbance or difficulty coping that is not improving over time, I advise you to consult with your physician.

If you would like more information about our bereavement support services, please check us out on the web at [www.hospiceofthevalleys.org](http://www.hospiceofthevalleys.org). If you or someone you know is grieving and would like our help, please contact our bereavement department during regular office hours M-F at 951-200-7800 and a member of our bereavement team will be happy to assist you in finding the most appropriate type of support for you. In closing I would like to offer some encouraging words of wisdom on the topic from Charlie Brown: "Good Grief!"

## Hospice of the Valleys

**WILD, WILD WEST  
VOLUNTEER APPRECIATION BBQ  
& AWARDS VOLUNTEER ROUNDUP**





# 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.

**CLICK HERE  
FOR TICKETS**



**In honor of National Volunteer Week, Hospice of the Valleys hosted the "2015 Wild, Wild West Volunteer Appreciation BBQ & Awards Volunteer Roundup-Honoring the Best Hospice Volunteers in the West!"**

**This year we thanked our volunteers with a western themed luncheon and guests dressed in fun, cowboy attire! Special guests included Murrieta Dignitaries Mayor Harry Ramos, Council Member Rick Gibbs and Council Member Jonathan Ingram. Mayor Ramos presented the distinguished 20 years of service awards to Patricia Jones and Teresa Triglia. Additionally, HOV volunteers received Certificates of Recognition from The Council of the City of Murrieta.**

**Hospice of the Valleys 2015 Care Partners Awards were presented to The Colony Yarnsters and St. Martha's Quilters. In addition to their award, Council Member Jonathan Ingram made a surprise donation to both groups. Thank you Council Member Ingram!**

**Hospice of the Valleys gives special thanks to Murrieta Funeral Home, Peter Hamilton, Tom Bloom, Mayor Harry Ramos, Council Member Rick Gibbs and Council Member Jonathan Ingram for their part in making this a spectacular luncheon for our volunteers.**

**Big shout out thank you to Laura Rathbun, reporter of the Valley News for her terrific media coverage of our special event.**

**<http://myvalleynews.com/local/murrieta-leaders-honor-hospice-of-the-valleys-volunteers-at-luncheon-event/>**

**Volunteers are the heart of hospice and we deeply appreciate all that they do for our patients and families.**





## 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'm writing this letter to thank all of you that assisted in the care of my mother. I am not sure if you all realize the impact you have on people's lives. I have heard people say 'it's my job'. What you do is more than a job. You provide comfort, care, love and overall peace of mind to the families of those you are caring for..."*

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*"The people who helped were Angels. I really don't know how they could have been better. I will always be grateful for the care they gave."*



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** 