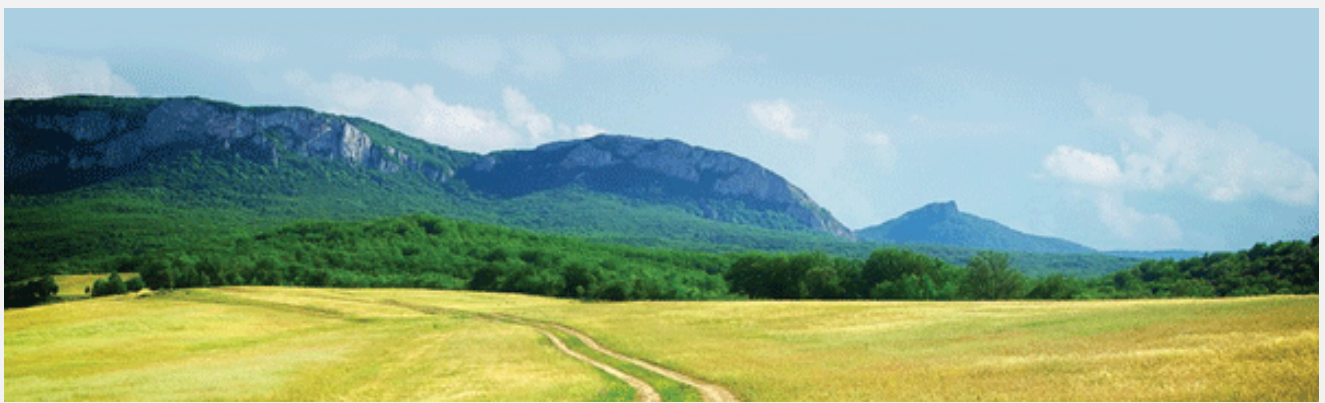


Hospice of the Valleys



Your Local Community Hospice.



NOVEMBER 2016



TOP WORK PLACES 2014/2015

In This Issue

[Request Information](#)

[Make a Donation](#)

[Volunteer Opportunities](#)

[Fundraising Information](#)



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7 Things You Should Know about Thanks-Giving

Dr. Leslee B. Cochrane



In September of 1620 a small ship named the Mayflower left England carrying 102 passengers. After a treacherous 66 day-long voyage across the Atlantic they landed near Cape Cod Massachusetts where they spent their first winter. Only about one half of those who made the voyage survived to see their first New England spring, and had it not been for the help of Squanto, a Native American who helped show the Pilgrims how to sow and gather food in the new land, our founding fathers would likely not have survived through a second winter. During the fall corn harvest of 1621 the Pilgrims and their Native American friends celebrated what later became known as Thanksgiving.

Now that I have shared a bit of the history behind Thanksgiving, look at some of the benefits of having an attitude of gratitude summarized from an article written by Amy Morin for Forbes Magazine titled: "7 Scientifically Proven Benefits of Gratitude That Will Motivate You to Give Thanks Year-Round"

1. **Gratitude opens the doors to more relationships.** Did you know that one of the key predictors of survival following a serious health event such as a heart attack is having a strong social network? Studies have shown that people who demonstrate gratitude to those they meet are more likely form long term relationships.
2. **Gratitude improves physical health.** Per a 2012 study, grateful people exercise more and are more likely to take better care of themselves and report feeling healthier than others.
3. **Gratitude improves psychological health.** Multiple studies have shown that gratitude improves happiness and reduces depression.
4. **Gratitude enhances empathy and reduces aggression.** In a 2012 University of Kentucky study, researchers found that those who ranked higher on gratitude scales experienced greater degrees of empathy and sensitivity and were less likely to seek revenge.
5. **Grateful people sleep better.** Spending just 15 minutes a day has been shown to improve sleep.
6. **Gratitude improves self-esteem.** A 2014 study of athletes found that gratitude improved their self-esteem and contributed to optimal performance.
7. **Gratitude increases mental strength.** Studies have shown that veterans and survivors of terrorist attacks who demonstrated higher levels of gratitude were less likely to experience post-traumatic stress disorder.

Just in case you need one more thing to be thankful for here is one of my favoritespumpkin pie!

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.

"We appreciate all you have done for my mom. I want to thank you from the bottom of my heart for doing everything and taking care of her during her illness and before her passing. You are all very caring with huge hearts."

"I will never forget you and all you did for my husband and me. My mind is full of memories of all who came and helped."

Spiritual Care Week 2016

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



Recently, the American Psychological Association stated that 52% of Americans have reported an increase in stress and anxiety brought about by what they call "election stress disorder." The protracted time of election debate, promises/scandals, and constant media effluvia have taken a noticeable toll on our mental health.

I'm not sure that I can fully attribute the way many of us are feeling just to the election cycle; we live in complicated times. I do know that many of the people I love and work with report feeling extra tired, "stressed out," less tolerant of opposing opinions, less secure, and knowing that the old remedies for feeling better are just not working as well.

How do we live more fully in times like these?

I'm glad that our national celebration of Thanksgiving follows closely after the election. If we're wise we can use it for a cultural shift towards gratitude. Gratitude originally meant "having good will towards others;" imagine what an injection of good will could do to improve our current climate of ill will. Shifting to a "thanksgiving attitude" is about taking real time and real action towards affecting our current malaise.

During this time when it "feels like the world's turned on its head" perhaps the best solution is to take an equal and opposite reaction. If we have difficulty seeing the perspective of others, we can slow down and listen, and turn in their direction. If we feel that something is being taken from us, we can give something back. If we're stuck dwelling upon what we don't have, we can celebrate what we do. If we feel "out there on our own" and helpless, we can dump the pride and ask for help. An attitude of thanksgiving goes from the macro to the micro: go small. Find the smallest things for which we can give thanks, and then work upwards. If we can approach gratitude in that way, we will always find something for which we can give thanks.

There is a beautiful day just waiting for a "Thank you." There is a warm sweater which banishes the chill wanting to be appreciated. There is an inhalation of breath in the morning which begs us to say, "Thank you, for being alive."



CHARITY RUMMAGE SALE

**NOVEMBER
17, 18 & 19**

7:30am-2:00pm

28611 Corvus Way
Sun City, CA 92586
(Cross street-Sun City Blvd)

Proceeds benefiting the
patients and families
of Hospice of the Valleys



HOSPICE OF THE VALLEYS CELEBRATES OUR HOME HEALTH AIDES



This month, Hospice of the Valleys celebrates our invaluable team of Home Health Aides who work tirelessly to help our patients in every way with their daily needs. These special women exude dedication, selflessness, and a desire for excellent quality care each day, and we are truly inspired by them.

We honor these tremendous women and are so grateful and blessed that they are part of the HOV team!

THANK YOU MILLER JONES



Thank you Miller Jones for hosting lunch for the last HOV volunteer meeting of the year. We are so grateful for your partnership, and we are so inspired by the countless hours of time and love our cherished volunteers give of themselves.

Shout out to Douglas Burgers!



We are grateful to Douglas Burgers in Lake Elsinore for their kindness and generosity to Hospice of the Valleys.

Douglas Burgers has the best breakfast burritos in town, friendly staff, and great service.

Douglas Burgers is HOV's breakfast of choice.

Thank you!!

National

Family Caregivers Month

November is National Family Caregivers Month. This is a time to celebrate the contribution of the many friends and family members who support a loved one with their healthcare and daily needs. The National Alliance for Caregiving reports there are more than 44 million Americans who care for a family member, friend, or neighbor. Hospice of the Valleys honors and appreciates the contribution of caregivers and seeks to find better ways to support them.

VOLUNTEERS IN ACTION

Thankful For Hospice Volunteers

In this time of gratitude, we give thanks to all of our wonderful volunteers.

They are talented, passionate and dedicated individuals who give so much of themselves to support our mission and the community.

We cannot say thank you enough for the support they provide. It truly is a blessing to have them as part of our caring team!

**Administrative Volunteers
Help with Medical Supplies**



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 Chrissy Lawless, Volunteer Coordinator at 951-200-7800 to learn more.



Professional Women's Roundtable Leadership Expo



Temecula Halloween Carnival



City of Temecula Health & Community Resource Fair



MYTH

Hospice means
giving up hope

FACT

Hospice redefines
hope and helps
patients and their
families reclaim the
spirit of life. Hospice
care focuses on
improving the
patient's quality of
life allowing them to
make the most of the
time they have.

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 **spreedb** 