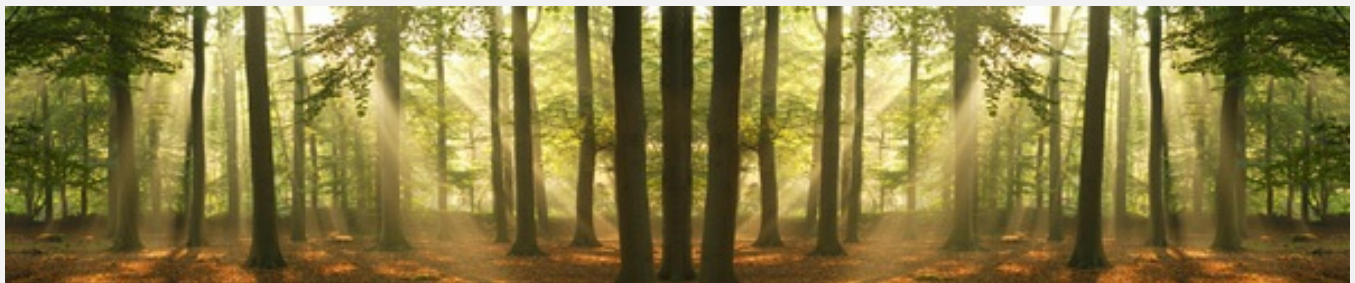


Hospice of the Valleys



Your Local Community Hospice.



OCTOBER 2015



TOP WORK PLACES 2014

In This Issue

[Request Information](#)

[Make a Donation](#)

[Volunteer Opportunities](#)

[Fundraising Information](#)

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A Moment of Inspiration

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



Dear friends:

I believe that the best writers are often charlatans and thieves. They blithely borrow or blatantly lift other writers' phrases or ideas to sweeten their own inspirations. I do strive to keep myself out of the company of such infidels as much as possible, but sometimes, credit where due must be paid. There in the margins of a spiritual journal I often read, *Weavings*, was a brilliantly juicy string of verbs, all too inviting not to tacitly appropriate for my purposes to celebrate our spiritual care providers in this month's column. Those purloined verbs?

INFORM INSPIRE ENLIGHTEN REFRESH RENEW

There is a great misunderstanding of the hospice chaplain's role. A prevailing stereotype is that the hospice chaplain dresses in black and appears only at the time of death. Hospice spiritual care providers are so much more than a misnamed cohort of the Grim Reaper. Which is why I love this string of verbs! They describe what hospice spiritual care providers really do as they accompany our patients and families on this difficult yet deeply meaningful journey of life.

They INFORM: spiritual care providers are specially trained in providing sensitive, non-judgmental, non-sectarian pastoral care to hospice patients. They have deep sensitivities and wisdom regarding the challenges at the end of life, and are good teachers.

They INSPIRE: spiritual care providers have the gift of both the light touch and deep gravitas in matters of the spirit; they integrate life and spirit in a way that helps patients see beyond the entrapment of suffering.

They ENLIGHTEN: spiritual care providers bring light. It's that simple.

They REFRESH: spiritual care providers help our patients and families find ways of making life fresh again; of rekindling hope and peace through the sharing of love, the telling of stories, and reminding each person of their sacred worth.

They RENEW: spiritual care providers help patients and families to understand that the end of life is filled with opportunities for renewal, for beginning again, for finding forgiveness, for making hurt relationships heal, for restoring one's faith, for living love.

Our Hospice of the Valleys spiritual care providers do all these things and more—honor them this month and get to meet them, they will enliven your spirit. I am proud to call them my colleagues: Caroline Flanders, Bill Koster, Mike Patton, and Candi Wuhrman.

THANK YOU

CELEBRATING OVER 30 YEARS





Hospice of the Valleys'
Gary Kelley will be
presenting at this year's

Care Faire

Monday, October 19th
10a.m.-12p.m. (Noon)

Canyon Lake
Community Church
sponsored by the
Caregiver's Connection
Support Group

30515 Railroad Canyon Road
Canyon Lake, CA 92587

of the Valleys
A NONPROFIT ORGANIZATION

A DAY OF 19TH ANNUAL *Wine & Chocolate*

A huge thank you to all who supported our 19th annual, "A Day of Wine & Chocolate" fundraiser. Our giving sponsors, donors, vendors, attendees, staff and volunteers collectively allowed us to put on the most successful fundraising event to date in support of Hospice of the Valleys. From the bottom of our hearts, we thank you!

A special thank you for abundant generosity goes out to Gosch Ford Temecula, Wells Fargo Bank, Crossroads Corporate Center and County of Riverside Third District.



**WELLS
FARGO**



Our community continues to inspire everyone here at Hospice of the Valleys, and we are so grateful!!



Candi Wuhrman, MA, MJSCC
Hospice of the Valleys Chaplain

NOTE OF INSPIRATION

I visited one of our precious patients recently and had an experience I felt I should share. Many know that this particular patient typically has her eyes closed, tries to speak with only breath sounds coming out of her mouth, and generally would rarely respond in any way. Yesterday, her eyes were wide open and agreed to a prayer by a faint breathy yes. At the end of my prayer, she lifted her hand touched her forehead and crossed her heart with the sign of the cross! It was so beautiful! These moments always remind me that even when we don't think they are with us, have the ability to respond, or know what's going on, their spirit is operating from a higher level! I was taken by the experience!

Wishing you all a blessed day!
Candi

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



Is Your Bag Half Empty or Half Full?

I have fond memories of going out to Trick-or-Treat as a child during Halloween. It was a lot of fun to dress up in a costume and one year I actually won the costume contest in the Halloween parade. I was wearing a mouse costume my mom had made and my younger brother loved to grab the tail on the costume and actually ripped it off before the night was through; but mom came to the rescue with a safety pin and re-attached my tail in time for the big contest. At the end of the evening, my siblings and I would sit around the kitchen table and count all our candy, usually trading each other for the most treasured treats. In those days a box of Milk Duds had a lot of trading power, whereas an apple was not worth much. We would look at our huge bags of candy and imagine it would last forever; but without fail the bags would slowly dwindle over the following weeks until we were down to the last few treats.

I remember that sad sort of feeling we would have as we watched our bags of candy go from full to empty. Life seems a bit like a bag of candy to me in that you can only really enjoy it one piece at a time and sometimes you don't realize how precious it is until you are down to the last few bites. When we are young, time seems to be in infinite supply and we can't wait for the days to pass until summer break. As we enter our twenties the current of life picks up speed and continues on into our middle years. Now that I am in my 50's I feel like I am going through the rapids.

Whether your bag is half full or half empty I encourage you to enjoy the season of life you are in. Slow down and savor the precious gift of life one day at a time and one moment at a time. If your bag is half full, share some of your treats with others and watch the smile it puts on their faces. If your bag is half empty, remember that you will enjoy each piece a lot more if you take time to savor it slowly.

VOLUNTEERS

A DAY OF  19TH ANNUAL
Wine & Chocolate

IN ACTION

Thank you all 150 amazing volunteers for contributing countless hours to make our "A Day of Wine & Chocolate" a success. We are so grateful to each of you! When you donate to Hospice of the Valleys, whether you give your time, talent,

VOLUNTEER



You Can Make

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.

If you have questions, Please contact Chrissy Lawless, Volunteer Coordinator at 951-200-7800.

CLICK HERE

the valleys; whether you give your time, talent, money or goods, you become part of the human chain that reaches people in our community in very real ways when they need it most. You can be very proud of your involvement with Hospice of the Valleys. Together, we are doing good work in the world.



AN EXCITING ANNOUNCEMENT ABOUT THE HOV WEBSITE!

Hospice of the Valleys is pleased to announce a new addition to our website. We hope it will be of interest and benefit to you.

ESTATE PLANNING

Estate planning impacts every family in different ways. Our Estate Planning resource pages will provide information which can benefit you and your family. Please take a few minutes to explore this site filled with practical tips that can help save estate taxes, increase the value of assets passed on to heirs, and increase retirement income. To learn more, please click below.

[Click Here](#)
TO FIND OUT MORE



THANK YOU

Additionally, for a complimentary copy of our Personal Estate Planning Kit, which can save you time and money before you meet with your attorney, please click below.

[Click Here
TO FIND OUT MORE](#)

Lastly, we are happy to let you know that you will be receiving a quarterly estate planning newsletter with more helpful tips.

We hope this information is useful to you and your family.

FOR MORE INFORMATION
OR QUESTIONS, PLEASE CONTACT
951-200-7800

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**

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