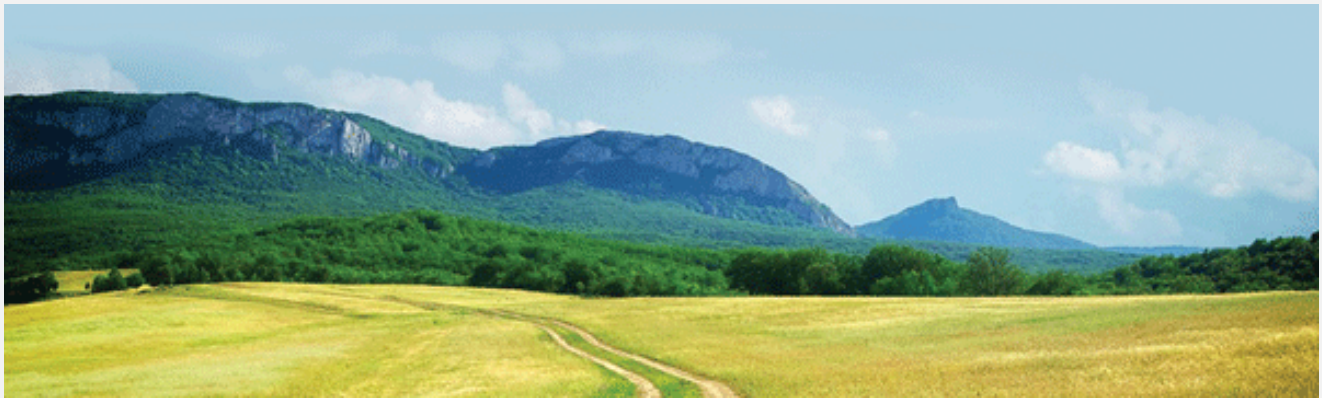


Hospice of the Valleys



Your Local Community Hospice.



OCTOBER 2016



-THANK YOU-

THANK YOU TO ALL THE SPONSORS, DONORS, SUPPORTERS AND ATTENDEES WHO SUPPORTED THIS YEAR'S 20TH ANNUAL "WINE & CHOCOLATE" FUNDRAISER HELD AT AVENSOLE WINERY.

TOP WORK PLACES 2014/2015


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THIS YEAR'S EVENT WAS VERY SPECIAL, AND A HUGE SUCCESS!!! EVERY PERSON THAT TOUCHED THIS EVENT THROUGH DONATIONS OF MONEY, TIME, RESOURCES AND LOVE PLAYED A HUGE PART IN MAKING IT SO FABULOUS, AND ON BEHALF OF THE PATIENTS AND FAMILIES WE SERVE, WE THANK YOU.



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 can't begin to express how deeply appreciative for all the love and care our mother received under your team's care. You have provided so much more to our family. Bless you all."

"I appreciate everything you did for my mom and myself. I wouldn't have been able to do it by myself. All the nurses were wonderful."



Spiritual Care Week 2016

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



"The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing...not healing, not curing...that is a friend who cares."

Henri Nouwen

Hospice of the Valleys celebrates Spiritual Care Week from October 23-29th. Its logo is a stylized Tree of Life; this image is shared across the world's religions, psychologies, and spiritual traditions. It is a fitting metaphor for the work of hospice chaplains, for it is in and among the branches of the Tree of Life that we practice our craft.

Hospice chaplains are invited to join hospice patients at critical points along their life's path of growth. We are not the gardeners who have nurtured or shaped the tree of their lives, or even pruned the branches to assist in growth. We are gentle observers who are invited to alight in the branches like wise birds: knowing which branch is safe to land upon, knowing how our presence may affect the branch or the sway of the tree, and knowing how high a perch to choose so as to more fully observe the life we tend. We are invited to spend some time in their tree of life so we may help our patients chart its final course. Sometimes, like wise birds, we sing within the tree, and at other times, we are a silent and supportive presence.

Hospice chaplains, also known as spiritual care providers, never seek to change someone. We humbly accept that we are partners of support on the end of life journey. We listen and comfort and are not afraid to engage life's most difficult questions. We also laugh and embrace the wonderful, sacred life of each patient, humbled to be invited to share the shade of their tree of life for awhile. We bear the gifts of hope, faith, and loving presence. We are wise enough to know that often we cannot heal or cure, but as a friend who cares, we can share the richness of the human spirit under the umbrella of a tree of life.

We celebrate the gifts of our Hospice of the Valleys spiritual care providers: Caroline Flanders, Bill Koster, Mike Patton, and Candi Wuhrman. We are all blessed by your skill, gifts, and love.



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.

Holy Yoga Fundraiser for Hospice of the Valleys

Seasons of Change

Dr. Leslee B. Cochrane



Have you ever felt "under the weather" and wondered why? Medical researchers have discovered that there are significant connections between the seasons and your health. For years scientists have recognized that the body operates on a biological clock and now we are learning more about how biological rhythms may be affected by the seasons. Take heart attacks for example, they are most likely to occur early in the morning on Mondays (no surprise there) and also vary by season being most common in the winter and least likely to occur in the summer.

Seasonal Affective Disorder or SAD, is another illness which follows a seasonal pattern. It is estimated that 4-6% of the general population may suffer from a winter related SAD and an additional 10-20% of people may experience mild SAD symptoms. SAD is four times more common in women than in men and usually affects people older than 20. The condition seems to be directly related to the lack of sunlight exposure which occurs in the winter months and so it is not surprising that it is seven times more common in Washington state than in Florida. Symptoms of SAD include a change in appetite with cravings for sweet or starchy foods, weight gain, fatigue, increased sleeping and irritability. Effective therapies include light therapy with prescription light devices in addition to the use of antidepressant medications.

Another perplexing connection between the seasons and our health is what I affectionately refer to as "the battle of the bulge" that occurs around your waist during the winter holidays. People are most likely to gain weight in the fall and winter and then lose weight in the spring and summer. This is in direct contrast to another very serious health concern, suicide which peaks in the spring and wanes in the winter months. Although there are no unifying theories to explain these seasonal variations, scientists have discovered that the seasons affect several important hormones, and neurotransmitters and these in turn may explain some of the patterns.

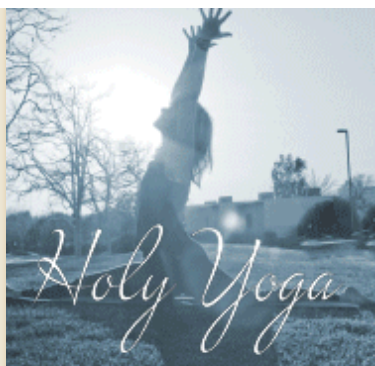
If you are experiencing any seasonally related health challenges please talk with your doctor for further guidance.

Below are 3 health tips you can use all year long to help "weather the storm" of seasonal health challenges:

1. **Exercise regularly** - it promotes wellness and reduces stress.
2. **Sleep well**- it will supercharge your immune system.
3. **Unplug from stress and connect with friends** - It will do wonders for your health!

BEST OF THE BEST VOLUNTEERS

'A Day of Wine & Chocolate'
Showcases our amazing volunteer's dedication,



P3 Fitness

has partnered with
Hospice of the Valleys
to generously donate
25% of class proceeds
from their Saturday class
7:00-8:00am of Holy Yoga.

Begin your Saturdays
In peace and gratitude
and feel good knowing
you will also be helping
raise funds to provide
care for hospice
patients and their families
In our community.



Rose Anton


Mention Hospice of the
Valleys when you arrive!



inspiring attitudes and generous support.
And we simply could not have done it without you!
For all you are...For all you do...Thank you!

Many, many thanks to
OUR COMMUNITY PARTNERS
KOHL'S, Target, Wells Fargo Bank,
Miller-Jones Mortuary & Evans-Brown Mortuary






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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