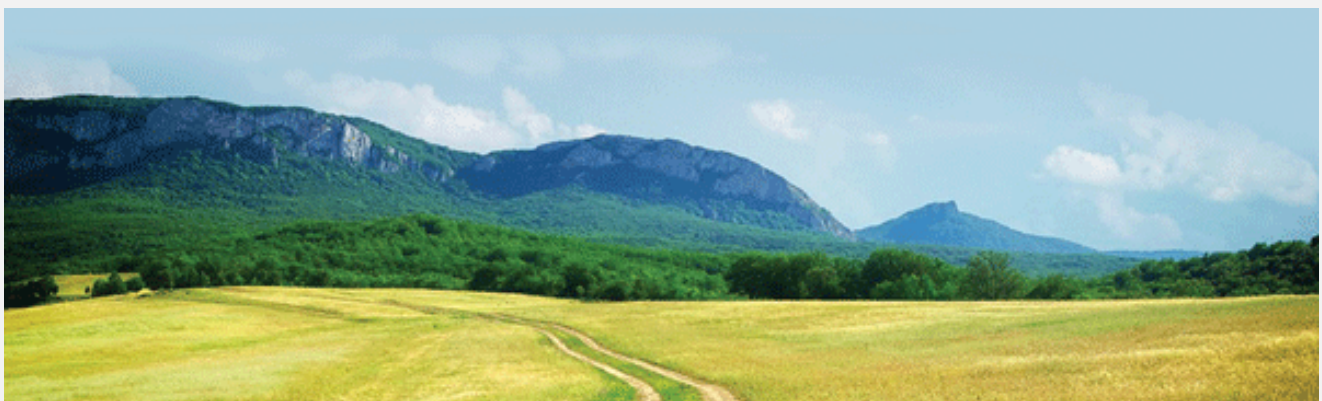


Hospice of the Valleys



Your Local Community Hospice.



SEPTEMBER 2016



THANK YOU TO THE
WINE & CHOCOLATE SPONSORS
WHO HAVE COMMITTED TO SUPPORT
THIS YEAR'S EVENT!

WINE and CHOCOLATE
20th Annual Fundraiser

TOP WORK PLACES 2014/2015


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 Like us on Facebook

THIS YEAR'S
WINE & CHOCOLATE
WILL HOST THE
FOLLOWING LOCAL
RESTAURANTS,
BAKERIES, WINERIES,
BREWRIES & SPIRITS.

THANK YOU FOR
BEING A PART OF
OUR SPECIAL DAY!

WINERIES

Avensole Winery

Callaway Winery

Europa Village

Falkner Winery

Lavender Winery

Best Best & Krieger
Gosch Ford Temecula
Supervisor Chuck Washington
Crossroads Corporate Center
Abbott

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Temecula Center for Integrative Medicine

Bella Allure Salon
BMW of Murrieta
Commerce Bank of TV
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England Family Funeral Home
Evans Brown Mortuary
Exit Alliance Realty
Gallant Medical Supply
Innovative Document Solutions

Leon Acupuncture
Murrieta Valley Funeral Home
Nigro & Nigro
Parts4uws.com
ReGroup Properties
SRCAR
Symons Ambulance
Temecula Valley Toyota

Corina Winery
Robert Renzoni Winery
Wilson Creek Winery

BREWERIES

8 Bit Brewing
Garage Brewing Co.
Ironfire Brewery
Kalifornia
Distilleries, Inc.

FOOD VENDORS

8 Bit Brewing
Pacific Pita
The Bank
Smokey Mountain
Catering

CHOCOLATIERS

Aroma's
Coffee and Café
Corner Bakery
Crème de la Crème
Girl Scouts
Jodee's Bakery
Nothing Bundt Cakes
Trader Joes

AVENSOLE WINERY
34567 RANCHO CALIFORNIA RD, TEMECULA, CA 92591

SATURDAY, OCTOBER 1, 2016
5:00-10:00PM

PURCHASE TICKETS \$80
CLICK HERE OR CALL 951-200-7800

FUN FOR THE WHOLE FAMILY

Lots of activities for the kids!
Experience local foods!



TAKE COMMAND OF YOUR HEALTH

Wellness screenings and
much much more!

Guardians of Health Wellness Expo

Saturday, Sept 17
10 am - 3 pm

BENEFITTING
HOSPICE OF THE VALLEYS
AND WAVES

scuba diving for wounded vets



WELLNESS TALKS Knowledge is Power

- Intro to Holistic Health
- IMagine Your POSSIBLE
- The Future of Health and Understanding How Cannabis Can Help Medically
- Determine Your Risk for Disease and Cancer Without the Use of Radiation
- Inflammation: The Villain We Forget About

Myth! B12 Shots
B Complex Shots
Wellness Vendors
BMI Testing
Yoga & Jujitsu Demos

**Sign up to
donate blood!!
951-319-7819**

29995 Technology Dr.
Murrieta, CA

**For more Info:
951-319-7819
or
CLICK HERE**

Your Health Matters

Dr. Leslee B. Cochrane



*"Time is what we want most,
but what we use worst."*

William Penn

Each one of us is given the precious gift of 1,440 minutes to spend each day. It does not matter who you are, we all get the same amount of time each day. Once that gift is spent, it can never be regained so we would all do very well to use the gift of time very wisely.

It has been said that time is money and money is time but I think we are much more careful about how we spend money than how we spend time. Take for example how the average American spends a typical day: 480 minutes spent sleeping, 480 minutes spent working, 168 minutes spent watching TV, 101 minutes spent driving, 67 minutes spent eating, and 64 minutes spent surfing the internet. That only leaves 80 minutes left and we have not allotted any time for shopping, cleaning, exercising or taking a shower.

When our schedule is full we are often tempted to skip sleep; but investing 480 minutes per day into sleep is one of the best and most productive things you can do as numerous studies demonstrate the positive health benefits of regular sleep. The one area that I think most people are "overspending" is on TV and the Internet which consumes a total of 232 minutes per day. In a study published by the Journal of the American Medical Association researchers combined data from eight studies and found that for every 2 hours of time spent watching TV, the risk of type 2 diabetes increased by 20% and the risk of heart disease increased by 15%. Additionally, for every 3 hours of time spent watching TV the risk of death was 13% greater than for those who were not glued to the tube.

People who regularly interact with others are happier, healthier and live longer than people who are socially isolated. Multiple research studies have shown several positive benefits of social interaction including decreased risk of cardiac disease, Alzheimers disease and other degenerative diseases. Seniors who regularly socialize with others live on average 2.5 years longer than do those who are socially isolated.

I encourage you to spend your time wisely by investing it into spending time with those you love. It will make a positive difference in their lives as well as yours.

NOTES FROM FRIENDS

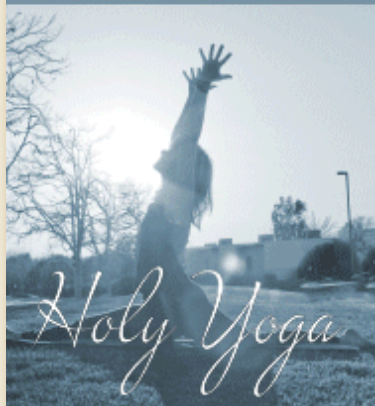
Hospice of the Valleys serves hundreds of patients each and every year. We honor them by sharing their stories. They remind us every day of the meaning and purpose in our work and that human connection is at the heart of the hospice experience.

The following are notes Hospice of the Valleys has received from the families of patients that we have been privileged to provide hospice care.

"Thank you so much to each and everyone for all your help and support, have no words to say how much it all meant to me."

"Thank you all so very much for the loving care you provided to my mother during her final time with us. I am so grateful for your kindness. I will never forget your work and attentiveness. It is appreciated so much."

Holy Yoga Fundraiser for Hospice of the Valleys



P3 Fitness
has partnered with
Hospice of the Valleys
to generously donate
25% of class proceeds
from their **Saturday class**

Gift of Time

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



Sometimes it is the things which do not feel like gifts which reveal to us the truest ones.

Four months ago I got the shocking news that a dear friend in her mid-forties had been diagnosed with a stage 4 brain tumor. The tumor was now inoper-

able and had done its terrible work of traveling all throughout her body. She was given three to four months more to live. Her many, many friends were devastated: none more than her beautiful college age children, just making their marks on the world, her wonderful husband, and her mother and sister. She has wisely kept the very best of her energy for those in her inner circle, but to each one who sends an email or text of love and concern, each receives back a word of encouragement, a "hug," or a heart emoji from her.

It is four months long now, and she is still with us. I know she understands the profundity of the gift of time. As I have tried to make sense of it all, and received the myriad of little graces from her phone, I realized that her gift of time is not mine. Each second spent sending the word "hugs" or a smiley emoji is worth a lifetime of loving. Each second is a precious, precious gift of the richest, fullest, time: a time filled with an urgency for living and loving to the fullest, and a time filled with the inherent quality of the knowledge that not one nanosecond is to be wasted. These gifts of time are the most valuable treasures of a friendship. In receiving a gift from her time zone, I have realized I need to revisit my own sense of what the gift of time should be for me.

I am by nature a worry-wart. On the right day and with the right conditions, I can easily worry away hours. I can wrap (and re-wrap) my mind around something until I wear myself out. I can bring my work home with me, mix it in with my home to-do lists, and add a dash or three of Google News, and brew up a howling typhoon in my head, unable to notice anything else going on around me.

Oh, the things I miss when that happens...and the time that is lost! Have I stopped long enough to hear the 'chi-chi-chit' of the hummingbirds rallying for position at the feeder? Did I notice that quick whiff of the neighbor's BBQ, crackling on the grill? Have I stopped before ascending the stairs to laugh at the photo of a friend, captured in time, doing something goofy? Did I really feel how soft those clean sheets are as I slipped beneath them to sleep? Have I stopped, and turned back around, to tell someone, "I love you?"

My friend, on her brave journey, reminds me that time is precious and fecund: fertile and filled with the possibility of life, wonder, and love. I just have to slow down enough to feel its richness, to embrace its preciousness, and to share as much of me as is possible in the moment. Love is in a constant flux of giving and receiving: time is its vehicle. It doesn't have to be difficult to be 'on time': sometimes all it takes is the quick "send" of a heart emoji.

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!



**THANK
YOU**

A HUGE thank you to our very own, Valerie Dinis and her wonderful mom Vicki who hosted a fabulous fundraiser for Hospice of the Valleys last month. Valerie transformed her home into a LuLaRoe shopping haven and with the help of many financial donations, gift card donations and generosity from LuLaRoe and Valerie and Vickie's match, \$1,175.00 was raised for Hospice of the Valleys!

We are so grateful for your generosity and kindness Valerie and Vickie. We appreciate you!

Valerie and Vicki

www.facebook.com/groups/lularoevickival@gmail.com

VOLUNTEERS IN ACTION

Memory Bears!



The Memory Bear Program offers a wonderful service to our families and helps preserve the memory of a loved one. Memory Bears are intended to be a keepsake and are made using meaningful fabrics chosen by the family such as the dress his mother wore to his wedding or favorite sweatshirt with their family emblem or a shirt with her favorite flower.

Each bear is lovingly sewn by hospice volunteer Anna, reflecting the patient's hobbies or special memory for the family. Anna speaks to the family, learns a little bit about the patient and then tries to incorporate those stories into the bears she makes for them. Because every project is unique, on average it takes approximately 60 hours to complete.

Thank you Anna for your hard work and dedication to our patients/families!

THANK YOU!!



The Colony Women's Golf Club once again held its annual golf tournament where funds raised benefited Hospice of the Valleys and Michelle's Place. We are so grateful for the support of these generous and amazing women who work so hard each year to give back and share their love and resources with us. We enjoy seeing so many smiling faces each year who share their touching stories of how Hospice of the Valleys supported them, and we couldn't be more appreciative for their kindness.



ON BEHALF OF THE PATIENTS AND FAMILIES WE SERVE,
THANK YOU COLONY WOMEN'S GOLF CLUB!!!

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

Subscribe to Hospice of the Valleys' Newsletter

