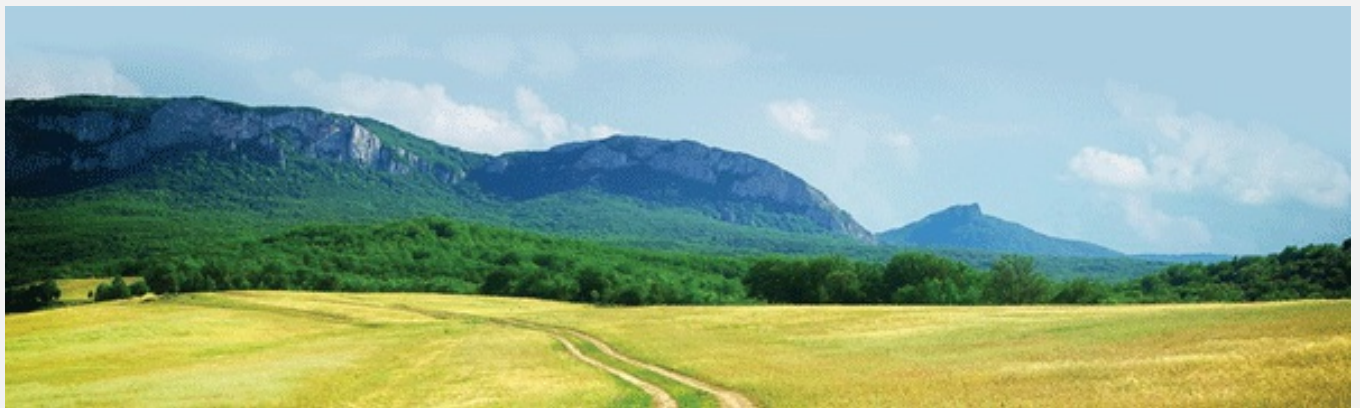


# Hospice of the Valleys



**Your Local Community Hospice.**



**DECEMBER 2016**



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**2014 - 2016**

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# The Gift of Giving



Consider giving a year-end tax deductible donation to Hospice of the Valleys by clicking here.

Perhaps you and your family can choose to give a donation in lieu of gift giving this holiday.

Or, donate knowing you are blessing another family with the gift of peace as they watch their loved one make their final transition.

Your treasured donation gives the gift of love, hope and help and will be forever cherished by hospice families in this community.



## 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.

*"Dear Hospice of the Valleys Staff,  
My mother was a remarkable woman who lived a remarkable life. She was so appreciative of all you did for her. Her family extends our gratitude to all those on your staff that worked with her. I pray I did not leave out anyone who was involved in her care."*

*"Hospice of the Valleys, I would like to take this opportunity to thank your wonderful staff for all the loving and kind care my husband received. You helped us through difficult times."*

## VOLUNTEERS IN ACTION

**The truest meaning of Christmas Giving...  
Lives in the spirit of Volunteering**

**We are grateful for all your work during the past year and wish you the most joyous holiday season. Here are a few highlights of the many ways our volunteers give back.**



## 3 Life Lessons I Learned from Being a Scrooge

Dr. Leslee B. Cochrane



One of my all time favorite Christmas stories is A Christmas Carol by Charles Dickens. My special affection for this story dates back to the fifth grade when I played the role of Ebenezer Scrooge in our elementary school Christmas play. I still remember a few of my lines from that play and I would like to share some of the life lessons I learned from "being a Scrooge."

### **Lesson #1:**

Happiness is a gift that cannot be purchased with money. The secret ingredient to happiness is gratitude, not money. Scrooge had money and lots of it; but despite all his money his was a sad and empty life. His nephew and his clerk Bob Cratchit were both quite poor, but as the story goes their homes were overflowing with love and happiness because they were grateful for what they had.

### **Lesson #2:**

You can't change the past but you can learn from it. As the story progresses, Scrooge is visited by several spirits who show him the error of his ways. The first spirit to visit is that of his dead partner, Jacob Marley, who appeared bound by heavy chains and in obvious distress. Jacob explains that the chains which bound him were of his own making, forged by greed and that unless Scrooge changed his ways an even more ponderous set of chains awaited him.

Scrooge was then visited by the Spirits of Christmas past, present and future. He was terrified by the experience and realized that he could not change the past, but by choosing to be a different person in the present he could change the future. Although we cannot change our past, we can choose to learn from it and grow.

### **Lesson #3:**

Giving to others is the true spirit of Christmas. There are numerous medical studies which document the health benefits of giving. In addition to promoting happiness, it has also been shown to lower stress and improve overall health and longevity. In closing, I would like to share the final scene of my short lived acting career:

*"It was always said of him, that he knew how to keep Christmas well, if any man alive possessed the knowledge. May that be truly said of us, and all of us! And so, as Tiny Tim observed, God bless Us, Every One!"*





**Thank you Colony Yarnsters!**



**Thank you Anne and Team  
for the Rummage Sale!**



## Dabble in Frivolity

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



*It's that season! Be of good cheer!*

*Laughter and frivolity are near!*

I got a Christmas card this week with this cheery message:

THE FOUR STAGES OF LIFE:

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.

If I can keep my sense of humor finely honed, I do love how some during this season wrap joy, love, and laughter around a bit of mischievousness. Our family always has a collective cringe when opening cards from my brother, who always finds the most inappropriate cards (of the naughty variety.) Truth be told, we all open them anyway! A friend's husband loves to play tricks on his very old and quite portly cat during this season: he always makes sure to hang the ornaments just beyond the reach of this poor kitty who still thinks he can still reach them. And I am one of the lucky recipients of a decades old Christmas gift exchange, where the participants try to find the fruitcake so dense that it makes a better doorstep than a holiday treat. Recipients receive fruitcakes from each other and then meet at a holiday gathering to weigh and measure the cakes for sturdiness and door-stopping worthiness. The winner, of course, receives a prize. The brave actually try a piece of the winning cake with some egg nog.

I heard a great story this morning on the radio. In one very competitive neighborhood, each year the gentleman in the corner house had the most outrageous and splendid Christmas decorations. To the dismay of his neighbors, he really was the best each year and he knew it...and he did not let them forget it. So this year, one of his next door neighbors got a large sheet of plywood and spray painted it with gold paint. He cut a large arrow shape from the wood and outlined it in flashing colored lights. He wrote a Christmas message on the arrow and then got a stand and propped it up on his front lawn, pointing at his neighbor's Christmas display. When plugged in, it said: "Ditto!"

Be of good cheer this season! Have some fun! Dabble in frivolity!

And share some love!

Happy Holidays to all.



**Hospice of the Valleys Named  
"Top Workplace"**





THE PRESS-ENTERPRISE

## The Press-Enterprise Awards Top Workplace Recognition to Hospice of the Valleys



Hospice of the Valleys was recognized as the #2 Top Workplace in the Inland Empire by The Press-Enterprise for small companies. This is the third consecutive year Hospice of the Valleys has been named as a Top Workplace.

This year there were 741 companies who were invited to participate in the Top Workplaces Awards and over 60 companies with over 25,000 employees participated in this year's Top Workplace Survey. Winners were chosen based on survey information provided by employees. These awards were presented at a prestigious ceremony held at the Riverside Convention Center.

**"We are proud to be recognized by our employees as a Top Workplace a third year in a row. This award is a testament to our culture and we are blessed to work with passionate employees and volunteers, driven by a mission and purpose to provide the best end of life care to our community and who have compassionate care for each other."**

*Dr. Leslee Cochrane, Executive Medical Director and  
Lynette Cvar, Chief Administrative Officer/CFO, Hospice of the Valleys*

For over 30 years, Hospice of the Valleys, a 501(c)(3) nonprofit hospice organization, has been privileged to provide compassionate and loving care to terminally ill patients and their families in the Southwest Riverside and Fallbrook communities. Due to generous support from our community, care is provided to patients and their families regardless of their inability to pay. For more information or to support our mission with a donation, please contact Hospice of the Valleys at (951) 200-7800 or [www.HospiceoftheValleys.org](http://www.HospiceoftheValleys.org).

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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