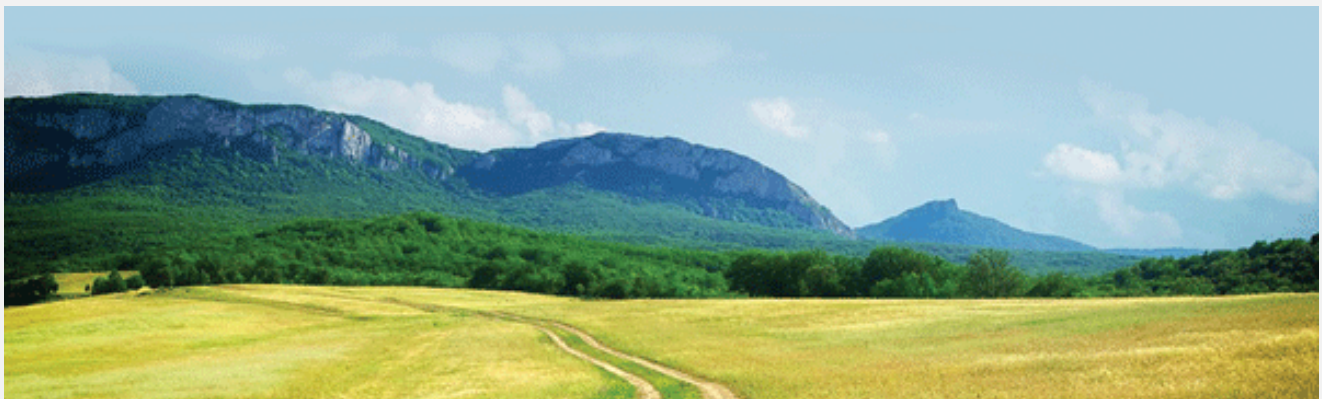


Hospice of the Valleys



Hospice of the Valleys
Your Local Community Hospice.



FEBRUARY 2017



TOP WORK PLACES 2014-2016

THE PRESS-ENTERPRISE

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SAVE THE DATE



WINE and CHOCOLATE 21st Annual Fundraiser

TICKETS \$90

Havana

Nights

Benefiting the patients & families of Hospice of the Valleys

Avensole Winery
Saturday, September 23rd • 5:30-10:30pm

Hospice of the Valleys Spring 2017 Volunteer Training

*"There is no better exercise
for your heart, than
reaching down and helping
to lift someone up"*
-Bernard Meltzer

OPENINGS FOR VOLUNTEERS:

We Honor Veterans
Music & Memory Program
Community Outreach
Music and Art Program
Patient & Family Volunteer
Administrative
Fundraising & more

Please contact
Chrisy Lawless at
951-200-7800 or
clawless@hovsc.org

Taking your Health to Heart during National Heart Awareness Month

Dr. Leslee B. Cochrane



February is known for Valentine's Day and Presidents Day; but did you know that February is also National Heart Awareness Month? And did you know that heart disease is the number one cause of death in the US and the World? You may have heard that there is a strong connection between cholesterol, triglycerides and heart health; but what you may not know is that all cholesterol is not created equal. In fact, you might say that when it comes to cholesterol and fats there is the "good," the "bad" and the "ugly."

Cholesterol in itself is not "bad" for you; in fact, your body needs a certain amount of cholesterol in order to function. Cholesterol is a waxy, fat-like substance necessary for the production of hormones, Vitamin D and other substances. Meats, dairy products and eggs contain cholesterol; but diet accounts for only 25% of your total cholesterol with the remainder being synthesized by the liver and other cells in your body. Triglycerides are another form of fat shown to contribute to heart disease and require monitoring as well. There are two basic types of cholesterol; LDL, referred to as the "bad" cholesterol and HDL or "good" cholesterol:

HDL (Good) Cholesterol

HDL cholesterol is considered good for you because it has the ability to help the body "clean up" the plaque and remove it from the artery walls. High levels of HDL can decrease the risk of heart attack or stroke and low levels of HDL are a risk factor for heart attack and stroke.

LDL (Bad) Cholesterol

LDL is considered bad for you because high levels of LDL in the blood can combine with other substances to form a thick, hard deposit called plaque. Plaque builds up over time and causes a narrowing and hardening of the arteries. When the arteries become narrow, a small clot can form and lead to total blockage of the artery resulting in a stroke (brain) or a heart attack (heart).

Because cholesterol and triglycerides are a risk factor for heart attack and stroke, you should see your doctor and have a lipid panel checked. For more information check out the American Heart Association at <http://www.heart.org>

Just in case you were wondering, you don't need to be feeling guilty about enjoying the dark chocolate you receive for Valentines as dark chocolate has been shown to have positive benefits for your heart!

Hospice of the Valleys
loves our Staff,
Volunteers,
and Community!

THIS
Valentine's
Day

Give a gift of the heart.
Donate to
Hospice of the Valleys.

Your donation will
help patients and
families in need of
loving care during
their time of need.



Hospice of the Valleys

[CLICK HERE TO DONATE](#)



Congratulations to HOV Board member, Mr. Bob O'Donnell!



Many community leaders, colleagues, friends and family gathered in December to honor Hospice of the Valleys Board Member, Bob O'Donnell for his years of service with a special dedication ceremony of the Menifee Union School District Bob O'Donnell Education Center.



This inspirational ceremony included a tribute by Bob's son, retired Marine Gunnery Sgt. and several state and local dignitaries. Multiple presentations and recognition awards were presented including those from the City of Menifee, State Assemblywoman Melissa Melendez, The Riverside County Board of Supervisors, the Menifee Chamber of Commerce and others.

Congratulations, Bob! Thank you for the gifts you continue to give to our community. You are an inspiration to those who know you, and to all of us at Hospice of the Valleys!

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.

Caring for mom during her last six months was an extremely stressful time. My sons and I are grateful beyond words that Hospice of the Valleys came highly recommended by friends and we were able to put mom in your compassionate, loving, caring and very capable hands.

THANK YOU



Thank you Southwest Riverside County Young Professional Network for generously choosing Hospice of the Valleys as your 2017 charity of choice! We are so grateful for your commitment to helping us raise money to cover medication co-pays and medication delivery costs for new patients. Thank you from the bottom of our hearts!!!



Hospice of the Valleys would like to give a huge thank you to Gallant Medical who generously supported HOV's holiday party by donating a variety of amazing raffle gifts! Staff and volunteers were so happy and appreciative for such fun gifts. Additionally, thank you to Murrieta Valley Funeral home for contributing yummy bundt cakes as well. What a special treat for all!

M

Murrieta Valley Funeral Home
FD1853



Thank you to Temecula Creek Optometry and Murrieta Creek Optometry who has generously committed to donating \$3.00 for every pair of glasses purchased at their office during the month of February.

VOLUNTEERS IN ACTION

Each volunteer is unique but all have one thing in common-a heart of hospice. Our volunteers are loved and appreciated for their dedicated service. Volunteers hold a special place in our hearts - thank you for all you do to make the world a brighter, happier, place. We appreciate your support all year round, but especially this Valentine's Day we want to express our gratitude.



Happy Birthday to our dear volunteer, Loretta!

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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