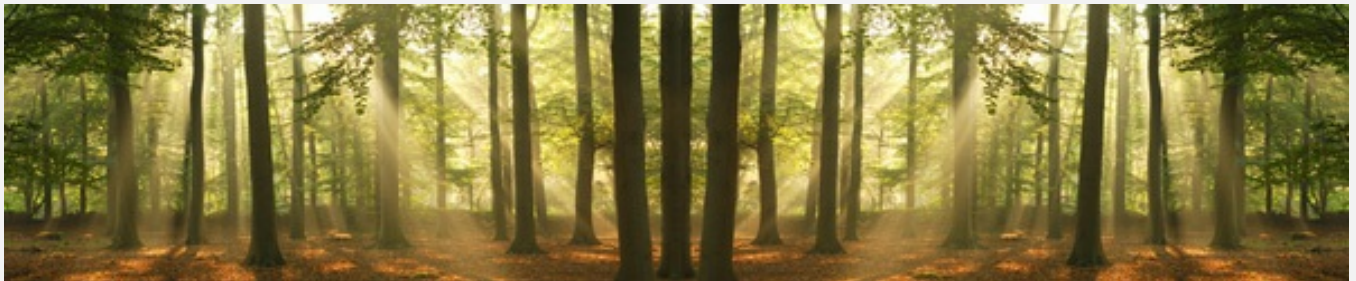


# Hospice of the Valleys



**Your Local Community Hospice.**



FEBRUARY 2015

**TOP  
WORK  
PLACES**  

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**2014**

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## JOIN HOV FOR



Enjoy running followed  
by a glass of wine?  
Then the  
Wicked Wine Run  
in Temecula  
is the event for you!

**RUN** *wicked.*



**DRINK** *wine.*

Hospice of the Valleys  
volunteers will be  
participating in the



## Love

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



One of my favorite aphorisms is, "If you're going to err, err on the side of love." For someone who considers herself somewhat of a perfectionist, I err...a lot. I make mistakes, some little, and some really boneheaded. I sometimes speak without thinking, or react impulsively rather than engaging my brain. I want to take a considered and measured action on something important, and then I find myself blithely acting on caprice. I err...a lot.

We have so many opportunities each day to choose or not to choose, to speak or just to listen, to act or to wait patiently, and to be kind or just stay wrapped up in all the drama of the day. So many opportunities to love, or to miss the chance to love.

Love can be slippery. If we're moving too fast, it will elude us. If we're too wrapped up in our heads, we may trip over it. If we just want everything to be "my way or the highway," we may find love very elusive, indeed. We've got to stop long enough to let love catch us. We have to let it touch our hearts as we're making a decision. We've got to feel its presence as we decide which action to take. We've got to look for love reflected in another's eyes before we start to speak. Love demands attentiveness.

So when you act, first, look for love. Act in love. And if you do err...err on the side of love. Even badly broken things can be mended, if we act and err on the side of love.

## WINE RUN

on Saturday, March 14th  
at Europa Village Winery  
to make it an  
amazing event!

The event begins at 5:30pm  
and runners have the  
option of a 5K route,  
followed by a  
celebratory glass of wine,  
or a 1K Tasting Route with  
4 tasting stops along  
the way. Register at  
[www.wickedwinerun.com](http://www.wickedwinerun.com)

**ROCK** out.

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



### Loving kindness- it does a body good!

#### YOUR HEALTH MATTERS

Have you ever read the poem "All I Really Need to Know I Learned in Kindergarten"? When I was in Kindergarten we would celebrate Valentine's Day at school with simple acts of kindness such as making heart shaped cards for our moms and exchanging cookies, candy and cards with our fellow classmates. I remember how fun it was to deliver the cards to my friends and to see the look on my Mother's face when she opened up the card I had made for her. Although I did not know it at the time, there is a powerful connection between acts of kindness and our well being.

There is a growing body of scientific evidence which shows that performing random acts of kindness is good for your health. In one long term study, participants who served as long term volunteers experienced a 44% reduction in their death rate compared to a non-volunteer control group. That suggests that volunteering provides a greater benefit to your health than exercising four times per week! Although science is still attempting to unlock the mystery behind this phenomenon, we have found new links between certain brain chemicals such as dopamine, endorphins and oxytocin which account for some of these benefits.

Oxytocin, which is sometimes referred to as the "love hormone" is released by the brain when you perform acts of loving kindness. It is believed that the bonding which occurs when you reach out to help another person may trigger the release of oxytocin which is responsible for a long list of beneficial effects. A recent study published in January of 2015 by researchers from Ohio State University and Wake University demonstrated that people who practice loving-kindness meditation had significantly lower stress levels and heart rates. With Valentine's Day around the corner, you might also be interested to know that this hormone also plays an important role in human bonding and intimacy. So if you want to live a longer, happier and healthier life I suggest you practice random acts of kindness each day.



**You Can Make A Difference!**

Volunteering is a great way to respond to the call for service to others.

**Hold a Hand  
– Give a Hug –  
Touch a Heart.**



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 Chrisy Lawless, Volunteer Coordinator at 951-200-7800 to learn more.

**--VOLUNTEERS NEEDED--**

# **WICKED WINE RUN**



Hospice of the Valleys is in need of volunteers to assist with the Wicked Wine Run.

Please contact Hospice of the Valleys if you are interested in helping out with this hospice fundraiser!

**951-200-7800**

**SAVE THE DATE**

**WIENS**  
Family Cellars

HELPING TO SUPPORT



**berlin**

**Friday, July 24**

Hospice of the Valleys will be receiving a portion of the proceeds from the evening.

**CELEBRATING OVER 30 YEARS**

Hospice of the Valleys  
A NONPROFIT ORGANIZATION

Providing help and hope to those with life-threatening illnesses

**Thank you for supporting  
Animal Utopia & Hospice of the Valleys!**

**Beginning February 22nd at Temecula Promenade**

**\$1.00 of Each Ride**  
will be donated to Hospice of the Valleys  
on the last Sunday of every month!

**ANIMAL UTOPIA**  
WE LOVE TO SEE THE KIDS SMILE

**Your children enjoy the ride**  
And you can feel good knowing you are  
helping those in our community!

## VOLUNTEERS **CORNER**

### Hearts & Valentine Love

St. Martha's Quilters have been very busy this month making beautiful hand-made Valentine Lap Quilts for our patients. These lap quilts bring comfort, warmth and joy to our patients and are sewn from the Hearts of Hands of this group of caring women. Thank you St. Martha's Quilters for making a difference, one quilt at a time!

## 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.

*"Thanks to the hospice family of helpers. Our family couldn't have done it without your help and encouragement."*



## DONATE to HOV



**Hospice of the Valleys  
appreciates your generosity.  
Click here for ways to donate.**

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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You can help Hospice of the Valleys  
by choosing us as your charity of choice

on **spreebird** 