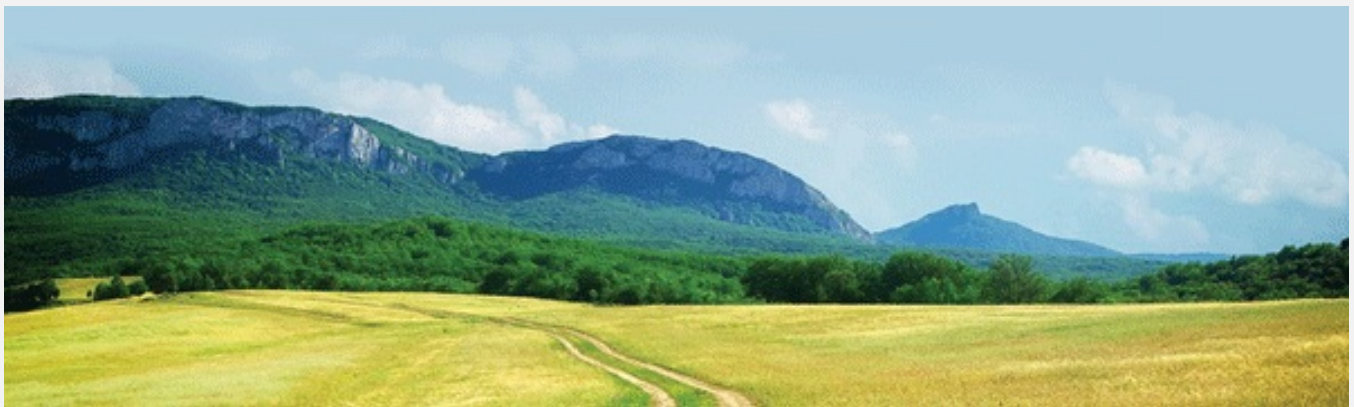


Hospice of the Valleys



Your Local Community Hospice.



MAY 2016





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HOSPICE OF THE VALLEYS RECEIVES TOP HONORS

HOSPICE HONORS *elite*

This certificate is awarded to

HOSPICE OF THE VALLEYS

for continuously providing the highest level of satisfaction through care as measured from the patient's point of view.



Signature

April 21, 2016

Date



Hospice of the Valleys has been recognized as a 2016 "Hospice Honors Elite" recipient by the Deyta Hospice Honors Program.

Hospice of the Valleys is one of over 1700 Hospice agencies across the country which uses Deyta Analytics to compile family survey results for CMS, and of those 1700+ hospice agencies, we are thrilled to announce we were ranked in the top 3%! Only 57 organizations nation-wide and 5 hospices in California received an Elite status.

Thank you to our beautiful community for supporting us, and for allowing us to lovingly care for the patients and families in Southwest Riverside County. It is because of how our families feel about the care they received, that we have been awarded this top honor. We are so grateful!

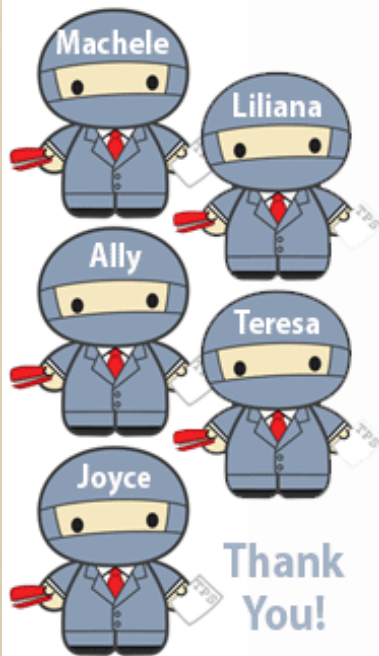
Administrative Professionals Celebration

We are so fortunate to have the most amazing office staff ever!

Hospice of the Valleys celebrates our fabulous group this month and appreciates each of our stars.

Hats off to our office Ninjas!

Office Ninjas



Has a Nurse Happened To You?

By: Dr. Lynn Euzenas

Director of Spiritual Care & Bereavement Services



Fred Berk, in a poem called, "What Is a Nurse?" asks the question: "Have you ever been lucky enough to have a nurse happen to you?" He says, "If you must get sick, a Nurse is the nicest things that can happen to you."

Our hospice patients are lucky enough to have that nicest thing happen to them! Hospice nurses are a rare breed. Kindness and compassion are their way as they work their expert craft. They are fearless and courageous and motivated by a passion for healing. They are often the doctor's right hand. They listen. They hold the patient with a loving presence and quietly and calmly evaluate, utilizing years of deep training. They can read a mood as readily as they take a blood pressure reading; they know when a caring touch is needed and when the grace of privacy is called for. They take each patient and family member seriously and understand that each is a unique blessing.

Hospice nurses understand sickness and pain. They understand the human struggle with the body, in good times and in bad. They know firsthand the struggles and disappointments which an embodied life can have, but they also know the joys and wonders of being human. They help their patients remember such things. They have a sense of humor and share that with their patients...and sometimes help them to laugh again.

So many patients call hospice nurses angels, and indeed they are. These angels are profoundly human too. Hospice nurses feel sadness and joy and stress and delight. They walk in faith and sometimes doubt, but are beings of hope. They are rooted, so deeply rooted, in their calling to be a nurse. With resilience they return to the task of serving and healing and being with those in need. With patience. With a kind touch. With expert knowledge that eases pain. With a warm and loving smile.

I hope that you have been lucky enough to have a nurse happen to you.

Happy Nurses Week to the Wonderful Nurses of Hospice of the Valleys.

UPCOMING EVENTS



May 23rd
10:00am-2:00pm

Health Fair at Kay Cenicerros Senior Center

29995 Evans Rd, Menifee

**There will be
health screenings
& lots of raffle prizes!**

A Note From Our Executive Medical Director

Dr. Leslee B. Cochran



We're Here To Pump You Up!

One of the craziest dates I ever had with my wife was the time we attended a costume party during my Medical Residency. We dressed up as Hans and Franz, the body-building duo from Saturday Night Live.

After striking a perfect muscle flex, we would repeat the famous line in unison: "we're here to pump (clap) you up!" In addition to being the life of the party, our Hans and Franz routine was actually on the cutting edge of medical research. Numerous studies have since shown that regular strength training done at least twice weekly for 30 minutes improves mobility and stamina while reducing the risk of chronic diseases including osteoporosis, arthritis, heart disease and type-2 diabetes.

According to a recent article published in the Penn State News, people who participate in strength training at least twice weekly also appear to have a significantly improved life expectancy. These findings are based on the National Health Interview Survey which followed 30,000 adults age 65 and older from 1997-2001. In reviewing death certificates over the following 15 years, they discovered that those who engaged in strength training for at least 30 minutes twice weekly were 46% less likely to die than those who did not. Also worth noting is that individuals participating in strength exercises received a greater benefit than those who engaged in physical activities such as walking.

An effective strength training can be done at home with a few basic exercises; to find out more information on strength training exercises check out The U.S. National Institute on Aging (<http://nihseniorhealth.gov/exerciseandphysicalactivityexercisestory/strengthexercises/01.html>). Please consult with your physician before starting an exercise program. In closing, "hear me now and believe me later, we're here to pump (clap) you up!"

NOTES FROM FRIENDS

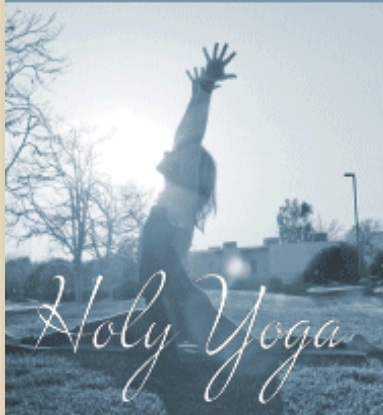
Hospice of the Valleys serves hundreds of patients each and every year. We honor them by sharing their stories. They remind us every day of the meaning and purpose in our work and that human connection is at the heart of the hospice experience.

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

"Wonderful doctors and staff, I can't thank you enough for the wonderful care my husband received from each and every one of you. Your love, compassion and care made his journey to heaven so much better. Thank you just doesn't seem like enough. He loved and appreciated all of you."

"I cannot thank you enough for the care, both physically and spiritually, that you provided during my husband's final days. You set my heart at ease."

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
7:00-8:00am of Holy Yoga.
Begin your Saturdays

SAVE THE DATE

HOSPICE OF THE VALLEYS



WINE and CHOCOLATE 20th Annual Fundraiser

Benefiting the patients & families of Hospice of the Valleys

Avensole Winery

34567 Rancho California Rd, Temecula, Ca 92591

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

Seated Dinner,
Live and Silent Auction,
Wine, Beer & Chocolate Tastings,
Whiskey Bar

Music by **HOTSYTOSY**
Roaring 20's Revue

TICKETS \$80 951.200.7800
WWW.HOSPICEOFTHEVALLEYS.ORG

1920'S OR COCKTAIL ATTIRE

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!



FRIDAY, JUNE 3RD



**LADIES
OF THE
90s**

CELEBRATING NURSES

Hospice of the Valleys joins the American Nurses Association in recognizing our loving and compassionate nurses this month.

We celebrate the important role Nurses play in providing excellent care to our patients and families and honor them greatly.

Please consider making a donation in the name of your nurse this month. Your gift will allow us to continue providing care to patients and their families regardless of their inability to pay.



DONATE HERE



PARTYING LIKE THE 1920'S



BUS C·O·N·C·E·R·T



The Motels
FEAT. MARTHA DAVIS
Missing Persons
FEAT. DALE BOZZIO
ANNABELLA'S
Bow Wow Wow

**EACH VIP TICKET
PACKAGE INCLUDES**

**TABLE OF 4
\$395**

**TABLE OF 10
\$950**



The cat got out of the bag. Our Annual Hospice of the Valleys Volunteer Appreciation Luncheon was a Roaring 20's good time. We offered gratitude to all our hospice volunteers who grace HOV; they truly are "The Bee's Knees."

The day's program included recognition awards to each volunteer; jazz performance by Gabby Mestman and pianist Dr. Friedlich; Italian lunch, volunteer appreciation video and raffle prizes.

Hospice of the Valleys gives special thanks to Murrieta Valley Funeral Home for their sponsorship and for their part in making this a heartfelt luncheon for our volunteers.

The key to our success rest in our volunteers, their services are invaluable. Their dedication and selfless commitment enables us to fulfill our mission.

To our hospice volunteers, we love and appreciate you! We simply couldn't do it without you. For everything you do We Thank You! If you are interested in becoming a hospice volunteer with Hospice of the Valleys and joining the team of volunteers that make a difference in the lives of our patients, please contact Chrysy Lawless at 951-200-7800.



\$750
3 course gourmet meal
Private wine bar
Up close VIP seating
Access to VIP area
Additional entertainment
Personal Server

**\$95 SINGLE
TICKET**

PURCHASE TICKETS

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** 