

Volume 1 | Issue 1
June 2020

Silverado Hospice Bi-Weekly Newsletter

Quote

What the caterpillar calls the end of the world, the master calls the butterfly. -Richard Bach

Conversations to Have with Your Hospice Team

Medication Side Effects



Each medication that one takes has a side effect. Sometimes, these medications are necessary during the hospice process. Some medications will make you sleepy. Some medications will upset your stomach. Some medications will cause constipation. The team can solve these issues. As a hospice team, we want to make sure you ALWAYS have the training you need so please let your nurses, social workers, spiritual counselor, home health aide know if you are experience any of the side effects or have any questions.

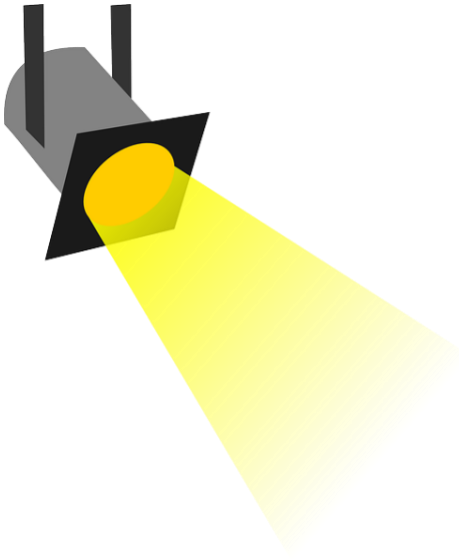
Caregiver Coping Strategy

SIX WAYS TO PRACTICE GROUNDING
with anxiety + intense emotions

- body**
lay on the ground, press your toes into the floor, squeeze playdough
- 5 senses**
wear your favorite sweatshirt, use essential oils, make a cup of tea
- self-soothe**
take a shower or bath, find a grounding object, light a candle
- observe**
describe an object in detail: color, texture, shadow, light, shapes
- breathe**
practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8
- distract**
find all the square or green objects in the room, count by 7s, say the date

THE GROWLERY

Spotlight On



This month we would love to highlight our amazing Director of Family and Support Services, Raman Mohabir. Raman joined the Silverado team in 2019 as our Bereavement Coordinator and then valiantly moved into the DFSS role mentoring a team of 16. She has brought the social service team many new teachings but above all an immense amount of support. Raman has decided to create some new adventures and move to Dallas. Luckily, we will still be able to keep her in our Silverado Family as our Bereavement Coordinator.

Thank you for being a part of the Silverado Family.

Helpful Reminders

- Supply drops are every two weeks.
- Remember you can contact the office 24/7. Our afterhours line is our own Silverado Staff.
- We are changing pharmacies your new meds might come in different packaging.