

# SILVERADO HOSPICE LOS ANGELES NEWSLETTER

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## A LITTLE REMINDER

With our busy and complicated life, many of us forget to put ourselves first. We always teach and preach to others about self-care, but for sure many of us do not follow the same teaching.

Let's remind ourselves to never put ourselves last, because it helps us become a more efficient and productive person.

*"Put yourself at the top of your to-do list every single day and the rest will fall into place."*

## WE HAVE MET AND GET TO MEET LOTS OF PEOPLE THROUGHOUT OUR LIVES



In our line of work, we are honored to meet people in a most sacred time and place in their lives.

One of our counselors recently had the honor of meeting a daughter of a patient, who was a charge nurse in an ICU for 35 years. When her mother passed away, she told him that 28 years earlier, she made a promise to her father on his deathbed that she would take care of her mother. She was able to say after her mother passed, that she honored her promise until the end.

With love, wisdom, positive spirit, and a breath of laughter, she cared for her mother.

We meet people like this every day.

We try to be a loving force in their lives.

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*"A number is just a number. A name, now that's something we can relate to."*

*- Elie Weisel*

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# SILVERADO HOSPICE MEMORY PILLOW PROGRAM

Memory Pillows are special keepsakes which we will offer to our Silverado families. Volunteers make pillows from articles of clothing picked out by family. Clothing such as: dress, sweater, scarf, pants, ties etc. Each pillow is a one-of-a-kind treasure and a loving memento.



One of our amazing volunteers made two Memory Pillows.

The patient picked out her favorite shirt and summer dress. Pillow to the left is for her twin sister. Pillow to the right is for her grandson. The patient passed a few days after picking her favorite garments.

Losing a loved one is never easy. However, I hope having a memory pillow to look at and hold brings them a little bit of comfort.

## HOW THIS PROGRAM WORKS

Our volunteers create these memory pillows out of clothing selected by the patient or by the patient's family. Clothing can be picked up from the patient's home or a hospice team member can pick up clothing and deliver clothing to the Silverado office. Within 2-4 weeks the volunteers will complete the pillows and they can be picked up from our Encino office or delivered to the family member.



Our team picks up the clothing from the patient's home and delivers it to our volunteer.

Once delivered to our volunteer, they begin creating the pillow. This can take 2-4 weeks.

A team member picks up the pillow from our volunteer when it is done.

The team member delivers the pillow to the patient's home.

# CONVERSATIONS TO HAVE WITH YOUR HOSPICE TEAM

## RESTLESSNESS AND AGITATION



We ALWAYS want you to feel prepared in case your loved one experiences these symptoms. Please always reach out to your hospice team if you see any new onset of symptoms.

What is **restlessness** and **agitation** ?

Sometimes this appears as:

- ❖ Being uncomfortable
- ❖ A lot of movement in bed
- ❖ Moaning
- ❖ Rapid breathing

We want you to know that we have therapeutic methods and medications that can resolve these symptoms. Your nurse can discuss what medications can be given for these symptoms.

Something you can do with your loved one is to simply hold their hands. Talk to them in a soothing voice and provide them reassurance.



Other ideas: playing their favorite song, lighting a candle, providing some essential oils.

## ESSENTIAL OILS PROGRAM

### ESSENTIAL OILS LIST

*Lavender*  
*Eucalyptus*  
*Peppermint*  
*Frankincense*  
*Rosemary*  
*Bergamot*

Our Essential Oils program is a safe, natural way to help patients relax, and is available at no cost to patients or their families. The following is the program assessment protocol:



- ❖ Nurse assesses if patient is candidate of Essential Oil Lotion, and inquires into allergies
- ❖ If yes, nurse performs skin allergy skin test
- ❖ 48 hour follow up visit is performed by RN or LVN, and patient may begin program if no reaction occurs

Benefits of using essential oils may include a reduction in agitation, healthy skin, and an overall boost in comfort and relaxation.

Please call us with any questions or concerns at **818-848-4048**

You may also visit us online for general information at [Silverado.com/HospiceLA](https://www.silverado.com/HospiceLA)

*If you would like to leave one of your favorite team members a praise please do so on our Yelp page:*  
[Silverado Hospice Los Angeles](#)



## SPOTLIGHT ON!

This month we would love to highlight some of our amazing volunteers!



### MEET DANA!



Hello, my name is Dana Khalil. I am a senior at the University of California, San Diego, majoring in Psychology B.S. Recently, I have been trying to find ways to give back to my community while gaining new skills and experience. Therefore, when I found out that Silverado Hospice was seeking volunteers, I jumped at this great opportunity and it has been worthwhile.

### MEET NANCY!



My name is Nancy Garcia and I graduated from California State University Los Angeles with my Bachelor's degree in Biology in August 2019. I started volunteering with Silverado Hospice to improve my skillset and to gain new skills. I was expecting only to gain a couple of transferrable skills, but I have completely developed a new perspective on life itself. It has been an amazing experience to volunteer here.

*Our organization appreciates the hard work of our volunteers.*

*Thank you for being part of the Silverado Family!*