

CONVERSATIONS TO HAVE WITH YOUR HOSPICE TEAM

Let's talk about **constipation**.

What is constipation?

According to Mayo Clinic, constipation is generally described as having fewer than three bowel movements a week.

We want you to ALWAYS get the care you need regarding constipation so we would like you to be well informed.

Potential Causes: Medications, dehydration, immobility and diet.

Please notify your nursing team if you are experiencing constipation.

They can then recommend the best solution.

Some of these solutions can be:

- Medications
- Walking
- Increase Fluid Intake
- A change in diet

A QUOTE

“Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.”

- Groucho Marx

Your Social Work Message

This month, our social worker Jordyn found a very interesting article on Post-Traumatic Growth and Covid.

We are linking the article so you are able to engage in the discussion. Maybe during your next Social Service Team visit you can share your thoughts on what Post-Traumatic Growth looks like in today's world.

Here's a snippet of what you are going to encounter in the article:

Post-traumatic growth is a process, not an outcome, and typically involves developing positive responses in these areas: appreciation of life, enhanced relationships with others, new possibilities in life, newly identified personal strength, and spiritual or existential change.

www.statnews.com/2020/06/22/covid-19-spark-post-traumatic-growth/

Post-
Traumatic
Growth.

SPOTLIGHT ON

In this section, we highlight a Silverado team member or Family.

If you would like for us to include one of your stories, please email us.

This month we would like to highlight our **Certified Home Health Aides**. These lovely team members are the ones who come into your homes and provide personal care. From bathing and grooming to helping patients dress in comfortable and appropriate clothing. Sometimes, I find our CHHA **Jeanette** singing and dancing during her visits. **Mocha** loves to build relationships through conversation. And **Ana** is so loved in our Silverado Sierra Vista Community.



Our Volunteers

Prior to covid-19 our wonderful volunteers were still able to visit with patients. These were the stories they shared:

“Brought over a pizza and streamed the college football playoffs for the patient since he doesn’t get the channel they are on. Usually, he’ll take off around 4:30 to go to dinner, but this time he said he was going to skip because he really wanted to watch the game. The first game was a blowout, but it was his team who won. The second game came down to the last possession and was much more exciting.”

“When I arrived, patient’s grandson came out of her room to greet me in the living room and fill me in on how her day went. I let patient know I was there to visit and sit with her, I held her and stroked her hand. Her grandson stepped out to make a few calls and to do his laundry. He let me know that his grandmother had done her own laundry as well as a few of the other residents, she enjoyed keeping busy and helping other residents. Patient’s daughter showed up a short time later. Her daughter shared more stories about how her mom always kept busy and helped out their neighbors and then the residents. We included the patient in the conversation. The conversation turned towards the patient and how she would be reunited with all those she loved and has missed for so long. Patient’s daughter thought she saw a small smile come across her face and we both felt a faint squeeze from her hand. I stayed a little longer tonight to offer additional support to daughter & grandson. Before I left, I let patient know that I was so happy to have met her and for the time we spent together. I gave her a kiss on her forehead, a hug to her grandson & daughter, and let them know they could call or text me if they need anything or to talk. A short while later I received a call from patient’s grandson to inform me that patient passed peacefully. I am glad her grandson was with the patient when she passed.”

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

If you would like to leave one of your favorite team members a praise please do so on our Yelp page:

<https://www.yelp.com/biz/silverado-hospice-los-angeles-encino>