



Lives Enriched

Silverado Hospice Los Angeles Newsletter

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In this issue:

- How we help our hospice families
- Conversations to have with your hospice team
- Daily reflection
- Staying safe during wildfire season
- Safety at home: Falls
- Employee in the Spotlight



In our line of work, we experience beautiful moments such as this from our nurse Joe:

"I just finished up a death visit for one of my patients, and as I was leaving the cutest little girl says to me,

'When I grow up, I'm going to be a Doctor. just like you.'

Got me right in the feels. I didn't want to burst her bubble and tell her I'm not a doctor. I just told her,

'that's awesome, just study hard and you will be a great doctor.'

Its moment like this that makes what I do worth doing."

How we help our hospice families

To be a supportive, caring presence in you, or your loved one's end of life care is truly an honor. Recently, we had the privilege of meeting a patient's daughter, who expressed great gratitude in our team's care level. Her mother was in the hospital, and her ultimate goal was to get her mother back home to say her final goodbyes.

She said Silverado's Registered Nurse empowered her and showed patience while explaining how to distribute medications and expectations

for her mother's health. The daughter stated that she is not familiar with clinical terms, but the clinical team was very informative.

The daughter was pleased with the spiritual support provided by our very own Jesus P., one of our spiritual counselors. She began by saying he "connected with her at an entirely different level." They had just met, but she said she had felt as if she had known him for years. She became very quiet and stated he "will never know what he did for me."

She has begun receiving support from our bereavement program to continue her healing journey. She confided that she suffers from a medical condition and put her clinical appointments on hold while caring for her mother. She stated she is just beginning to process this hospice experience mentally. She mentioned feeling waves of silence, loneliness, grief, and disbelief.

It empowers us to hear stories and feedback such as this and it helps us do what we do. When our in-home services end, we encourage you to complete our CAHPS Survey to share your story with us!



Conversations to have with your hospice team

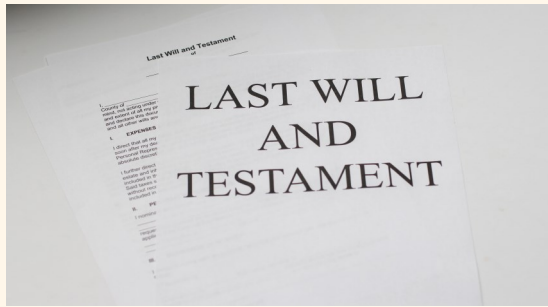
We are pleased to support you and your family with end of life care. Our mission is to enhance our patient's quality of living for those nearing end of life. A painful yet necessary task is to plan. Some families feel overwhelmed and avoid planning because they do not wish to accept their loved one's death right away.

However, the sooner you and your loved ones plan for after death, the easier it is to transition back to everyday life. Talk to your health care team about these things.



Making legal arrangements

As part of making after death arrangements, patients should seek legal assistance to prepare any agreements, such as assets, life insurance claims, and anything within an institutional agency. After death, pre-planned arrangements help avoid frustrations during grief and make the grieving process a little lighter. We encourage that these conversations remain private, only to be discussed with trusted professionals and not strangers.



Institutional agencies require a death certificate for beneficiaries to collect any assets. If the patient served in the military, they might be eligible for military funeral honors.

Another conversation worth noting is the plans for the body. Know the available options, such as eye and body donations, casket burial, or cremation. Check-in with your hospice team to learn more about each one.

At the time of death

We want you to **ALWAYS** feel that you are prepared! We especially want you to feel that you understand what to expect as your loved one is passing. Familiarize yourself with the symptoms of death. If you wish, you may call us to assist when you begin to recognize these symptoms. We do not recommend that you call 911, as it can cause unnecessary anxiety to an already difficult time. When you call us, we help attend to the death and contact the funeral home and primary physician. If prior arrangements were not made, we will need to make quick decisions on where and how your loved one will rest.

Common symptoms that death is near are:

- ◆ A sense of confusion or disorientation
- ◆ Loss of bladder and bowel control
- ◆ Loss of interest in consuming food
- ◆ Restlessness and agitation
- ◆ Seeing or hearing things that you do not



As you notice these symptoms, do what you can to ease them from the patient. It can help if you speak in a calm voice and hold their hand. Some people nearing end of life have been known to prolong their own discomfort until they are reassured that their loved ones will be all right after they are gone. *Say your final words.*

Silverado is available around-the-clock by calling (888) 328-6622 or (818) 848-4048

Conversations to have with your hospice team

Important conversations before your loved one passes

Dr. Ira Byock, a passionate advocate for palliative care writes in his book "The Four Things That Matter Most", that dying people want to hear these four things before they pass:

- ◆ Please forgive me
- ◆ I forgive you
- ◆ Thank you
- ◆ I love you

A fifth important thing may be goodbye. Think about having these conversations, and have meaningful conversations you'd like to express.

"No matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow."

Maya Angelou



How will you know your loved one has passed?

Signs a death has occurred:

- ◆ No heart beat
- ◆ No breathing
- ◆ No response to verbal or physical stimuli
- ◆ Eyelids may be slightly open or eyes fixed on a certain spot
- ◆ Jaw is relaxed and mouth may be slightly open
- ◆ Loss of control of bowel or bladder

Care for the caregiver

No matter how prepared you are, a loss can still be overwhelming. Your emotions and feelings are valid, and grieving is a natural process that everyone experiences differently. Remember, we have emotional care available through our bereavement program that can help you through your grief journey. You are not alone. Bereavement services are available by calling (888) 328-6622.

Daily Reflection

"A wise teacher once brought balloons to school and told her pupils to blow them up and write their names on one. After the children tossed their balloons into the hall, the teacher moved through the hall, mixing them all up.

The students were given five minutes to find the balloon with their name on it, but though they searched frantically, no one found their own balloon. Then the teacher told them to take the balloon closest to them and give it to the person whose name was on it. In less than two minutes, everyone was holding their own balloon.

The teacher said to the children, 'These balloons are like happiness. We won't find it when we're only searching for our own. But if we care about someone else's happiness, it will ultimately help us find our own.'"



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Staying safe during wildfire season

Wildfires are unplanned fires that burn through a natural area such as a forest or grassland and can expand to nearby communities. In California, the risk of fire increases between the months of September and December due to increased wind speed and dry vegetation. When a wildfire begins, it can spread quickly, damaging structures and affecting air quality. If you are in or near an area that is prone to wildfires, Silverado is here to help.



During a wildfire, families should plan to move regardless of evacuation orders. Reduced air quality is dangerous to those with pre-existing conditions. **If you move, please call us so that we may assist with moving any medical equipment.** Please also let us know where the patient will be moving to so that we can continue providing care.

While preparing to move, please do not forget to pack all medicines. Take important documents with you and check to reduce fire hazards within your home before evacuation.

For patients further from wildfire danger, monitor air quality reports in your area.

Source: [Red Cross Wildfire Safety](#)

Safety at Home: Avoiding Falls

As we age, our bodies are at risk of higher injury. For our elderly family and friends, falls are a huge concern. Since most life threatening falls occur within the home, we wanted to provide you with some helpful tips that may help prevent falls, and start a conversation.



To prevent falls and slips:

- ◆ Reduce clutter on floor and remove throw rugs. You can also use adhesives like double sided tape to secure rugs in place
- ◆ Provide adequate lighting to increase visibility within home
- ◆ Ask your doctor about medication side effects. If medications can cause dizziness, take care when making movements
- ◆ Keep items closer within reach to avoid using step ladders

Source: [CDC Stopping Elderly Accidents, Deaths and Injuries](#)

Important Reminders

- Fill medications early, before the last dose
- Call us if there are any changes in health, medication, or any concerns
- Check Smoke Alarms regularly and adhere to fire safety rules
- Stay informed on COVID-19 public safety regulations

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In the Spotlight



Meet our wonderful spiritual counselor Jesus Parcasio! He was mentioned on page 1 of this newsletter for his amazing level of care.

Jesus Parcasio is one of our Spiritual Counselors. He has been with Silverado for 8 years and has 12 years of experience in ministry. Jesus found his love for hospice back in his seminary.

You will often find him praying with families or singing with patients. Jesus has a very calming presence, when he enters a room you can feel the love that he radiates. Jesus is an excellent cook, a devoted husband and a very active father.

“It was only a sunny smile, and little it cost in the giving, but like morning light it scattered the night and made the day worth living.”

F. Scott Fitzgerald

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If you would like to leave your favorite team member a praise, please do so on our Yelp or Facebook page:

[Silverado Hospice Los Angeles](#)

Review Us!
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← Click on the icons on the left to get started!

If you are less than satisfied with our level of care, we encourage you to contact our Administrator, Richard Jenik, at (818) 696-8425

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