

HONORING OUR VETS



November 2020 Vol. 1 Issue 2

Veterans Day is a day of recognition of those who have served in the U.S. Armed Forces. We thank our veterans for the sacrifices they made and their willingness to serve our country. They endured hardships and were willing to risk their life to maintain our freedom. On behalf of Silverado Hospice, we recognize our Veteran Hospice Team members, Audrey Joyner, U.S. Navy, Gerardo Camarena, U.S. Army, Martin Valdez, U.S. Army, and Mickey Freck, U.S. Marines. Your service to our nation is deeply appreciated and we are thankful to work alongside you in serving our hospice patients. – DFSS, Christine Hernandez, LCSW



“Leaving a small town in rural West Virginia to serve in the United States Navy was a bigger dream than I could have ever imagined. I always knew I wanted to be a nurse, but the road to get there was winding. After serving in the USN, I ended my enlistment to be a Marine wife, raise a family and go to college to achieve the dream I had as a small girl. After becoming a nurse I never thought hospice would be my home, but after being a family member of many hospice patients, I felt it was something I needed to do. I became a hospice nurse here at Silverado about 13 years ago and couldn’t imagine another place I’d rather be. This is the most fulfilling job and work environment I have ever had and I know we provide something to our families that is desperately needed within this world. We provide love and compassion to our patients, families and our fellow team members.” – U.S. Navy, RN



“When I enlisted in the U.S. Army I was only 19. I never knew how much pride I would feel later in life. I have noticed a similar sense of pride has been found serving as chaplain to our hospice patients. Knowing that many of our patients led the way in service to our country creates a sense of life fulfillment in being able to serve those who went before me. In providing spiritual comfort and care to those at the end of their journey I recognize a high calling that brings me much gratification.” - U.S. Army, Spiritual Counselor, Gerardo Camarena, MA.



“I enlisted in the Marine Corps at 20 and gained a number of skills and abilities that will have forever changed my life. Most importantly they’ve contributed to my success in the civilian world. One such skill I acquired was that of caring for and protecting my fellow men and women. This coupled with my recent experience observing my grandmother pass away in hospice motivated me to explore the industry. While it was a very sad time for my family, our hospice nurse took the time to point out the beauty in the experience. It brought our family together in such an intimate way. We collectively were able to help my grandmother peacefully transition. It is my hope to provide the same comfort, compassion, and support.”

-U.S.M.C. Patient Care Coordinator, Mickey Freck

NEWSLETTER

SILVER STORY



Awareness Dates to Remember

November 10 Marine Corps Birthday

November 11 Veterans Day

Hospice and Palliative Care Month

National Family Caregivers Month

National Home Health Care Month

National Alzheimer's Disease Awareness Month

American Diabetes Month

Lung Cancer Month

Stomach Cancer Awareness Month

Over the years, the volunteers of Silverado Hospice have hand made many useful items such as, small lap quilts, aprons, booties, beanies and shawls. At the start of the Covid-19 Pandemic our Silverado volunteers and sewing partners spent countless hours sewing face masks, when surgical masks became a challenge for even the healthcare industry to locate. Their hard work did not stop there.

This year, in honor of Veterans day the volunteers of Silverado Hospice felt in their hearts to work on a project for our U.S. Veterans. The team of volunteers from a local sewing club in Costa Mesa, sewed a thoughtful patriotic pillow for each of our Veterans in the care of Silverado Hospice. With the words "Home of the brave" on the beautiful fabric with colors of bold red, white and blue.

Volunteer Manager- Valerie Lomeli

"We hope that these pillows are received, knowing our appreciation for the sacrifices made for our country."

-Cathe
Hospice volunteer

"It's our blessing to be able to give to our heroes "

-Pricilla
Hospice sewing volunteer



National Hospice & Palliative Care Month

November holds National Hospice & Palliative Care month! Hospice and palliative care are two sources of care that are widely undereducated about to families regarding the next steps for seriously ill loved ones. At Silverado, we are too familiar with educating loved ones why their family members are being referred to hospice for the first time despite multiple hospital visits. Although palliative care is a part of hospice care, they can be two separate lines of care.

Palliative Care is specialized medical care for people with serious illness, focusing on providing relief from the symptoms and stress of a serious illness and to improve the quality of life for both the patient and the family. For example, someone going through chemotherapy can be a part of a palliative team who is there to help with pain management, spiritual and psychosocial support. Palliative care doesn't always lead to hospice care and can include a larger interdisciplinary team than hospice.

Hospice care is recommended when all forms of treatment are no longer recommended and the family & patient are choosing comfort measures for end of life care. The main disciplines can involve a social worker, spiritual counselor, physician, RN case manager, volunteers and bath aide. As a palliative and hospice team, comfort and holistic care is strived to ensure the best of service and experience in this difficult part of life. Medicare provides 100% hospice coverage and has been doing so since 1982. Anyone under Medicare can be provided hospice no matter their safe location of living (board and cares, assisted living facilities, homes and skilled nursing facilities).

You may have known someone personally who has hospice care, but believe it or not there still remains a great need to increase public awareness about the benefits of hospice and palliative care. Silverado is available for any additional information needed regarding hospice and palliative care needs.

Patient Care Manager -Kristina Nguyen RN, BSN, CHPN

Essential Oils Program

Our Essential Oils program is a safe, natural way to help our 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 a candidate of Essential Oil Lotion, and inquiries into allergies
- If yes, nurse performs skill allergy skin test
- 24-48 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, depression, healthy skin, and an overall.

Essential Oil of the Month

ORANGE OIL

Source of Oil: Peel

Primary cultivation: Mediterranean, California, Israel, South America

Top Properties: Antidepressant, antispasmodic, digestive, somewhat sedative, regulates peristalsis. Warming and uplifting

The orange tree is a rich source of essential oils. Neroli comes from the fragrant blossoms, orange from the peel and petitgrain from the leaves and twigs. Orange essential oil seems to embody the golden sun and warmth with which it is grown and so is an oil that I will turn to in winter, or in a situation that could benefit from that warmth.

CONTACT US

24-hour line: **888.328.5660**

Fax: **949.653.0452**

Referral line: **800.507.9726**

Volunteer Inquiries: **888.328.5660**

Visit us online with our 24/7 Live Chat Line: **[silveradohospice.com](https://www.silveradohospice.com)**



If you would like to leave one of your favorite team members a praise, you may do so on our Yelp page. Search **Silverado Hospice Orange County**