



Lives Enriched

Silverado Hospice Los Angeles Newsletter

December 2020

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December 2020 Dates

Seasons Greetings! We are proud to serve many cultures with end of life care. The holidays are a tough time for those grieving, see tips on how to cope on [page 3](#).

Hanukkah, Dec. 10—18

1st day of Winter, Dec. 21

Christmas day, Dec. 25

Kwanzaa, Dec. 26—Jan 1

New Years Day, Jan. 1, 2021

We are able to assist you anytime, even on holidays, by reaching us at (888) 328-6622

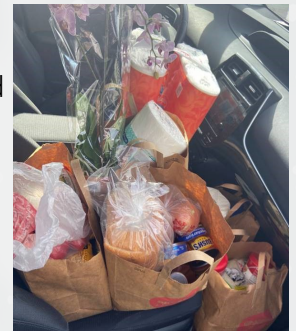
December 2020

SU	M	TU	W	TH	FR	SA
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

How We Help Our Hospice Families

Volunteers Donate to Family in Need

Our fantastic social worker Jordyn met with a struggling family in hospice. She assessed the family's living situation and found that they would need extra resources that Silverado does not necessarily provide. This family has met multiple hardships, and to relieve some of their stresses, our volunteers sent them essential items. The family received items such as food, toilet paper, sanitizing supplies, gift cards and more from six volunteers: Taylor, James, Connie, Rebecca, Sarah, and Nancy. Our volunteers have always stepped up during this pandemic to help those in need. We commend these acts of kindness and are grateful for their generosity.



One of several donations prepared for delivery

Pastor Jaime Donates to Silverado!

Silverado had several boxes of food available for struggling families in our care. We have been blessed with food boxes from Pastor Jamie Saravia. Pastor Jaime is the brother of Jessica, our Director of Business Development. He is reserving food boxes at his church for our patients, past or present, in need. Our office staff can provide delivery. We are thankful for all the donations we have received to provide extra resources to families in need.



Food boxes provided by Pastor Jaime

A HUGE THANK YOU to Pastor Jaime,

Jessica, Juliet, and volunteers who were able to make these donations possible.

Our remarkable volunteers and our extensive network allows us to help our hospice families.



Left to right: Pastor Jaime, Jessica (Director of Business Development), Juliet (Volunteer Coordinator), and her son.

Author: Nancy Garcia, Disponible en Español por Stephanie Lopez

Silverado Hospice is available 24/7 by calling (888) 328 - 6622 or (818) 848 - 4048, including holidays and weekends

Conversations to Have With Your Hospice Team

Managing Shortness of Breath

We ALWAYS want you to feel prepared if your loved one experiences shortness of breath. Shortness of breath, also called Dyspnea, is a period of decreased oxygen intake, causing a person to feel a tightness or heaviness in their chest. Other patients report feeling smothered or air hungry. Dyspnea can occur due to respiratory diseases, but in other cases, it occurs due to illnesses or in response to overcompensation of a different failing organ. Anxiety can also increase episodes of Dyspnea, so proper management may be a solution.



Medical Interventions



Oxygen and Medications, provided by a prescription, are two ways to control Dyspnea. **Oxygen Therapy** is delivered through a tube called a nasal cannula attached to an oxygen tank.

Medications can also be used to treat shortness of breath. Some are specific to respiratory diseases, and a doctor will reassess the medications and/or dosage if they are ineffective. Morphine is commonly used to treat pain, but may relieve shortness of breath because it dilates the blood vessels in the lungs.



Non-Medical Interventions

Some things you can do to ease Dyspnea are:

- Using a fan directly in the patient's face
- Increase humidity, this can be achieved using steam from boiling water if humidifiers aren't available
- Let fresh air in, but avoid opening windows if irritants are present
- Relaxation techniques, such as playing calming music or meditation
- Having the patient sit up, or using a pillow to prop themselves up in bed



In some cases, a patient may develop Cyanosis, a condition that causes the discoloration of the extremities due to low oxygen levels. Check for bluish colored lips, nail beds of the feet or hands, and legs. It can also be detected by gray color inside the lips or on the gums. Please call us if you are having trouble managing dyspnea, or if you notice changes in the patient's skin color.

Our goal with end of life care is to ensure that our patients and their families ALWAYS receive timely care, so we encourage you to call your

Diaphragmatic Breathing

Diaphragmatic Breathing uses the diaphragm to help the person breathe.



1. Lay on a flat surface, supporting the knees and head with a pillow. Place one hand on your chest and one on your stomach.



2. Breathe in through the nose for 2 seconds and feel the hand on your stomach move upwards as your stomach inflates with air. The chest should not expand much.



3. Finally, exhale through the mouth slowly, through pursed lips.

Source: [Cleveland Clinic](#)

Grief During the Holidays

The holiday season is full of celebration, but when a loved one passes away, these events don't feel like something to look forward to. Give yourself time, and understand that the holidays are just another day. Allow yourself to say no, and set boundaries if you need to. The grieving process is not the same for everyone, however, the feelings you may have are not unique to you. Don't be afraid to ask for help from a friend, a family member, your religious leaders, or **Silverado's Social Support Team and Bereavement Department** at (888) 328-6622.



Try to cope with grief in healthy ways. For your safety and health, avoid overconsumption of alcohol and/or drugs, and get help if you have feelings of self harm. Stay mindful of children who are also affected by grief. Some children may not understand or react the way you feel. It is recommended that you communicate with them how you feel, which can teach them how to cope in healthy ways too.

Some ways you can cope are:

- Setting boundaries: do not feel like you must participate in celebration
- Create new traditions or rituals to honor your loved one: donate or volunteer for a charity, create a memorial, or cook your loved one's favorite dish for the holidays
- Seek a grief support group: Support groups may be available in your area, GriefShare.org is a resource to finding a group
- Accept your emotions: It's okay to cry and its also okay to smile

All individuals face the holiday season in different ways. Please keep in mind that if you are experiencing challenges this holiday season, it is important that your emotions and thoughts are heard and acknowledged. **The Silverado Social Support Team and Bereavement Department** are available to support you during the holiday season and provide additional resources if needed.



"What we have once enjoyed we can never lose. All that we love deeply becomes a part of us." –Helen Keller



Hear how others describe the holidays while they grieve:

"I would like to go to sleep and wake up when Christmas is over. It's going to be very hard."
- Marya Patrice Sherron

"We have good days and bad days, so it's hard to predict on thanksgiving if that's a good day or a bad day."
- Risa Harms

"It's the first thanksgiving since my grandmother died, so I decided to make her famous artichoke dish. It definitely isn't as good as hers, but I love knowing she'd be proud that I tried."

"Every day we relive losing our dad and grandfather. There's just no mood for any type of celebratory tradition"
- Keith Gambrell

Grief During the Holidays *continued...*

Supporting the Bereaved

Watching someone you know go through the grieving process can be painful, and you may not know how to approach them. We don't always know where they are in the grieving process, so be gentle with their emotions. If you are having a safe celebration, gently extend an invitation and accept their response. It won't always be easy to know what to say or do, but try to avoid saying the following.



Things to Avoid & What to do Instead

✗ **I know how you feel:** Everyone's grief journey is unique, and it can be impossible to know exactly what someone is feeling.

Instead: Acknowledge the grieving person's pain by saying "I'm sorry you are suffering". Only speak about your experience if asked.

✗ **They are in a better place:** This clichéd statement should be avoided because the bereaved may not believe it.

Instead: Share a memory you have with the person they lost and/or encourage them to share theirs.

✗ **You need to move on:** Grief does not have a time limit, and the grieving need to move on when they feel ready.

Instead: Continue giving the person time, however, do look for signs of depression such as alcohol or drug abuse, neglecting hygiene, or changes in eating habits.

✗ **Let me know if you need any help:** Offering help is great to help your struggling loved one, but the statement is too vague. The grieving person may believe it's not necessary, and decline.

Instead: Offer help with a specific task such as helping with babysitting, doing laundry, or grocery shopping. It will help them realize that a chore is being neglected, and are more likely to accept.

Daily Reflection



Can you hear
When everything is still
Do you fear
What emptiness can't fill
Will you see
How darkness might remain
If you flee
For some unknown terrain
Since you dream
Of those whom you have lost
Then you deem
They're always worth the cost
Now you know
That all is all the same
Then you'll grow
In choosing this refrain
Can you hear
When everything is still
Do you fear
What emptiness can't fill
Will you see
That love is in the night
Then you're free
To be within the light.

spotlight ON!

Volunteers Who Have Stepped Up During the Pandemic!



Carey



Taylor



James



Sarah O.



Sarah K.



Nancy



Connie

This year has been a challenging year for many of us. As the year comes to a close, we would like to praise our volunteers who have stepped up significantly during the pandemic. **We could ALWAYS count on Taylor, James, Carey, Nancy, Connie, Sarah K., Rebecca, Sarah O., Nazaree, and Rene** to be there for Silverado's hospice families. They helped our families and team in response to the 2020 pandemic and assured safety and wellness.

These volunteers donated their time to prepare supplies, food, and their hearts to ensure Silverado's mission throughout the year. When facilities were closed to visitors, they followed safety protocols and sent flowers to our residents to brighten their days. Volunteers donated hand sewn facemasks to our nurses to keep them safe on the frontline. They also contributed resources to our homeless families, such as clothing, food, gift cards, and other essential supplies. We cannot thank them enough for their generosity.

All of our volunteers are an essential part of our care. These volunteers are Alexis, Alyssa, Anita, Arthur, Aya, Bryce, Idaleen, Matt, Melissa, Minami, Nadia, Pearl, Robyn, Romina, and Sean. We thank you for your hard work and commitment to our hospice families.

Thank you Volunteers!

HAVE OUR TEAM MEMBERS PROVIDED YOU WITH EXCELLENT CARE?

Let us know on our Facebook or
Yelp Page. Click on the icons below:



or find us using our name:

Silverado Hospice
Los Angeles

We can't wait to hear from
you!

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