

North Interdisciplinary Team



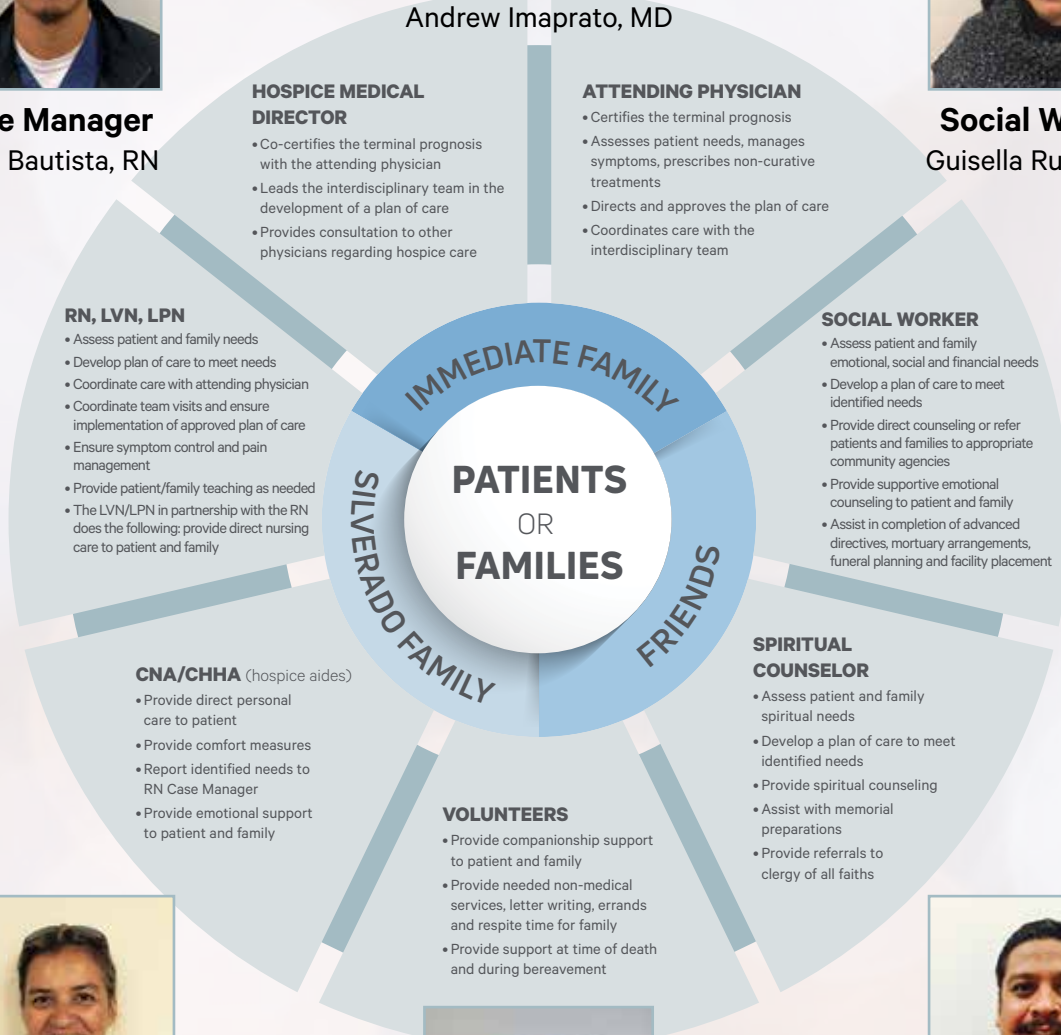
Case Manager
Chris Bautista, RN



Team Physician
Andrew Imaprato, MD



Social Worker
Guisella Ruiz, MSW



Certified Home Health Aide
Luci Da Silva



Volunteer
Norma Agraz



Spiritual Counselor
Moses Barrios

NEWSLETTER

Identifying and Managing Stress Through the Holidays

Holidays are characterized as the “most wonderful time of the year”, but not for all. Those caring for an ill loved can experience a mixture of heightened feelings during the holiday season. It is important that caregivers are able to recognize their own symptoms of stress, as no one experiences stress the exact same way as another.

Symptoms of stress may be:

- Feeling nervous or sad
- Symptoms of fatigue
- Not enough sleep or sleeping too much
- Lack of interest or motivation or energy
- Headaches
- Muscular tension
- Frequent upset stomach or indigestion
- Change in appetite
- Feeling faint or dizziness
- Tightness in the chest
- Change in libido



Identifying these symptoms can be challenging, but it is key. Acknowledging ones signs of stress allows for personal growth, management of symptoms, and an opportunity to explore healthy ways to manage through the season.

Managing stress during the holidays:

- Consider what holiday traditions are important to maintain and place all others aside.
- Plan to be organized. Make a list, manage ones schedule, and allow permission to say “no thank you” if an invitation to an event might be too much.
- Consider avoiding social media. Stay focused on being present with a loved one and not being distracted by “picture-perfect lives”.
- Ask for help and embrace it when received.
- Maintain a healthy lifestyle through a balanced diet, exercise, and participation in an activity that lifts the spirit.

If you feel you would like to speak more about this topic, please reach out to your hospice social worker, hospice spiritual counselor, or the bereavement counselor for guidance. We are available for supportive counsel and are skilled in relaxation techniques toward stress management. We are here to support you.

Awareness Dates to Remember

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|-----------------|-------------------------------------|
| Dec. 1st | World Aids Day |
| Dec. 1st - 7th | National Handwashing Awareness Week |
| Dec. 6th - 12th | Influenza Vaccination Week |

SILVER STORY

My Silverado Journey by Jillian Bowen, MSW



“My journey began with Silverado when I interviewed for a Master’s in Social Work internship position during my second year of graduate school at CSULB. As I learned about the company’s philosophy of Love > fear, I instantly felt comfortable in the team environment. My personal and professional values naturally aligned with the values of the company. My internship experience afforded me the opportunity of spending time with individuals at the end of their lives with their loved ones, during such a personal journey. I felt honored that these individuals and families would invite me into their homes during such a difficult

and sensitive time. I supported patients using reminiscence therapy, led the legacy interviews, being recorded by Silverado’s Memory Catcher team, participated in the Celebration of Life ceremony by reading poetry, and supported the bereaved with phone outreach. My most poignant recognition of my work was the realization that I was there not only present to support these patients and families on their worst and most challenging days, but I was also there to encourage the embracing of their final moments. There were instances of laughter, memory sharing, and celebration. I had no doubt at the end of this internship that I wanted to become a hospice social worker.

Joining the Silverado hospice team has been an exciting and wonderful opportunity. Alongside working with a dynamic team of professionals, I continue my journey in serving hospice patients and their families. Every day I go out into the field and serve with love, and every day it is a different experience and opportunity to learn and grow. I am proud to be a part of a team that serves those at the end of their life, I am proud to be a hospice social worker, and I am proud to be part of the Silverado team.”

–Hospice Social Worker, Jillian Bowen, MSW

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:

- The RN assesses if the patient is a candidate of Essential Oil Lotion, and inquiry into allergies
- If yes, the nurse performs a skin allergy test
- A 24-48 hour follow up visit is performed by an RN or LVN, and the patient may begin the program if no reaction occurs

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

For more information on essential oils, speak to your Case Manager, or contact the Volunteer Manager, Valerie Lomeli (888) 328-5660

Essential Oil of the Month

PEPPERMINT OIL

Source of Oil: Leaves and flowering tops

Primary cultivation: US, Italy, England, Brazil, Japan, France

Aroma: Minty

Properties: Analgesic, anti-spasmodic, brain stimulant, lowers fevers, stimulant, and stomach tonic

Strongest characteristic: Stimulating, digestive remedy

Blends with: Lavender

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**