



January 2021 | Vol. 2 Issue 4

## South Interdisciplinary Team



**RN Case Manager** Deborah Reidinger, RN, CHPN



**Team Physician** Jason Abney, DO

#### **HOSPICE MEDICAL** DIRECTOR

- · Co-certifies the terminal prognosis with the attending physician
- · Leads the interdisciplinary team in the development of a plan of care
- Provides consultation to other physicians regarding hospice care

#### **ATTENDING PHYSICIAN**

- Certifies the terminal prognosis
- Assesses patient needs, manages symptoms, prescribes non-curative
- Directs and approves the plan of care
- · Coordinates care with the interdisciplinary team



**Social Worker** Michelle Kimball, MSW

#### RN, LVN, LPN

- Assess patient and family needs
- Develop plan of care to meet needs · Coordinate care with attending physician
- Coordinate team visits and ensure implementation of approved plan of care
- Ensure symptom control and pain
- Provide patient/family teaching as needed
- The LVN/LPN in partnership with the RN does the following: provide direct nursing care to patient and family

# IMMEDIATE FAMILL

**PATIENTS** OR **FAMILIES** 

# SILVERADOCANILL

#### CNA/CHHA (hospice aides)

- Provide direct personal care to patient
- Provide comfort measures
- Report identified needs to RN Case Manager
- Provide emotional support to patient and family

#### **VOLUNTEERS**

- Provide companionship support to patient and family
- Provide needed non-medical services, letter writing, errands and respite time for family
- Provide support at time of death and during bereavement



Volunteer Nancy Adams

#### SOCIAL WORKER · Assess patient and family

- emotional, social and financial needs
- Develop a plan of care to meet identified needs
- Provide direct counseling or refer patients and families to appropriate community agencies
- Provide supportive emotional counseling to patient and family
- Assist in completion of advanced directives, mortuary arrangements, funeral planning and facility placement

#### **SPIRITUAL COUNSELOR**

- Assess patient and family spiritual needs
- Develop a plan of care to meet identified needs
- Provide spiritual counseling
- Assist with memorial preparations
- Provide referrals to clergy of all faiths



**Spiritual Counselor** Gayle Heuser, MA, MM, SD



**Certified Home Health Aide** Angelica Sotelo de Diaz

# NEWSLETTER

## **Addressing Anxiety Through Meditation**

By Rev. Gayle Heuser, MA, MM, SD, Senior Spiritual Counselor

At the end of life there may be times of anxiety and stress, both for a loved one in hospice and for family members. We, together as a hospice team, address various types of disquiet with interventions that integrate body, mind and spirit. If the anxiety stems from a spiritual concern, I may offer the practice of meditation during my visits. As a chaplain, I minister to people of all faiths and no faith. Meditation (centering prayer, contemplation, mindfulness practice) is for everyone. Common to every major religious tradition, it is also popular in our contemporary culture, observed in many digital apps (for example, "Calm") and articles on mindfulness.

The practice of taking a break from activity and distraction, paying attention to breathing, listening in silence and resting in the awareness of being connected to one's self, to others and to one's spiritual source is a beneficial form of medicine and prayer. Research studies suggest that practicing stillness can have a variety of benefits including decreased stress and anxiety, improved concentration and memory, greater creativity and productivity, and an increased positive attitude. For people of religious faith, intentional stillness provides sacred time of connecting with God.

There's a wonderful quote by author
Anne LaMott: "Almost everything will
work again if you unplug it for a few
minutes... including you!" If practicing
stillness appeals to you, there are many
resources available online and from your
hospice team.

## Simple Meditation

If you're ready to try, here's a simple meditation using breath:

- Find a quiet place and set an alarm for 3 minutes or preferred length.
- Close your eyes, breathe deeply, check in with your thoughts, feelings and sensations.
- Inhale and exhale gently, receiving a breath and letting it go.
- Let your body relax and become aware of any tension.
- Choose a word or phrase to gently repeat (for instance, "be still").
- When distracting thoughts come
   -- as they will -- just notice them and return to the repeating word.
- When the time is up, gently open your eyes.
- Give yourself a moment to notice any changes in the way you feel.

### **Awareness Dates/Holidays**

Jan 1st New Year's Day

Jan 4th World Braille Day

Jan 12th National Pharmacist Day

Jan 17th World Religion Day

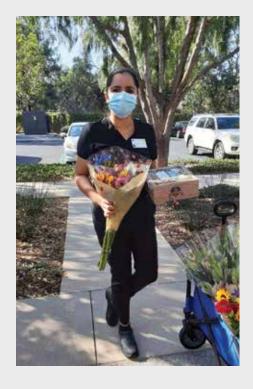
Jan 18th Martin Luther King Day

## **SILVER STORY**

#### Thankful for Our Team by Julia Bynon

To show appreciation for the amazing associates of Silverado Hospice the administrative office coordinated a "Supplies and Pies Day" for the holidays. The field staff manages the care for patients on hospice, palliative care and their families. Silverado Hospice nurses, social workers, spiritual counselor's and home health aids were celebrated with their choice of pumpkin, apple or pecan pie. When each associate came to pick up their medical supplies they also received a delicious pie. This little gesture went a long way in getting them ready to have a Happy Thanksgiving and was a huge success!









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## **Back to Basics**

By Brian Kinder, RN, BSN, Director of Patient Care Services

We are in a unique time with the number of COVID-19 cases on a rapid upswing along with the start of the Influenza season. It is a good time to get back to some basic techniques to help avoid both contracting and spreading these viruses. Proper hand hygiene is one of the best ways to protect yourself and others. This includes washing hands and using hand sanitizer.

In these trying times, we still have the need to get out of the house. This could simply be for a little exercise or to go to the store for some essentials. Coming in contact with a contaminated surface and then touching your mouth, nose, or eyes is a quick way to get sick. It is great practice to clean your hands after touching objects that other people may have come in contact with.

Here are some examples of when to wash your hands with soap and warm water or hand sanitizer:

Soap and Warm Water	Sanitizer
Before, during and after preparing food	After touching door handles in public places
Before eating	Before and after pumping gas
Before and after caring for someone who is sick	Before eating
After using the restroom	After touching items or surfaces in public places
After touching items or surfaces in public places	

Hand sanitizer is an effective way of removing germs from your hands. It is a great idea to carry and use in situations or circumstances when you are unable to wash your hands.

- Always make sure that the sanitizer is at least 60% alcohol concentration
- Apply liberally to one hand then rub both hands inside and out. Make sure to cover all creases between wrists and fingers
- · Wait until hands are completely dry before touching anything

Good hand hygiene is easy to follow and to teach others. Hopefully these basic tips are helpful and can help keep you from contracting and spreading the viruses to others.

#### CONTACT US

**Referral line:** (800) 507-9726 **Volunteer inquiries:** (888) 328-5660

Visit us online with our 24/7 Live Chat Line: 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