

## South Interdisciplinary Team



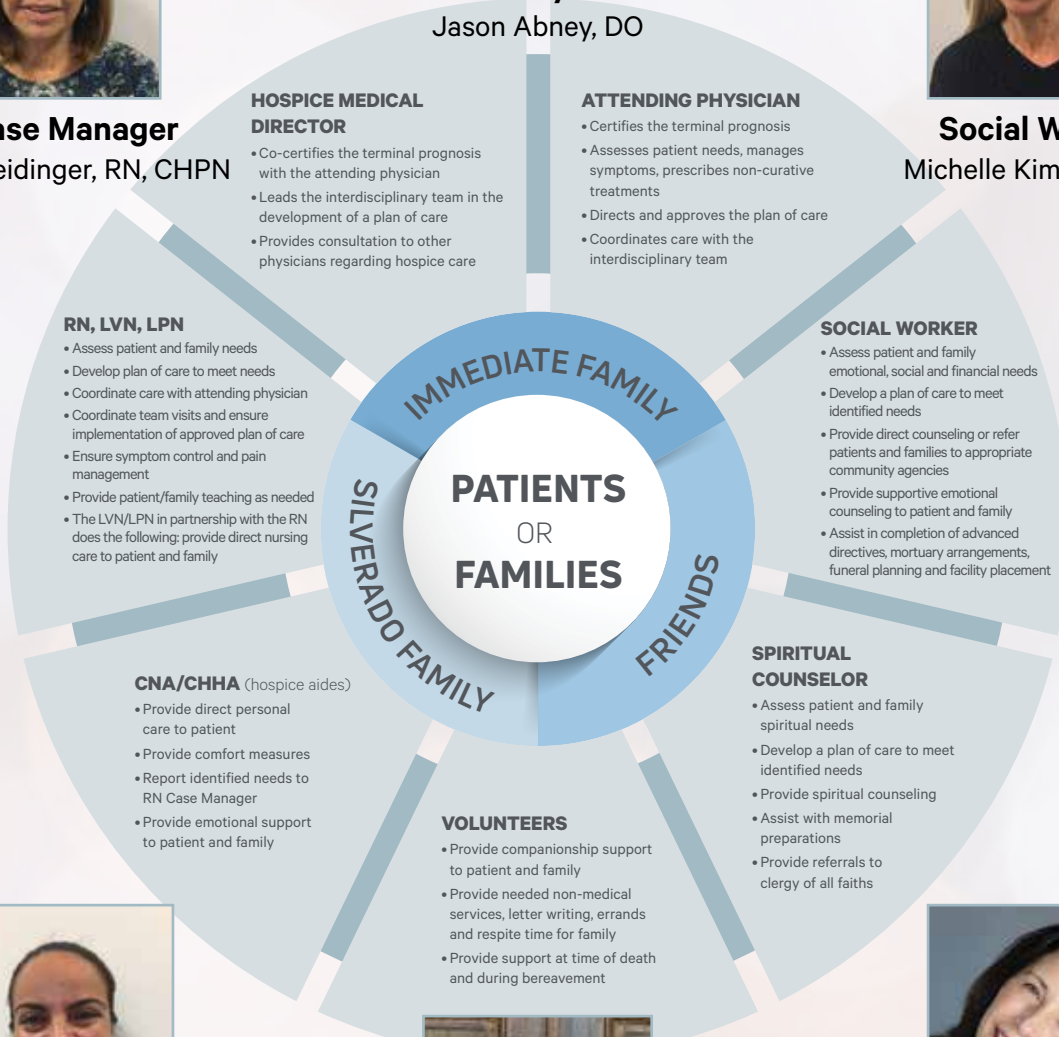
**RN Case Manager**  
Deborah Reidinger, RN, CHPN



**Team Physician**  
Jason Abney, DO



**Social Worker**  
Michelle Kimball, MSW



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



**Volunteer**  
Nancy Adams



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

# 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

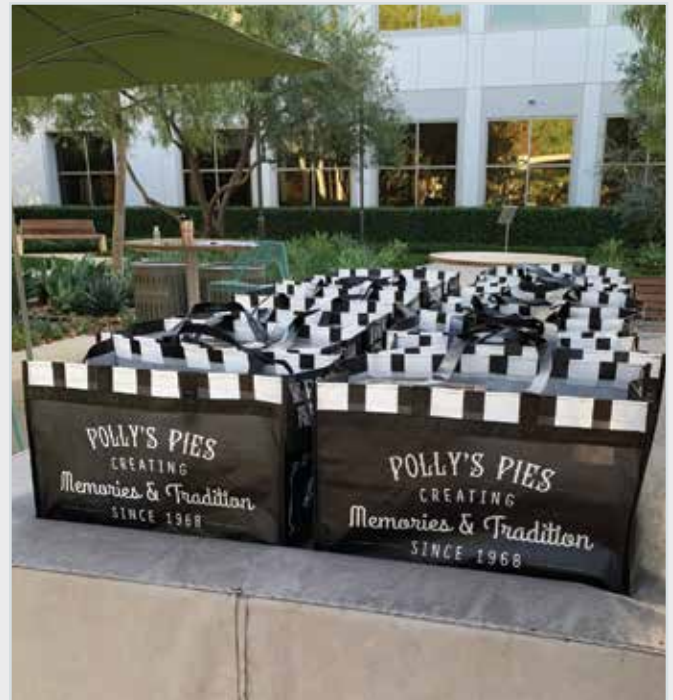
Jan 1st	New Year's Day
Jan 4th	World Braille Day
Jan 12th	National Pharmacist Day
Jan 17th	World Religion Day
Jan 18th	Martin Luther King Day



# 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!



## 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

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**