

NEWSLETTER

North IDG Team



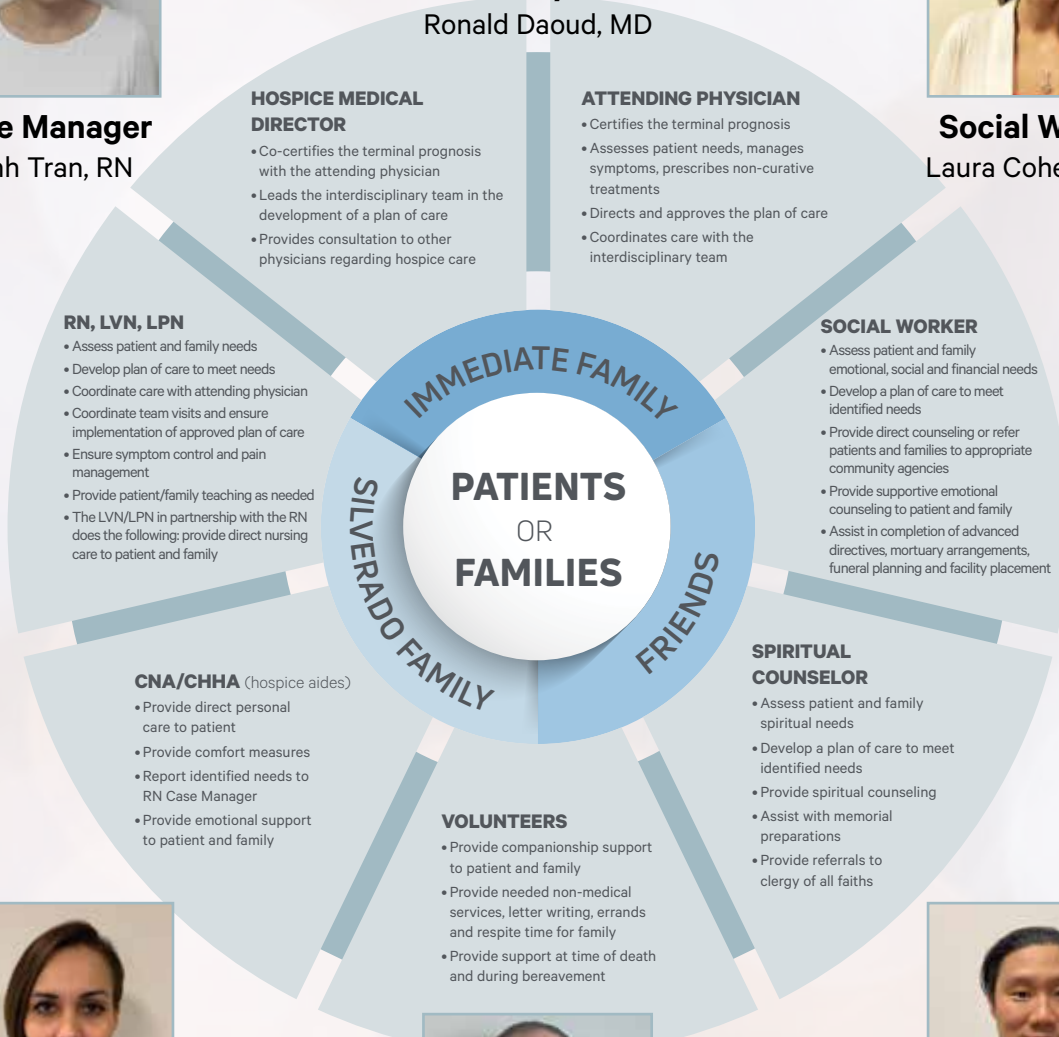
Case Manager
Lynh Tran, RN



Team Physician
Ronald Daoud, MD



Social Worker
Laura Cohen, MSW



Certified Home Health Aide
Maria Mendoza



Volunteer
Ashley Guerra



Spiritual Counselor
David Myung

NEWSLETTER

National Wear Red Day: February 5th (first Friday of February)

by Kristina Nguyen RN, BSN, CHPN, Patient Care Manager

National Wear Red Day raises awareness for heart disease – specifically in women. Women are encouraged to know the following lab values in order to understand their risks for heart disease:

- Cholesterol
- Total cholesterol
- HDL (high-density lipoproteins)
- Blood sugar
- Blood pressure
- BMI (body mass index)

Heart disease can easily lead to heart failure which is a serious, long term condition. One in five Americans will develop heart failure. Today, more than 6 million Americans are living with the diagnosis of heart failure. As we age, we are at a higher risk but anyone can change their daily habits to reflect a heart healthy lifestyle. Risk factors that can lead to heart failure are high blood pressure, coronary artery disease, heart attacks and heart rhythm disorders. With National Wear Red Day, women who check their

lab values on a regular basis do their part to prevent some of these risks. High cholesterol can lead to coronary artery disease and high blood pressure can lead to heart attacks. Maintaining a healthy blood sugar alongside a healthy diet will keep your BMI low and can also put less strain on your heart.

Another way to maintaining a healthy heart is to keep a healthy mind. It is all too often we hear about someone who looked healthy on the outside, suddenly suffer a heart attack because they weren't healthy on the inside. Participating in stress relieving exercises, meditation, or even taking a 30 minute walk everyday does your heart and mind wonders.

So take the time this month to reflect on how you can do your part.

Resource: American Heart Association



Awareness Dates to Remember

Feb 1st	National Get Up Day
Feb 3rd	National Women's Physician Day
Feb 4th	World Cancer Day
Feb 5th	National Wear Red Day
Feb 14th	Valentine's Day
Feb 19th	National Caregivers Day

SILVER STORY

Finding Friendship Through Music

by Christine Hernandez, LCSW, Director of Family and Support Services

Multi-generational relationships are a part of Silverado's philosophy of LOVE>fear. Children bloom when they have nurturing, meaningful relationships and older adults thrive when they experience purposeful engagement. Opportunities can be created for children and older adults to spend time together, providing them the start of an intergenerational connection.

There can be potential apprehension for a senior to be asked to engage with an unfamiliar child, as well as it can be intimidating for a child to visit a senior home. Exploring a mutually agreeable shared activity such as music, can evolve into a meaningful visit. Although initially both may feel limited in conversation, a music activity allows for the act of selecting a song and playing that melody together, giving feelings of shared contentment.

Intergenerational relationships can:

- Encourage communication
- Provide an opportunity for young and old to learn from one another
- Improve a sense of purpose and meaning
- Reduces feelings of isolation and loneliness
- Offers older adult to pass on life lessons
- Decrease concern and anxiety over ageism
- Builds a stronger community

An older adult can role-model and share their wisdom and the children can gain enhanced social-skills and increase a sense of compassion. The reciprocity of the intergenerational friendship demonstrates a mutual respect and a type of unconditional love and acceptance for one another.

If you are interested in becoming a volunteer or having a hospice volunteer visit your loved one, call our office at (949) 240-7744 for more information.



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 the patient is a candidate of Essential Oil Lotion, and inquiries into allergies
- If yes, the nurse performs a skill allergy skin test
- A 24-48 hour follow up visit is performed by a 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.

Essential Oil of the Month

LAVENDER OIL

A woody undertone with a floral herbaceous scent, lavender is among the safest and most widely used of all aromatherapy oils at Silverado Hospice. Lavender oil is suitable for all skin types.

Benefits:

- Reduces pain, stress, anxiety, headaches, insomnia and body discomfort
- Promotes healthy skin and helps with psoriasis, itching and skin irritation
- Promotes relaxation and calming – helps relieve muscle tension, muscle spasms, joint pain and backaches

Uses:

Silverado Hospice offers the following:

- Lavender lotion
- Lavender room spray
- Lavender oil for personal diffusers

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**