NEWSLETTER



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7.00

North IDG Team



Case Manager Lynh Tran, RN



Team Physician Ronald Daoud, MD

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 Laura Cohen, 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

SILVERADOCANILL OR **FAMILIES**

PATIENTS

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 Ashley Guerra

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 David Myung



Certified Home Health Aide Maria Mendoza

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 socialskills 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

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**