

Silverado Hospice Newsletter

MONTHLY NEWSLETTER OF SILVERADO HOSPICE
LOS ANGELES



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UPDATES ON FUNERALS

Due to the recent surge in deaths, many mortuaries have had to turn away bereaved families and redirect them to the county morgue. At this time, mortuaries are only taking those who have pre-planned their deaths. Funerals are limited to smaller or virtual gatherings, and burials have a more extended waiting period.

We recommend that hospice patients plan their funeral arrangements before death. Many avoid having this conversation because it can feel emotionally taxing; however, waiting until the time of death could reduce funeral arrangement options.

Consider your options in regards to costs, traditions, body handling type, and advance directives.

Please call your social worker for a funeral home or mortuary recommendations.

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If you are unsatisfied with our level of care, please contact our Administrator, Richard Jenik, at (818) 696-8425



Funeral Home or Mortuary, What's the Difference?

A funeral home and a mortuary provide a service for the deceased, but they operate differently.

A Funeral Home:

- Focuses on the care of the surviving members
- Offers grand memorial services and products
- Assists with writing obituary
- Coordinates transportation of body for off-site cremation

A Mortuary:

- Focuses on the care and preparation of the deceased
- Offers onsite cremation and may offer autopsy (unlike a funeral home)
- May offers fewer or smaller memorial services
- Offers basic services at a reduced cost

FUNERAL PLANNING

An important factor in funeral planning is cost. Begin by determining what an ideal funeral would be like. The answers to these questions help gauge an understanding of a budget.

Body disposition method?

This is important to understand what service and products the deceased will require, *See page 3-4.*

Where is the place of final rest?

The body can remain in a burial plot, a crypt, in an Urn with the family, or ashes can be scattered (with permit).

What type of memorial services are needed?

This helps determine if a funeral home or mortuary is best. Both are described on the left.

Does the deceased have traditions?

Depending on the tradition the deceased holds, there may be additional costs associated with the activity.

Some patients have already begun their funeral planning by purchasing a burial plot. However, many people are unaware that there are other burial costs besides the plot charges. There are charges for opening and closing the gravesite, headstones, grave liners, and possible maintenance fees. If you have or will purchase a plot, check with the cemetery on what is included in the price.



BODY HANDLING

Cremation

Cremation is a process that uses a heat source to reduce a body to ashes. The body is placed in a combustible coffin and then put inside a cremator that generates high temperatures to disintegrate the body. The ashes are collected in an Urn and are returned to the designated person. The Urn can be taken home or placed in a grave or crypt or scattered (with a permit).

People often choose a cremation because it simplifies the funeral process, and the cost is generally much lower than a traditional burial. It also keeps a loved one closer if the Urn is placed at home, and the Urn increases the portability of the remains. Some opt for cremation for cultural beliefs or to use the ashes for other memorial purposes.

Burial

A burial is when the body is placed in the ground. Arrangements would need to be made for purchasing a plot. The plot size depends on the burial's size, meaning if the body will be put into the ground in a casket or after cremation. Those who decide to choose a burial without cremation determine whether you would like a traditional burial or a "green" burial. A green burial does not use harmful embalming chemicals and uses biodegradable material instead of a traditional casket. There are also options for purchasing a biodegradable urn to be buried. Some cultures prefer this to feel a closer connection to nature, and others like the cost and simplicity of the burial.

Do you know about Home Funerals?

For non-COVID patients, a home funeral could be an option. A home funeral is a family-run funeral that occurs at home. It gives the family the freedom to care for the body and honor them as they feel fit. The body is generally not unsafe to touch after death and can be preserved using dry ice.

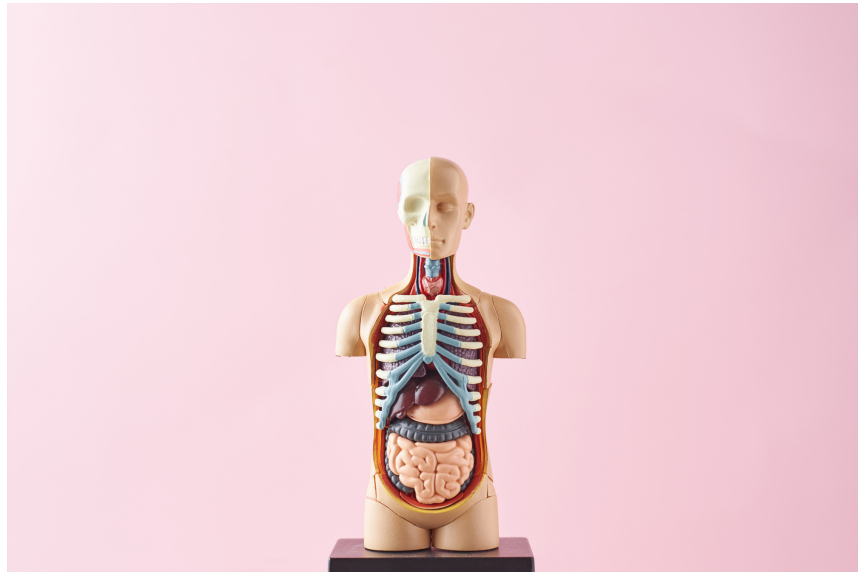
For many, this is a new approach to funerals. For more information and guidance, please visit www.HomeFuneralAlliance.org or www.sacredcrossings.com.

BODY HANDLING CONTINUED

About Embalming

Embalming is a temporary body preservation method that involves removing internal organs and fluids and replacing them with an embalming chemical solution. It became common in the United States during the Civil War after President Abraham Lincoln's body was constantly embalmed for public viewings. It is widely believed that the deceased need to be embalmed for safety reasons or required by law.

Despite the myths, embalming does not increase the body's safety, nor is it a requirement by the State of California. The laws state that a body must be preserved if it cannot be "disposed of" within 24 hours. An alternative to embalming is using cold temperatures to preserve the body, which can be done using refrigeration or dry ice.



Body Donations for Science

When people choose to donate their bodies to science, they are talking about sending their remains to universities or research labs to use body tissue for scientific studying. Usually, the donation is at no cost, including body handling and transportation, and in some cases, cremation of remains. To do this, there must be a release signed by the deceased and their family stating authorization. This can be expressed in your Advanced Health Care Directive (*read on Page 5*).

Depending on the recipient, the individual seeking body donation can decide if they would like to donate their whole body or be used for tissue. Hospice patients are generally not candidates for organ donation, so body donation could be an alternative. Due to COVID-19, many companies and universities are taking precautions to accept donations exposed to the disease. Also, some companies may reject the donation at the time of death, so have a backup plan.

Advance Health Care Directive and POLST

An advance health care directive (AHCD) and a Physician Order for Life Saving Treatment (POLST) are documents that give directions on behalf of the individual in the case that they cannot make medical decisions on their own.

Advance Health Care Directives:

- Are recommended for adults 18+
- State end-of-life wishes, such as body disposition
- Assign a power of attorney or conservator

POLST

- Are required for individuals who are terminally ill
- Gives directions on life saving treatment and artificial nutrition
- Must be signed by a physician, and is not a substitute for AHCD



VANESSA BRYANT SHARES HER GRIEF JOURNEY

Coping with Grief is about healing and learning to continue living instead of just getting over it. We can learn from Vanessa Bryant, former model and wife of Kobe Bryant. She continues to cope with loss after tragically losing her husband, 13-year-old daughter Gianna Bryant, and several others in early 2020. After a year of mourning, Vanessa publicly shared that she still struggles with losing her loved ones. On Instagram, she wrote:

"Grief is a messed up cluster of emotions. One day you're in the moment laughing, and the next day you don't feel like being alive. I want to say this for people struggling with Grief and heartbreaking loss. Find your reason to live. I know it's hard. I look at my daughters, and I try to push through that feeling for them. Death is guaranteed but living the rest of the day isn't. Find your reason."

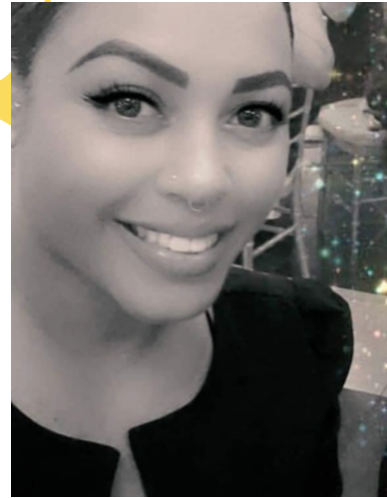
Throughout the past year, Vanessa often posted tributes to her daughter and husband to celebrate their lives. She avoids negativity from social media and continues to overcome personal obstacles in her private life. However, Vanessa continues to learn to live again.

We all have experienced Grief in our lifetime, but we all react differently to it. If you feel you may need more guidance, we encourage you to reach out to our Bereavement and Social Services team at (888) 328-6622.

SPOTLIGHT ON!



Julie is our RN at Silverado Beach Cities and covers the surrounding area. She has been a part of Silverado for almost a year. Julie always comes to work with a positive attitude and has faced this pandemic with great courage and commitment to help.



Keisa is our Patient Care Coordinator and has been with Silverado for 10 years. Keisa has held down the fort and kept our schedules and service to a high standard in the face of many obstacles. She showed up every day of this pandemic, ready to help.

MEMORY PILLOW PROGRAM

Memory pillows are special keepsakes that are offered to our hospice families. They are pillows created out of your loved one's favorite clothing to keep a physical memory of them. This program is offered for free.

How does this work?

1. You choose the clothing, and arrange a pick-up or drop off at our Encino location
2. The clothing is sent to a volunteer, who will begin sewing the articles. This can take between 2-4 weeks
3. Once the pillows are ready, a Silverado Team member can deliver the pillow to your home

These keepsakes help bring a little bit of comfort to our families. See the images below of a few pillows that were made through this program.



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If you are unsatisfied with our level of care, please contact our Administrator, Richard Jenik, at (818) 696-8425