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Silverado Hospice Newsletter

MONTHLY NEWSLETTER OF SILVERADO
HOSPICE LOS ANGELES

RANDOM ACTS OF KINDNESS

Our amazing volunteer, Robyn, was helping her 12-year-old daughter Audrey brainstorm ideas for an individual class project. Audrey is enrolled in a GATE class called "Random Acts of Kindness", which teaches students about kindness in everyday life. Audrey decided she would write or draw something special for a hospice patient.

When Audrey's teacher heard her idea, her teacher thought it was such a great idea to assign the project to the WHOLE class. All the students wrote letters and made bookmarks for our patients. Even though the message comes from afar, the joy felt by patients, and the students sharing their love is a connection felt at a distance.

IN THIS ISSUE

- National Social Work Month - 2
- More on Social Work - 3
- Myths/Misconceptions
- Fun Facts

Meet Our Social Workers! - 4, 5, 6

STAY CONNECTED!

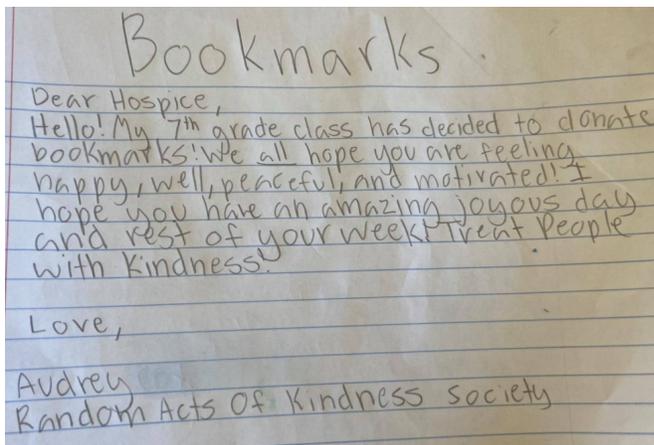
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"Sometimes the smallest things take up the most room in your heart."
- Winnie the Pooh





NATIONAL SOCIAL WORK MONTH!

March is National Social Work Month, which celebrates the positive contributions of social workers around the country. Social work became a recognized profession in the United States in 1898 due to increased social issues throughout the century. Many activists dedicated themselves to solving injustices like poverty and mental illness, which helped set laws and created services for vulnerable populations.

Today, social workers are present in various settings to assist individuals and families in attaining overall well-being. Typical settings where a social worker may find employment are within hospitals, government welfare departments, mental institutions, hospices, and more. Social workers take on challenging tasks with an empathetic attitude and serve as a resource for their colleagues.

In hospice, social workers bring calmness during a critical time. They get to know the patient and the family well to advocate for them to create the individual's best care plan. They also help find resources for the patient. Social workers help the families help prepare families and patients for the hospice process and even check-in after the patient's passing.

A day in a social worker's life is never the same as the next, but it is always rewarding. Social workers at Silverado work tirelessly to ensure you and your family are comfortable. **Thank you Silverado Social Workers!**

MORE ON SOCIAL WORK

Myths about Social Workers

1. **They like to meddle in other people's lives.** ✘

Social workers are present to be an advocate for you and your family. They work in your best interest to resolve issues and enhance well-being.

2. **Anyone can do what social workers do.** ✘

Social workers are highly skilled professionals who hold at least a bachelor's degree in social work. A social worker in hospice has professional and emotional preparedness to provide care in the field.

3. **Mental health services require a psychologist.** ✘

Social workers are well equipped with mental health training and can provide these services. In rural areas, social workers are the only mental health providers.

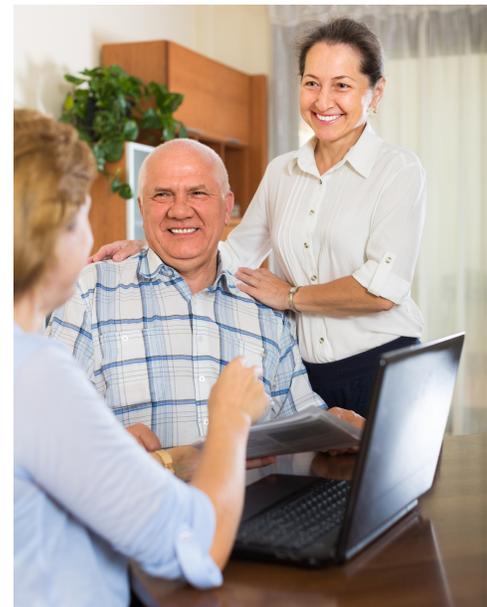
Fun Facts About Social Workers

- **A social worker does not have a typical 8-hour workday.**

The social worker meets with their clients, makes difficult decisions, and finds resources for them. They may need to work longer than 8 hours a day to meet the client's needs.

- **Social Work in hospice is not always depressing.** Death and dying are not easy topics to discuss, and many people believe hospice social work is always sad. Social workers in hospice see the good in people during a critical time and see their work affecting their clients in a positive way.

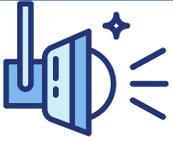
- **There are male social workers too!** Social work is often referred to as a woman-dominated field. However, males do become social workers, and it is encouraged that more men join the profession.



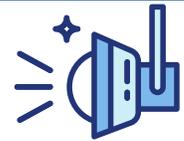
The happiest people I know are those who lose themselves in the service of others.

- Gordon B. Hinckley





SPOTLIGHT ON!



A Special Thanks to our Silverado Social Workers!



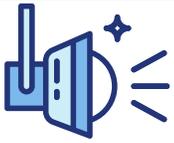
Kathryn McEntire recently achieved her MSW in Advanced Clinical Practice. She is of Irish and Nicaraguan descent and uses her bicultural attributes to connect with diverse and multiracial patients and families. She was drawn to hospice due to her passion for geriatrics. She credits her extensive and wonderful hospice internships that opened a door for working at Silverado hospice. She plans to Pursue the LCSW licensure and gain more clinical expertise to help provide supportive counseling to patients at the end of life. She honors her everyday work to her 94-year-old grandmother. Her dream is to open a hospice facility in her mother's native land of Nicaragua and serve those most vulnerable populations.

Jordyn Hengeveld is one of the hospice social workers and also co-facilitates the Silverado Senior Living support group. Jordyn's value of respecting all cultures, social differences, and family systems led her to a career in social work. Although Jordyn practiced social work within a variety of settings, Jordyn ultimately chose hospice to support the self-determination of individuals and families navigating end-of-life issues. In her spare time, Jordyn enjoys playing board games and exploring new cities with her family.



Stephanie Price

I was born and raised in Los Angeles, CA (but my parents are from Belize and Barbados). I'm a social butterfly and enjoy spending time with my family, painting, watching movies, and trying new recipes. My passion for hospice came at a critical time in my life. When I was 17, my father was diagnosed with stage 4 cancer and admitted to hospice all in 8 months. During the time he was on hospice I built an amazing relationship with his hospice social worker. I always admired how attentive and supportive she was to myself and my family. Since then, I have always strived to go above and beyond to make families feel the same as she made me and my family feel; reassured and not alone.



SPOTLIGHT ON!



Meet **April Boos** and allow her to be part of the next journey in your life. April has been working as a part-time social worker with Silverado for the past 5 years. April is especially passionate about providing end-of-life education and preparing families to say goodbye to their loved ones. Death and dying are difficult topics to discuss and one of the hardest parts of life. April loves connecting with her patients and families and getting to know them personally to help ease the transition from life to death. She uses strength-based approaches and explores meaning and joy sources with each patient to maximize their quality of life.

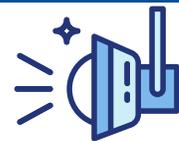
Zitlaly Cristerna has been a part of the Silverado team since 2016. Some of you might know her as “Laly.” She has been practicing in the field of social work for almost 10 years. Laly earned her Master’s in social work with an emphasis on Gerontology. She believes her passion for working with the elderly stemmed from volunteering in nursing homes as a teenager. Laly’s love of social work developed when she served for AmeriCorps. She is wholeheartedly dedicated to the philosophy of hospice and wishes it was incorporated in other countries. Laly dedicates her work to her late grandmother, who lived in Mexico, whom she believes would have found hospice care to be a great blessing.



Isabel Serafin was born and raised in Los Angeles and is a first-generation college graduate. Often facing a plethora of obstacles to reach her goals, she was determined to become a special worker. Isabel found passion in working with hospice and providing emotional support and care to patients and families. She hopes to continue to learn and grow to provide the best support to our families.,



SPOTLIGHT ON!



Diane Sepulveda began her professional career working with the developmentally disabled and their families. In 2014, she earned her Master's in Social Work from the University of Southern California. She then worked under contract with Veteran Affairs West Los Angeles and served homeless Veterans and Veterans with health/mental health concerns. Diane recently joined our team and eagerly extends the same enthusiasm to working with our residents and their families.

Have our team members provided you with excellent care?

Let us know on our Facebook or Yelp page!

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

Darice Arceneaux



I'm originally from New Orleans, LA. I obtained both BA and MSW from Grambling State University. Somehow I convinced myself to return to college and receive an MBA and Advanced Degree in Education from Central Michigan University. From the beginning of time, Social Work has been my first love. I have over 20 years of experience in so many areas: hospice, community affairs, college professor, and working with troubled youth. I have a genuine desire to help others and provide assistance to others. I recently celebrated my first year as a medical hospice social worker with Silverado. Working with my patients and families has been a rewarding experience.