

Silverado Hospice Newsletter

MONTHLY NEWSLETTER OF SILVERADO HOSPICE LOS ANGELES

Author: Nancy Garcia

Alice Celebrates 102 Years!



Alice pictured with Melanie (back left), her daughters, and a family friend (front right).



Alice pictured with the Silverado team, Melanie (Left), Juliet (Back right), and Kathryn (front right)

Alice Baker, a patient at Silverado, recently celebrated her 102nd birthday! Alice spent her special day with her daughters and a family friend. Silverado staff Melanie, Kathryn, and Juliet surprised Alice at her birthday celebration and brought her cake, balloons, red roses, and a huge birthday card. Everyone sang Happy Birthday and ate chocolate ice cream cake, which is her favorite. We are honored to have shared a special moment with Alice and her family on this occasion. *Cheers!*

The secret to a long healthy life is to be stress-free. Be grateful for everything you have, stay away from people who are negative, stay smiling and keep running.

-Fauja Singh, 100-yr-old Marathoner

IN THIS ISSUE

- CMS Survey Notice - 2
- Restlessness & Agitation - 2
- About Dementia - 3
- Fidget Blanket Activity - 4
- Spotlight On! - 5

STAY CONNECTED!

(818) 848-4048

(888) 328-6636



Visit us on the Web

[Los Angeles Hospice](#) |
[Silverado Hospice](#)



CMS Survey Notice

Every three years, the Centers for Medicare and Medicaid Services (CMS) surveys Silverado Hospice to ensure compliance is met within our organization. This is a routine survey for all participating Medicare and Medicaid providers.

In the next few days, a CMS surveyor will be present on select home visits and shadow some of our team members. If a surveyor shadows our team member on a visit with you or your loved one, treat the visit as you normally would. The surveyor is only present to observe and document the services rendered and has no immediate impact on your hospice experience.



We appreciate your cooperation during this time. If you have any further questions, please call us.

Restlessness & Agitation

Terminal restlessness, also called agitation, occurs as the body undergoes physiological changes and causes discomfort. Restlessness is a sudden behavior change, whether it is overly calm or aggressive. Calm behaviors may include sleeping more, appearing withdrawn, or depressed. More aggressive behaviors include pulling off clothing/bedding, hostility, yelling, and attempts to get out of bed. Even mild-mannered people can suddenly become hostile and agitated. Other symptoms may include dementia and hallucinations.

Causes

Pain – Uncontrolled pain from illness/condition.

Metabolic disturbances – Chemical imbalances due to organ failure.

Decreased oxygen – Due to lung or heart failure or other conditions.

High calcium levels – Lead to dehydration, fatigue, and lethargy.

Constipation, fecal impaction, and urinary retention – Cause abdominal discomfort.

Medications – Unpleasant side effects.



Restlessness & Agitation cont...

Your hospice team can help identify the causes and treat them accordingly. If restlessness is untreatable, the next best thing is to calm the individual and keep them safe. Holding their hand and speaking with a calm, reassuring voice can help a lot. You can try playing soothing music, reading books, or prayers for them.

Seeing a loved one become agitated can be a devastating experience. Remember to take moments for yourself, breathe and recharge yourself often. Ask for help from friends and family to cope with stress. You can also count on the Silverado Hospice Team for guidance.



About Dementia



Dementia is a general term to describe the cognitive decline and is a symptom of several diseases and/or conditions. The term dementia is not a disease, but the term describes decreased abilities in cognitive function that interfere with daily living. Dementia is caused by brain cell damage, which does not allow the brain to function properly. Conditions that cause dementia include Alzheimer's, vascular disorders, brain injuries, prolonged alcohol or drug use, and infections of the central nervous system.



Alzheimer's disease, a progressive mental deterioration disease, makes up most dementia cases. Caring for someone with Alzheimer's can be challenging. However, cognitive stimulation has been shown to improve the quality of life for the patient.

About Dementia cont...

People with dementia may have lost their ability to express their feelings. They could feel anxious or bored and display that emotion as restlessness. Fidget blankets are a great way to reduce restlessness. Fidget blankets are lap blankets with different textures and accessories that provide an outlet for the patient. You can purchase them online, or you can create one. Creating one at home allows for the personalization of the blanket specific to the patient. This idea can be used to make aprons, throw pillow covers, or vests that serve the same purpose.

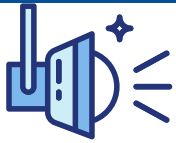
Silverado's Volunteer Department is recruiting volunteers to help create these items. Look out for our next publication, or like us on Facebook for updates. If you or someone you know would like to help us create fidget items, contact Juliet at (818) 848-4048 or by email at JLaschiazza@Silverado.com.

How to Make Fidget Blankets

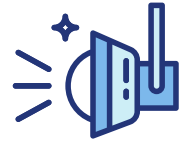
1. Pick the fabric(s). You can make the blanket with two different layers.
2. Gather items like buttons, zippers, ribbons, or different textured cloths to attach to the blanket. You can hand sew these on or use fabric glue.
3. Personalize the blanket with their name and any familiar items or symbols.

Below are some examples. Get creative, there are no limits in art!





Spotlight On!



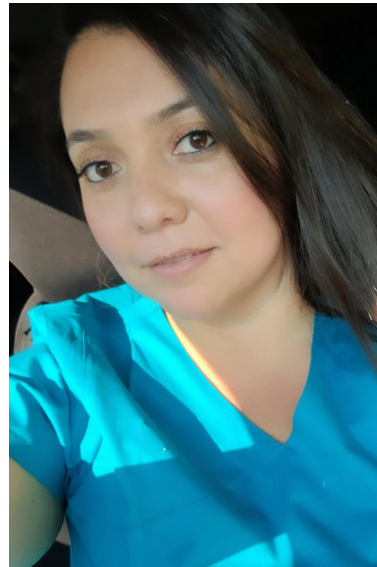
Meet two of our wonderful employees who were recognized as employees of the month in March!

Meet Renate!



Renate is our RN Admission Nurse. She is a remarkably hard worker. She is from Germany, where she worked in children's books and animation. She decided to change careers into nursing to have a direct impact on people's lives. She graduated from nursing school at 50 years young and started working with Silverado soon after. We appreciate everything she does, and she has had a great impact on our patient's lives.

Meet Araceli!



Araceli is an amazing Certified Home Health Aide (CHHA). She joined Silverado Hospice in December 2020 and has been a champion for Silverado's caring and compassionate mission. Araceli is kind, gentle, patient, and loves to educate families on repositioning and bathing their loved ones. Notably, she has built a positive relationship with a patient who always declined showers. This commitment to our patients is exactly what Silverado stands for. Thank you, Araceli!

Let us know how we're doing!

Leave us a review, click the icons to get started!

Like us on Facebook!



Review us on YELP!



**Silverado Hospice
Los Angeles**

Your feedback is important to us. If you have a concern, please contact our Administrator, Richard Jenik, at (818) 696-8425