

## Employee Highlight: Getting to Know US

Our Silverado Hospice administrative staff in Orange County acts as the behind the scene support to the field staff. Each coordinator is knowledgeable in hospice, palliative and supportive care services. They each communicate directly with families, physicians, partners in the community and the care team. Our administrative professionals possess an empathetic attitude toward caring for individuals at end of life and

demonstrate positive communication skills in areas such as Admissions, Patient Care, Medical Records and Billing. We introduce you to our wonderful team of administrative coordinators. When you call our office during business hours, one of these smiling faces is sure to answer and help you with your care concerns and questions.



**Becky Epps**  
Sr. Admissions Coordinator



**Christopher Gorecki**  
Admissions Coordinator



**Millely Arroyo**  
Billing Coordinator

### Silverado Hospice Orange County Administrative Staff



**Trish Hernandez**  
Medical Records Coordinator



**Susan Marker**  
Patient Care Coordinator



**Colleen Filbert**  
Patient Care Coordinator



**Carlos Mayen**  
Patient Care Coordinator

## Women's Veterans Day

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

Women's Armed Services Integration Act was enacted on June 12, 1948. It is a United States law that enabled women to serve as permanent, regular members of the armed forces. During World War II, 350,000 American women joined and served in the U.S. armed forces. They served in the Navy's WAVES (Women Accepted for Volunteer Emergency Service), the Army's Women's Auxiliary Army Corps, the Coast Guard's SPARs (Semper Paratus—Always Ready) and the Marine Corps, Women's Reserves Marines. Their contribution was unmeasurable. Today, there are approximately 1.87 million women veterans.

**Women Veterans Day** is observed on June 12 as the date chosen to mark the anniversary of the Women's Armed Services Integration Act. While Women Veterans Day is currently only a state recognized commemoration, there is an effort to have the day recognized at a national level. On June 12, 2015, the state of California designated the day as Women Veterans Day.

Women Veterans Day honor's the work of women in the United States Armed Forces. Silverado joins in celebrating the many contributions of women to our military forces and thanks them for their service. We especially would like to acknowledge our newest social work graduate student, Specialist Justine Vasquez, who is a U.S. Army veteran. We welcome her to our team and thank her for her service. Lady Veterans, we thank you!



Citation: <https://www.pewresearch.org/fact-tank/2021/04/05/the-changing-face-of-americas-veteran-population/>

## Pride Month

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

Aging and death do not discriminate. Unfortunately, LGBT seniors may be afraid to access services, and may face the end of life without receiving the support they need and deserve. Moreover, grieving LGBT seniors may not feel comfortable seeking support when a partner dies.

June is Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month. Silverado Hospice joins the California Hospice and Palliative Care Association in caring with compassion for the LGBTQ community during end of life care. We join in the nation's celebration for individuals being their authentic self and belonging and being accepted for who they are.

Silverado's Hospice philosophy is to maintain quality of life for all patients with respect, dignity, and understanding in their final days. Love > fear. For more information, please call (949) 240-7744.

Citation: <https://hospicefoundation.org/End-of-Life-Support-and-Resources/Coping-with-Terminal-Illness/How-to-Choose/LGBT-Resources>

## Alzheimer's & Brain Awareness Month is June!

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

Today in the United States, there are about 6 million American's living with Alzheimer's disease and worldwide there are approximately 50 million people living with Alzheimer's. According to the Alzheimer's Association, it kills more people than breast cancer and prostate cancer combined. During the COVID pandemic alone, Alzheimer's related deaths have increased by 16% due to the increased side effects related to patient decline in the elderly once they were infected. Patient's ultimately pass away from Alzheimer's disease because the brain essentially forgets how to function and causes the person to lose the ability to know how to walk, speak, and forget how to feed themselves and swallow food.

Dementia is a general term for symptoms like forgetfulness or confusion where as Alzheimer's is specific degenerative disease and is the most common type of dementia. There are 10 early signs and symptoms of Alzheimer's to look out for.

➤ **Memory loss that disrupts daily life:**

Forgetting important dates or events, asking the same questions over and over.

➤ **Challenges in planning or solving problems:**

Trouble following a familiar recipe or keeping track of monthly bills, difficulty concentrating.

➤ **Difficulty completing familiar tasks:**

Having trouble driving to a familiar location, remembering the rules to a favorite game.

➤ **Confusion with time and place:**

Lost track of time, dates, seasons, and forgetting where they are and how they got to a location.

➤ **Trouble understanding visual images & spatial relationships:**

Problems judging distance and determining color or contrast.

➤ **New problems with words in speaking or writing:**

They may stop in the middle of a conversation and have no clue on how to continue or they may repeat themselves.

➤ **Misplacing things and losing the ability to trace steps:**

Items may be placed in unusual places, may accuse others of stealing due to forgetting where things are.

➤ **Decreased or poor judgment**

Poor judgment when dealing with money or paying less attention to grooming themselves.

➤ **Withdrawal from work or social activities:**

Changes in the ability to hold or follow conversations may cause the person to avoid social gatherings or other engagements.

➤ **Changes in mood or personality:**

They can become confused, suspicious, depressed, fearful, or anxious, easily agitated.

If you notice these changes in yourself or another person, it always a good idea to schedule an appointment with your physician. There are multiple cognition tests that are noninvasive that can be provided before more thorough tests are recommended.

The information in this article was provided by the Alzheimer's Association at [www.alz.org](http://www.alz.org)



## ESSENTIAL OILS PROGRAM

### Bergamot Oil

The essential oil program can be a safe effective way to manage minor symptoms for those who want to explore a more natural approach. Essential oils are applied topically, or used aromatically.

Whichever way you prefer, the benefits include decreased agitation, depression, frustration, insomnia and tension.

Bergamot is a citrusy-floral fragrant oil, commonly used in hand soaps and perfumes. The oils are extracted from the rinds of the bergamot citrus fruit. Bergamot has a soothing, spicy scent. It is also found as an ingredient in many earl grey teas for that reason. Its pleasant aroma marks Bergamot as helpful in fighting as an antidepressant and offers a fresh scent promoting balance. Bergamot essential oil reduces the feeling of pain in the body as it stimulates certain hormones which lessen sensitivity of nerves to pain. Therefore, it is very helpful in cases of headaches, sprains, muscle aches or any

other symptoms. It also is a reliable relaxant as it soothes nerves and reduce nervous tension, anxiety, and stress.

#### Uses:

- Reduces stress, anxiety, fatigue and depression. Bergamot oil nourishes skin, and is often added to hand soaps, perfumes and shampoos.
- Promotes relaxation and calming, as well as improving skin dryness or inflammation.

#### Ways to use Bergamot oil offered at Silverado Hospice:

- Topically with Bergamot Lotion or Aromatically with Room Spray

For more information about essential oils contact your RN Case Manager or call the Silverado Hospice office and ask to speak to Valerie Lomeli, Volunteer Manager.

## 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**

## Awareness Dates to Remember

- ▶ Alzheimer's & Brain Awareness Month
- ▶ PTSD Awareness Month
- ▶ Pride Month
- ▶ **June 6**  
National Cancer Survivor's Day
- ▶ **June 8**  
World Brain Tumor Day
- ▶ **June 12**  
Women Veteran's Day
- ▶ **June 14**  
World Blood Donor Day