

Silverado Hospice Los Angeles

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# Silverado Hospice Newsletter

## One More Time at the Pier




The end of life is never easy, but finding moments of love, solace, and even joy can add a perspective that touches each of us profoundly and provides strength. We recently helped a young man achieve his final wish; to spend a moment on the Venice Pier with his wife and daughter. Their story began in 2012 when they met, and they moved in together after a couple of months of dating. They loved surfing and he proposed to his wife on the Venice Pier. They were married in June 2014 and were blessed with a baby girl in late 2018. This year in August, they are expecting a boy.

The Venice Pier became a significant place for them, and we helped them spend one last time there. Due to construction, the Pier was closed, but somehow, Samantha and Juliet of Silverado Hospice LA convinced the construction workers to let them in. It was an emotional moment, and our hearts filled with love.

We met this couple in unfortunate circumstances, but we are happy that we helped create a long-lasting memory for them. We want to give a huge THANK YOU to Zitlaly, *Director of Family Support* Juliet, *Volunteer Manager* Richard, *Administrator* Samantha, *LVN* and Alefiah, *Volunteer* for making this wish come true!

*Grief didn't care that I wasn't ready or strong enough.  
Or that it wasn't fair and it would be with me forever.  
But I did get this: I won't wait until the end of my life to be me.*

@NotesFromYourTherapist 

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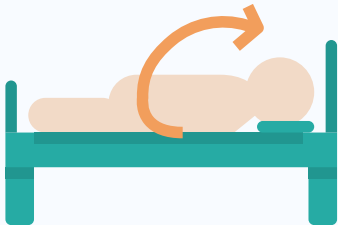


## About Bed Sores

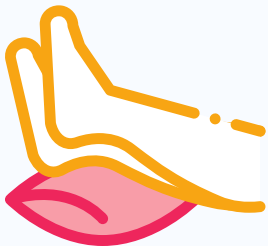
Bedsore, also called pressure sores/ulcers, are wounds that occur on the body due to pressure, moisture, or friction. They tend to occur in bony provinces but can occur anywhere on the body. There are four stages of bedsore development:

- **Stage 1:** Redness that may feel painful, warm, or colder than the surrounding skin
- **Stage 2:** Partial loss of the skin with a shallow open wound
- **Stage 3:** Top layer of skin loss, subcutaneous fat may be visible
- **Stage 4:** Wound that has extended into the muscles, tendons, or even bones

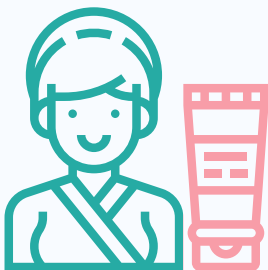
## Prevention of Sores



Bedsore can be treatable in all stages, but prevention is the best way to avoid unnecessary discomfort. Repositioning the patient every few hours can help avoid prolonging pressure on any area of the body. A pressure sore can develop within 2 to 3 hours.



Bony prominence could also be alleviated by using extra pillows, such as placing a pillow under the calves to relieve pressure from heels. Managing skincare on the body and providing incontinence care helps to avoid bed sores and other skin conditions.



Another sore that develops at the end of life is called Kennedy terminal ulcers (KTU). They look similar to bedsore, but their cause is unclear. KTUs typically develop rapidly on the sacrum and may have a pear or butterfly shape. If you notice new bruising, redness, or sensitive areas on your loved one's body, report them to your hospice team for assessment.





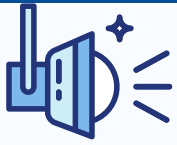
## Perineal Care

Perineal care involved cleaning the private area of an incontinent patient to reduce the risk of infection, discomfort, and skin breakdown. It is also important to look for signs of infection and irritation. Perineal care uses washcloths/wipes, water, and mild soap and could also include barrier creams or powders according to the care plan. This procedure can be done as part of the bath or on its own on a daily basis.

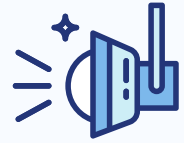
The patient can lay on their back with their legs spread. For females, perineal care begins at the top of the vagina, wiping down, then moving from the inside of the labia to the outside. For males, perineal care begins at the tip of the penis, moving down, using circular motions to clean under the foreskin. Each wipe uses a different area of the washcloth and using a dry cloth to pat the area dry. Then the patient can turn on their side to wash the anal area. Each wipe moves from front to back, using a different part of the washcloth per wipe. The anal area should also be pat dried. Apply any creams or treatments if needed according to the care plan.



The perineal area is a sensitive region for incontinent patients, and perineal care is crucial to ensuring their comfort. However, it may feel uncomfortable for your loved one. Explaining the procedure to them can be a good way to begin the conversation. You can also talk to your hospice team for guidance.



## Spotlight On!



### Meet Diane!



Diane Sepulveda joined us in December but has been a part of the Silverado Family for over a year. She was the Director of Resident and Family Services at Silverado Sierra Vista. Diane is a USC graduate and is currently working towards becoming an LCSW. Diane is a fantastic team member. Her East valley team really values all of her hard work, and the office enjoys her thorough reporting. I am thrilled she decided to join the Hospice side of Silverado.

## Let us know how we're doing!

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### Silverado Hospice Los Angeles

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

### Meet Mario!



Mario was selected by his peers through voting. His peers said things like Mario "always goes the extra mile with a patient's family who had a mental breakdown. Mario handled this situation so well. Mario is the only nurse on after 1am and has spent a large amount of time with patients and families and is always willing to work overtime to make sure patients have the care they need". And "I vote for Mario. He is always willing to stay later with patients after working all night. He goes the extra mile and patient families love him."