

HAPPY PASTORAL CARE  
WEEK TO OUR HOSPICE  
SPIRITUAL COUNSELORS

## Spirituality

by Gayle Heuser, MA, MM, SD, Senior Spiritual Counselor

As a Silverado Hospice Chaplain (also referred to as Spiritual Counselor) my job is to meet people and families where they are in their own spiritual journey and support them through hospitality, non-judgmental presence, validation, calm reassurance, and acceptance.

In providing effective spiritual care, it's important that I consider both a person's spirituality and religion, but there is a difference between the two. Many find emotional and spiritual healing through religious practices, studying sacred writings of faith and the Scriptures, utilizing prayer, and faith affirming dialogue. We can think of a person's religion as a specific set of organized beliefs and practices, usually shared by a community or group and the major world religions include Christianity, Buddhism, Islam, Judaism, and Hinduism. However, many do not espouse a particular religious faith but enjoy an expressive spirituality. There are many definitions for spirituality -- one example would be an awareness of a vitality beyond oneself that brings meaning, life-giving hope and life-sustaining energy. Spiritual Counselors are trained to offer support for the religious and spiritual ends of the spectrum – and places in between.

Meaningful beliefs, traditions, and lifestyles provide a significant source of comfort and meaning in peoples' lives. A chaplain creates a hospitable and comfortable space for our patient and his or her loved ones to express thoughts, emotions, and grief without any fear of judgement. This requires mutual trust and complete confidentiality; the chaplain creates that safe space.



**The week of October 24-30, 2021 is Pastoral Care Week.**

Please join us in recognizing our wonderful Spiritual Care Counselors  
Gayle Heuser, Gerardo Camarena, and David Myung.

*We thank you!*

# NEWSLETTER

## National Hispanic Heritage Month: El Dia de los Muertos

by Jazmin Hernandez, MSW

“El Dia de los Muertos” translates to “Day of the Dead”. It is a Mexican and Latin American holiday tradition that originates back to over 3,000 years to the pre-Columbian Mesoamerica era. The ancient belief is that people saw death and dying as an everyday part of life. It was believed that on a specific day, the border between the real world and the spirit world opened up.

Today, the tradition continues and is celebrated on October 31st through November 2nd. The celebration consists of families coming together to reunite with the souls of those who have passed. During this time period, it is believed that the souls of the dead are awakened to reunite with the living for a celebration of drink, food, music, and dancing. The living family in return treats the souls to their favorite foods and objects. These gifts are left at gravesites or on alters in their homes.

On October 31st, the cultural belief is that the gates of heaven open up at midnight. On November 1st, “El Dia de los Inocentes”, which translates to “The Day of the Children”, signifies the spirits of the children come and reunite with their families for 24 hours. This is followed by “All Souls Day”, also known as “The Day of the Dead” on November 2nd. On this day families are able to reunite with spirits of the adult loved ones who have passed.

Loss brings feelings of sadness but this family tradition offers an opportunity to celebrate in the uniqueness of the person who has passed. While Dia de los Muertos allows for an annual time of remembrance of the dead, it also supports healing in the journey of grief. The celebration of sharing, telling stories, and remembrance of the deceased not only allows for the surviving families to continue to bond but also provides reassurance that the dead will always live in their hearts and memories.

References: <https://www.thehealthy.com/mental-health/what-is-day-of-the-dead>; <https://www.history.com/topics/halloween/day-of-the-dead>; <https://www.psychologytoday.com/us/blog/supporting-children-through-crisis-and-loss/201810/day-the-dead-d-de-los-muertos>



# Infection Prevention Awareness for 2021

by Kristina Nguyen, RN, BSW, Director of Patient Care Services

One of the top and most important things to do to prevent the spread of infection is to simply wash your hands. This upcoming flu season, Silverado encourages you to care for those you love and wash your hands before and after eating, before going to see anyone who is immuno-compromised, or prior to being around those who more vulnerable to contracting illness (seniors and infants). Silverado associates are required to have the flu shot every flu season to protect our clients and encourage hand hygiene as well as covering your cough! Please refer to the education below provided by the CDC and have a safe flu season!

## Stop Germs, Wash Your Hands

### When to wash your hands:

- ✔ After using the bathroom
- ✔ Before, during and after handing food or eating
- ✔ Before and after caring for someone who is sick or not feeling well
- ✔ After Changing diapers or cleaning up a child after using the toilet
- ✔ After blowing your nose, coughing or sneezing
- ✔ After touching an animal, animal feed or animal waste

Source: [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

**Wet your hands with clean, running water (warm or cold) turn off the tap, then apply soap.**

**Lather your hands by rubbing them together with the soap. Be sure to lather the backs of hands, between your fingers and under your nails.**

**Scrub your hands for at least 20 seconds. Then rinse well under clean running water.**

**Dry hands using a clean towel or air dry them.**

## Awareness Dates to Remember

- ▶ Health Literacy Month
- ▶ National Breast Cancer Awareness Month
- ▶ National Dental Hygiene Month
- ▶ National Physical Therapy Month
- ▶ Sudden Cardiac Arrest Awareness Month
- ▶ 10/13 | National Metastatic Breast Cancer Awareness Day
- ▶ 10/18 | National Mammography Day
- ▶ 10/21 | National Check your Meds Day
- ▶ 10/4 - 10/8 | National Primary Care Week
- ▶ 10/6 - 10/12 | National PA Week
- ▶ 10/12 - 10/20 | Bone and Joint Health Action Week
- ▶ 10/17 - 10/23 | National Healthcare Quality Week
- ▶ 10/18 - 10/22 | National Health Education Week
- ▶ 10/17 - 10/23 | International Infection Prevention Week
- ▶ 10/24 - 10/30 | Respiratory Care Week



## Volunteers are...

Silverado Hospice offers support in many capacities, one being through the Volunteer program. We realize there is an ongoing need for companionship, caregiver relief and emotional support. Volunteers act as an additional support along side the care team assigned (Physician, Nurse, CHHA, Social Worker and Spiritual Counselor). This support is made available to our patients and their families. Simplistic, yet important ways a volunteer may serve include:

- a friendly well-check visit
- playing a game
- caregiver relief
- Petals for Patients (delivering flowers)
- playing a musical instrument
- Memory Catchers (life review video)
- reading poetry/ scriptures
- Memory Bear

Volunteers typically visit with their patient/family anywhere from 1 to 2 hours on a weekly basis, services are based on availability.

To learn more about volunteer services, or how to become a volunteer, contact:

Valerie Lomeli, Volunteer Manager Office  
at (888) 328-5660

## Essential Oil of the Month



### Patchouli Oil

Patchouli oil is extracted from leaves and stems of an herb plant. It's aroma is herbaceous, spicy & woody.

**Uses and benefits:** Patchouli oil is used in many cosmetic products and creams that treat various skin conditions such as dermatitis, dandruff and dry or cracked skin. It is used as an anti-fungal for its antibacterial properties. Patchouli also helps to relieve respiratory system calming colds, soothing headache and upset stomachs. Inhaling patchouli oil provides feelings of relaxation, relieving stress and anxiety. A terrific oil to use during the Fall season as the weather becomes dry and cooler.

Patchouli mixes well with ylang-ylang, lavender and chamomile oils.

Silverado Hospice offers the following in Patchouli oil:

- Lotion
- Oil for your personal diffuser
- Room Spray

If you would like to learn more about essential oils contact Valerie Lomeli, Volunteer Services

## CONTACT US

24-hour line: (888) 328-5660

Referral line: (800) 507-9726

Fax: (949) 653-0452

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**