

## Ringling in the New Year with fresh resolutions...



**“Get more play time!”**

**Gayle Heuser, MA ,MM, SD**  
Spiritual Care Counselor

**“Read more, less time on phone/iPad. Also, use the things I buy with reckless abandon.”**



**Janna Canzone,**  
Hospice Volunteer

**“I want to read more on how to make proper financial decisions and to properly invest.”**

**Desmond Celo**  
Hospice Volunteer

**“My New Year’s resolution is to make time to call, and not message, a friend once a week.”**

**Christine Hernandez, LCSW**  
Director of Family and Social Services

**“More self care.”**



**Trish Hernandez**  
Medical Records Coordinator

**“I would like to meditate more.”**

**Lauren Marilley, RN**  
Patient Care Manager

**“To eat healthier.”**



**Milley Arroyo**  
Billing Coordinator

**“To take a dancing class.”**



**Valerie Lomeli**  
Volunteer Manager

**“Be more patient.”**

**Julia Bynon,**  
Office Manager

**“Hug more, stress less.”**

**Susie Marker**  
Patient Care Coordinator



**“Manage my money better in 2020.”**

**Justine Vasquez, MSW**  
Intern



**“Walk everyday.”**

**Charlotte J. Cook, RN, BSN**  
Regional QAPI Manager

**“Be more compassionate towards myself.”**

**Melissa Cordon, MSW**  
Intern

**“To be more kind and loving to myself.”**



**Jillian Bowen, MSW**  
Social Worker

**“To paint flowers.”**

**Catherine Reynolds**  
Petals Volunteer

1. Stop being a couch potato and try to sign up for yoga or a Zumba class
2. Clean and organize my garage
3. Have more contact with my family and friends



**Margarita Poot**  
CHHA



**“Smile more.”**

**Heather Herrmann, RN, ADN**  
RN Case Manager

**“Exercise everyday.”**

**Suzy Moriarty**  
Liaison



# NEWSLETTER

## Celebration of Life Day | January 22nd

By Kristina Nguyen, RN, BSN, DPCS

When one comes onto hospice, it often becomes a time for some to reflect on life and fond memories. For those who are lucky enough to spend the time with loved ones before they pass, it can be a truly humbling, a blessing to hear the stories of the past and reflect on happy memories as a family. At Silverado, we facilitate a ceremony that is held for families to provide a time of remembrance, called “Celebration of Life”. Because we want to celebrate

and give a space for families and the care team that cared for their loved ones. This event is open for family or friends to share a story, a poem or memory of a time with their loved one.

Celebration of Life is a time to honor our loved ones, but don’t wait to celebrate when life presents to be much shorter than planned. Start celebrating your loved ones now.

### 5 Effects of Happiness that Can Affect the Human Body

1. Happiness can help boost your immune system. Research has shown happier people are less likely to catch a cold. This can also make more sense the event of spouses passing away from a broken heart. Sadness can lead to poorer health or a lack of will to live.
2. Grateful people sleep better. Remember, “never go to bed angry!”
3. Self-esteem is boosted when you are filled with happiness. You are kinder to yourself and others.
4. Look at more yellow things. Ever feel depressed on a cloudy day? That’s because grey is easily associated with anxiety and depression. Even searching for a picture of the sun and watching sunny day videos may help you feel a little more uplifted!
5. Pain management – the better mood you are in, you may notice less any aches and pains that someone who is depressed can feel. Chronic pain can go hand in hand with depression as focusing on sadness in life maintains negative though.

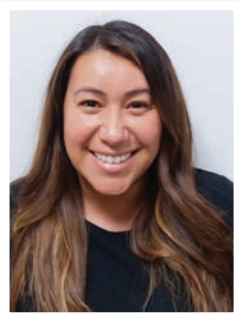
**Take the time today to look on the brighter side,  
celebrate being alive and choose happiness.**

Source: <https://nationaltoday.com/celebration-life-day/>

# SILVER STORY

## My desire to become a hospice social work intern

By Melissa Cordon, MSW, Intern



When most people think about hospice, they immediately feel sorrow and think of death. However, five years ago when my stepmother was diagnosed with Creutzfeldt - Jakob disease, my introduction and experience with hospice

differed. My stepmother was admitted to hospice and she was cared for, given tender support to manage her discomfort, and her dignity and wishes were honored. My family and I had a great team of nurses that made her transition to end of life a little easier. I will never forget the nurse at her bedside while she passed; she sang a beautiful Nigerian song and it provided us with so much comfort. The disease took her within six months.

When I started graduate school, there was no doubt I desired to learn more about how to support those with a terminal illness. I wanted to learn how to comfort and support those in need of palliative care. I sought out a hospice internship and Silverado Hospice welcomed me onto their team. Although nervous, I embraced the beginning of my educational journey.

When I was assigned my first patient, I thought to myself, "What is my role here? I'm not a nurse; how

can I really help?" I quickly realized my purpose was not physical pain management but rather to be a compassionate presence. My role as an intern was to be of support where I was needed. I learned how to quickly initiate a relationship with a patient and their family, in possibly one of the most intimate and private times of their life. I became knowledgeable in how to encourage family life review, facilitate reminiscence therapy, and how to support defining legacy of a patient. As a member of a team, I worked with other disciplines to not only talk about dying but to celebrate the life of the patient.

Hospice provides compassionate end-of-life care. The service supports the physical, emotional, and spiritual wellbeing of the patient and the family. The interdisciplinary team approach reassures individualized care for every patient. Silverado's mission statement is to "enrich lives". When I visit my patients, my goal is for the patient to feel their story is important, that their legacy will continue, and expressed gratitude to them for allowing me to be their last, new friend. Although hospice does end with death, my experience has renewed my desire to ensure quality of life to all.

For more information about volunteering or our MSW internship program through Silverado Hospice, call Valerie Lomeli, Volunteer Manager at (888) 328-5660.

## Awareness Dates/Holidays

Jan 4 | World Braille Day

Jan 11 | National Human Trafficking Awareness Day

Jan 12 | National Pharmacist Day

Jan 16 | World Religion Day

Jan 17 | Martin Luther King Jr. Day

Jan 21 | National Hug Day

Jan 23 | National Reading Day

Jan 27 | Holocaust Memorial Day

Walk Your Dog Month

National Mentoring Month

## Natural, Therapeutic, Relaxing...

Silverado hospice offers additional options for comfort through essential oils. Essential oils are a safe, natural way to help patients stabilize symptoms such as, agitation, depression, and insomnia. The essential oil program is available at no cost to patients or their families.

### Assessment protocol:

- Nurse assesses if patient is a candidate of essential oil lotion and inquires into allergies
- If yes, nurse performs skin allergy test, 24-48 hour follow up visit is performed by RN or LVN, and patient may begin program if no reaction occurs.

For more information on essential oils, speak to your Case Manager, or contact the Volunteer Manager, Valerie Lomeli at (888) 328-5660

Source: <https://healthyfocus.org/frankincense-essential-oil-benefits/>

### Frankincense

Frankincense essential oil is extracted from the bark of the Boswellia trees, native to Africa. The therapeutic properties are plentiful and include anti-inflammatory, antioxidant, anti-anxiety and antiseptic.

Its anti-inflammatory properties oil benefits with symptoms of Arthritis, giving pain relief. Antioxidants in the Frankincense oil improves skin conditions, helping to prevent skin disorders such as acne or eczema and appearance of scars and blemishes. Frankincense relieves and improves feelings of depression and insomnia if diffused in the air, which also reduces agitation and depression.

It is a well-rounded oil that is wonderful for so many purposes and even safe to use as an antibacterial cleaning product when sprayed on surfaces, great for cold and flu season. Topical, inhalation and bath soak are the most recommended ways to use Frankincense oil. Which with regular use of the oils will likely promote healthy skin, and an overall boost in comfort and relaxation.

### Ways to use Frankincense offered at Silverado Hospice:

Frankincense Lotion, Frankincense Room Spray or Frankincense oil for your personal diffuser

## CONTACT US

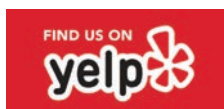
24-hour line: (888) 328-5660

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://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**