

Employee Highlight

Getting to know our WHY, Social Work

People become social workers because they have a strong desire to help others and make our society a better place to live for all. Our Hospice Social Workers continue to work on the frontlines throughout the pandemic, helping patients get their needs met and helping loved ones overcome grief and loss. This 2022 Social Work Month celebration in March has the theme “The Time is Right for Social Work”. This underscores the many contributions social workers have made but continue to do. When Silverado Social Workers were asked why they chose to serve patients with life limiting illness, this is what they shared:



THE TIME IS RIGHT
FOR SOCIAL WORK

“I am drawn to serving as a hospice social worker because I find great meaning in providing end of life support to others. Death is the unfortunate inevitable that we all will face in our lives. Another part I’m drawn to is the true honor of being let into a person’s home and hearing their life story, or that of their family member. It is very special. I do not take the responsibility lightly and each day I hope to provide as much support to my patients and families as they might need.”

- Laura Cohen, MSW

“I love Hospice Social Work because I get to work with families and underserved populations who are in need of End of Life Care. Many families aren’t prepared for end of life but I have the opportunity to be there for them and provide grief support. I like to be a resource guide to families who don’t know what’s available to them in the community. Just letting families know that Hospice doesn’t have to be scary. We are here to celebrate and honor the life of every single individual with respect and dignity.”

- Jazmin Hernandez, MSW, ACSW

I love being a hospice social worker!! Serving patients and families during end-of-life care has supported my personal and professional growth. Providing continuous psychosocial education, support, and resources to patients and families is what drives me to serve the hospice community. My ability to be an effective advocate for patients and families fulfills my work ethic while treating everyone with dignity and respect.”

-Stacy Pozas, MSW

“As I hospice social worker I feel that I am able to connect and support my patients and their families. While there are definite challenges with end of life, it is also a time for reflection on the beauty of the journey and the courage of one’s soul. The peace that comes through working through emotions while accepting challenges lifts the human spirit and I feel very blessed to be a part of that process.”

- Michelle Kimball, MSW

Silverado Hospice Social Workers, we thank you!

Laura, Seema, Michelle, Jazmin, Stacy, Jillian, Jessica, and Christine, we wish you a wonderful Social Work month and all of our gratitude for all our patient and families you serve.

For more information on supportive care, please call the office and ask for Director of Family and Social Services, Christine Hernandez, LCSW.

NEWSLETTER



Ash Wednesday | March 2, 2022

The season of Lent is a special time for Christians around the world because it marks the six weeks leading up to Easter – a time of penance, sacrificial giving and fasting – all for drawing closer to Jesus while preparing to celebrate the risen Christ on Easter Sunday. Ash Wednesday marks the beginning of Lent – this year it falls on March 2.

On that day, Spiritual Counselor Gayle Heuser will offer a blessing, along with ashes, applied to the forehead in the shape of the cross, which symbolizes public expression of faith and penance. This blessing will be given at our Silverado San Juan Capistrano memory care community at 10:30am for residents and associates. If you would like the blessing of ashes for your loved one at home or in another facility, please reach out to your spiritual counselor.



Awareness Dates to Remember

National Social Worker Month

National Nutrition Month

Colorectal Cancer Awareness Month

American Red Cross Month

Mar 6 | National Dentists Day

Mar 9 | Registered Dietitian Day

Mar 13-19 | Patient Safety Awareness

Mar 13 – 19 | Pulmonary Rehabilitation Week

Mar 14 – 18 | Healthcare Professionals Week

Mar 20 – 26 | Healthcare information Professionals Week

Mar 24 | World TB Day

Mar 27 – Apr 2 | National Anesthesia Tech Week

Mar 30 | National Doctors Day

Normalcy of Change in Appetite on Hospice or Palliative Care

by Lauren Marilley RN, Patient Care Manager

“Our culture places a significant emphasis on food and drink. Providing something to eat and drink for a loved one is often a way of communicating love, concern and caring in a direct, nonverbal way” (The Role of Nutrition & Hydration at the End of Life, n.d.). At the end of life, it is important to remember that it is natural to have a decreased appetite for food and thirst. Decreased appetite is due to the slowing of the GI tract, disease progression, and less energy is needed at the end of life. It can be difficult for the family to see when their loved one decreases their intake of food or fluids, especially if feeding their loved one is how they show their love; this is where education is important to patient care.

All caregivers must know not to force someone to eat or drink; this has a multitude of negative side effects for their loved ones. One example and the largest concern in healthcare when forcing someone to eat is aspiration, which leads to aspiration pneumonia from food or fluids entering the lungs. Aspiration pneumonia is extremely painful and uncomfortable for their loved one and equally distressing to the family due to guilt.

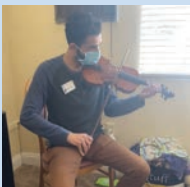
Taking cues from their loved ones and following how much they want to eat, when do they want to eat, and stopping if their loved one is having difficulty swallowing or coughing during meals is the best way

to prevent aspiration. Some good advice for families and caregivers is to offer smaller meals of nutrition-packed foods more often, give fluids frequently in small sips between meals so that their loved one doesn't feel full at mealtime, offer food when they are more awake and engaged, or change the texture of the food to help those with difficulty swallowing (regular, mechanical soft, or pureed). Some changes that can be done for fluids are offering popsicles of their favorite flavor (or frozen drinks with electrolytes), thickening the fluids to help those with difficulty swallowing, or using cups with lids for those that want to drink when they can without the worry of spilling. When their loved one no longer wants to drink, their mouth and lips can become dry and painful. This is where oral swabs, lozenges (if safe), ice chips, and lip balm can benefit and give relief.

Nutrition changes with the disease progression of their loved one. A good way to help the family care for their loved one in a nonverbal way is to understand their culture and how nutrition plays a part for them. When you understand their culture then you can better help the family through the disease progression and give information based on their culture or beliefs this also helps the family and patient feel more in control and builds trust between the family and healthcare providers.

Silverado Volunteers

Silverado Hospice offers various ways to support individuals under hospice and palliative care. One way is through our Volunteer service program. There is an ongoing need for companionship, caregiver relief and emotional support. Volunteers act as an additional support along side the care team (Physician, Nurse, CHHA, Social Worker and Spiritual Counselor). The volunteers below serve in unique ways that fits their schedules.



Ezaz visits his friend/Silverado patient, weekly. Ezaz, spends time conversing about past memories, family and emotions. He usually concludes his visits by playing the violin.



Susan uses her sewing skills to make Memory Bears for our Bereavement Program. After a loved ones passing, a garment of clothing may be selected and given to a volunteer to use and re-purpose into a keepsake bear. Susan is holding a custom bear she's just completed, that is ready to deliver.



Justine is a U.S. Army Veteran, and has volunteered her time to recognize, thank and pin residents and individuals in the community as well as under Silverado's care who like Justine have served in the U.S. Military.

Silverado's volunteer program provides friendly well check visits, birthday club volunteers, caregiver relief, music interaction, reading/poetry/scripture readings, playing games, Petals for Patients, Memory Catchers, sewing volunteers. To learn more about volunteer services, or how to become a volunteer, contact: Valerie Lomeli, Volunteer Manager at (888) 328-5660

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**