

Silverado Hospice Los Angeles

# Silverado Hospice Newsletter

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## Graduating from Hospice

The comfort and care provided by Silverado Hospice is unrivaled.

One of the biggest misconceptions about hospice care is that choosing these services will speed up the timeline of when you must say goodbye. The truth is that hospice helps improve the person's quality of life, enabling them to maximize the remaining time. Although uncommon, live discharges do occur.

A patient's health can improve on hospice, for many reasons—their nutritional needs are being met, their medications are adjusted, they are socially interactive on a regular basis, they are getting more consistent medical and personal attention.

During a recent "graduation", the Silverado team surprised the patient with flowers and a cake. Although a happy occasion, the patient was sad because she would miss her team: her physician, nurse, social worker, spiritual counselor, and bath aide. She will miss all the people that supported her physical, mental, emotional, social, and spiritual well being. Her dedicated volunteers will continue to provide companionship even after 'graduating' from hospice. This increased attention to the patient's well being can sometimes have such a positive influence on a patient that they are able to graduate from Hospice. Hopefully, we can welcome more graduates in the future.

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**"We Cannot Change The Outcome,  
But We Can Affect The Journey."**

-Ann Richardson

## Restlessness & Agitation



Your hospice team can help identify the causes and treat them accordingly. If restlessness is untreatable, the next best thing is to calm the individual and keep them safe. Holding their hand and speaking with a calm, reassuring voice can help a lot. You can try playing soothing music, reading books, or prayers for them. Seeing a loved one become agitated can be a devastating experience. Remember to take moments for yourself, breathe and recharge yourself often. Ask for help from friends and family to cope with stress. You can also count on the Silverado Hospice Team for guidance.

## Conversations to Have With Your Hospice Team



### Confidence in Administering Medication

As your loved one's condition continues to progress, we would like to remind you that we are ALWAYS available to provide you with supportive care. We understand that it may not be easy to assess pain and administer medications. Have you experienced anxiety, depression, and/or physical symptoms related to the administration of medication? These feelings are normal, and we can help. Let your hospice team know about these feelings.

## Non-Verbal Signs of Pain

An important thing to remember is that your loved one's condition may limit verbal communication. Examine your loved one's body for the following non-verbal signs of pain, which may include:

- **Face:** Wincing, Grimacing, Frowning, Clenching Jaw
- **Legs:** Kicking, Tense, Drawing Legs up
- **Sounds:** Moaning, Whimpering, Groaning, Crying
- **Movements:** Constant Shifting, Squirming, Restlessness, Agitation, Holding an Area where it may be painful, Flinching when touched

The best way to assess how effective medications and comfort measures are is to keep a record. This record can be a simple table drawn on paper or a note on your phone that says when and what type of medication/comfort measure was given and the patient's response. We encourage you to speak with your hospice team to help you identify these signs and help you find pain solutions. We are available any time of day, including weekends and holidays.

## Daily Reflection

I couldn't bear to accept my dad's diagnosis, and I spent a large part of my time researching his cancer and its treatments. After a few months, Dad reminded me that he needed me, his son, not some treatment I might find.

I learned that sometimes the most meaningful gift you can give is acceptance.

When you stop yourself from pulling away and let the dying time be part of life and function of your relationship with the other person, you're saying:

"You're still among us, one of us. We'll be in this together until the end. I promise you that."

Your willingness to listen from the heart gives value to the person inside the failing body.

**It helps both of you shift your focus from what's the matter with them to what matters to them, what's right for them now.**



# Spotlight On!

Meet two of our wonderful employees who were recognized as employees of the month in June!

## Meet Diane, Social Worker



**“She is very caring and has a good heart. She’s a great advocate for her patients and families and is a wonderful social worker.”**

## Let us know how we're doing!

*Leave us a review,  
click the icons to get  
started!*

**Like us on  
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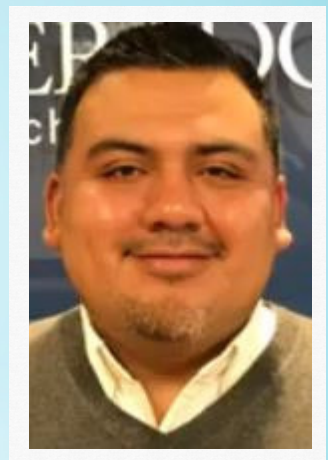
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on YELP!**



**Silverado Hospice  
Los Angeles**

*Your feedback is  
important to us. If you  
have a concern, please  
contact our Administrator,  
Richard Jenik, directly at  
(888) 328- 6622*

## Meet Oscar, Spiritual Counselor



**“He is so caring, kind,  
and patient. He always  
has a great spirit and is  
an amazing spiritual  
counselor.”**