

## Serving Those Who Served

By Gerardo Camarena, U.S. Army Veteran and Hospice Spiritual Counselor



When I joined the U.S. Army, I never imagined that I would one day become a Chaplain. I remember being a young soldier living in a foreign country with a young family. We found ourselves in need of support, care, and love. We found that reassurance in

my Army's unit Chaplain. He was a good listener, compassionate, and gave wise advice. At that time in my life, I didn't realize how important a Chaplain could be in times of crisis.

Today, as a hospice chaplain, I have the honor of serving those who have served in the Armed Forces. I often find that having the common experience of serving in the military allows me the specialty in knowing how to connect with my Veteran hospice patients in a unique and meaningful way. There is a bond among Veteran service members that can only be known by those who have served.

In my role as a hospice chaplain, I find great satisfaction in knowing that those who served before me are receiving the compassionate and supportive care that they deserve and need. Being able to walk the journey with Veterans at end of life is an act of the heart. It is my honor to provide spiritual care to my fellow Veterans.

### Happy Independence Day July 4<sup>th</sup>

### Happy 247<sup>th</sup> Birthday U.S. Army Chaplain Corps July 29, 1775



On July 29, 1775, the Continental Congress authorized one chaplain for each regiment of the U. S. Army to be assigned. Since that time, approximately 25,000 Army chaplains have served as religious and spiritual leaders for 25 million Soldiers and their families. Although I serve Veterans at end of life in their home setting, it is my privilege to be at their side giving support. Silverado Hospice would like to join the U.S. Army Chaplain Corps in celebrating its birthday on July 29th. U.S. Veteran Chaplains and U.S. Veterans, we thank you for your service!



# NEWSLETTER

## Sarcoma Awareness

By Kristina Nguyen, RN, BSN, CHPN, Director of Patient Care Services

Sarcoma is a scary cancer as it can affect all and any connective tissue in the body. This included nerves, muscles, joints, bone, fat, and blood vessels. It is a rare cancer in adults and prevalent in children. In adults, a sarcoma cancer is more common to be found alongside other prevalent adult cancers like breast, lung, and ovarian. This cancer is unfortunately diagnosed when it is too late and too large within the body for the hopes of a cure. It is important to get any new lump checked out by a physician just to be on the safe side, though they do tend to be benign. The only way to diagnosis sarcoma is through surgical biopsy.

At any time, there are 50,000 patients who are diagnosed and handling sarcoma and about 7,000 people a year will die from sarcoma in the United States.

### Possible Causes & Treatment

There is not one cause that has been discovered. Some just unfortunately are born with blood vessel abnormalities. Other studies suggested that people who work and are exposed to phenoxyacetic acid in herbicides and wood preservatives may be at high risk.

Treatment includes surgery if the biopsy proves positive for sarcoma, radiation to shrink tumors before surgery, and chemotherapy to more aggressively shrink tumors and provide comfort therapy.

**Always remember – you know yourself better than anyone and don't be afraid to get every lump, bump, bruise or abnormality looked at!**

*Reference: Sarcoma Foundation of America (2022). What is sarcoma? Curesarcoma.org*

## Awareness Dates to Remember

Eye Injury Prevention Month

July 23 | National Parents' Day

UV Safety Month

July 28 | World Hepatitis Day

National Cleft & Craniofacial Awareness  
& Prevention Month

## Community: Stand Down 2022

By Valerie Lomeli, Volunteer Manager

The phrase, “stand down” in military jargon means to “go off duty” or “relax”. When deployed combat units were exhausted and in high need of a recharge, they would be ordered a “stand down”. This was a time for troops to get a warm meal, take care of personal hygiene, change into clean uniforms, read mail, socialize and receive medical treatment if needed.

“Stand down” to retired Veterans today, refers to a community based program that is held annually in areas with high veteran population. Veterans who are homeless or facing housing challenges can come and get assistance with resources provided by local agencies. Veterans seeking employment, can speak to employment coordinators and recruiters about work opportunities. Rows of booths are set up for the event, offering necessities such as food, clothing, health screenings and VA Social Security benefits and counseling. Veterans can receive referrals for substance use treatment and mental health counseling.

Silverado Hospice has an ongoing partnership with the VA and We Honor Veterans, A program of the National Hospice and Palliative Care Organization. Stacy Pozas, MSW and Valerie Lomeli, Volunteer Manager with Silverado Hospice volunteered their time at the Stand Down event in Long Beach, CA on Thursday June 23. They supported the Hope 4 Everyone Foundation and the VA in preparing take home bags and distributing them. Bags included items such as disposable cups, sanitizing wipes, disposable gloves and masks. Perishable food items, distributed included deli meats, eggs, milk, fruits, salads and a variety of prepared wraps and sandwiches. Clothing such as t-shirts of all sizes, socks, blankets and ball caps were displayed for the veterans to select.

A “Stand Down” event is being planned for Orange County this fall 2022, date is to be determined. Events such as this one are only possible because of donations, and volunteers and organizations dedication through the planning process; and commitment on the day of event. If you would like to know more on Silverado Hospice’s partnership with the VA and We Honor Veterans, please contact our office for more information, (888) 328-5660.





## 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:

- Friendly well check visit
- Playing a musical instrument
- Reading poetry/scriptures
- Interacting in activities and games
- Petals for Patients (delivering flowers)
- Memory Catchers (Life Review Video)
- 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 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**