

Volunteering with Silverado Hospice

By Elaine Lin, Volunteer



When I began volunteering with Silverado Hospice, I was placed at the Memory Care Community, located in Brea, California. At the time I was wary that interacting with the residents Alzheimer's

& dementia patients could be emotionally taxing. However, after painting with "Betty" one day, I realized that pitying the patients was so so wrong. Her work was way better than mine; I was embarrassed at my surprise. This epiphany changed my entire attitude while volunteering. The patients benefited the most from being pushed to thrive NOW. By respecting the patients as the adults they were and testing them cognitively despite their diagnosis, I was able to help them make the most of their remaining time. I thoroughly enjoyed getting to meet everyone and learn of their stories or unique perspectives while we did puzzles, baked, painted, exercised, and more. We even explored pet therapy, which I have found to be an innovative treatment method that is genuinely fun. I also volunteer to accompany hospice patients with Silverado Hospice, helping patients relieve emotional distress and providing a welcome rest for caretakers. The more time I spent with each patient, the closer our bonds grew and the mutual encouragement we were able to give each other was motivating. It was rewarding to hear them say that they really appreciated what I did, and as I put myself in their shoes, I could understand.

Volunteers like me really did make an impact by helping each patient pass as a carefree spirit as they remembered that they had lived a meaningful and illustrious life. Through my experiences in both memory care and hospice, I have greatly improved my bedside manner and have found an outlet for my compassion. I hope to continue serving similar patient populations in the future and helping these patients feel mentally, spiritually, and physically better as a medical student and beyond.





Heart Health in September

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

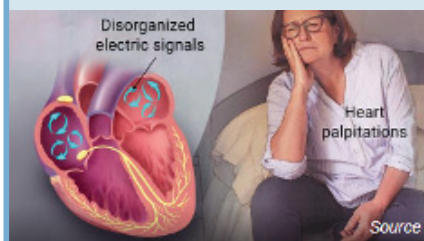
In September, there are multiple national holidays pertaining to the awareness of the heart, veins, and arteries. According to the CDC, one person every 34 seconds dies related to heart disease in the United States. High stress and many comorbid diagnosis that many Americans currently have can lead to heart disease. Some of the common diseases and disorders included are diabetes, obesity, hypercholesterolemia (high cholesterol), hypertension (high blood pressure), and heart beat irregularities like atrial fibrillation. All of these diseases alter the function of the heart by adding more stress as it pumps blood through the body. High cholesterol can affect the walls of our veins and arteries by clinging to the walls which then affect blood flow to important organs like our brain and heart. This blood flow restriction can put you at higher risk for a stroke or heart attack. This increased force and pressure in the artery walls is one of the causes of high blood pressure,

just alongside high stress many of us encounter either due to intense working environments or psychosocial needs. Overtime as cholesterol builds, it may also lead to peripheral artery disease which slows and limits blood flow to the arms and legs. Patients with diabetes should be especially careful as their ability to heal is slow in these areas and their susceptibility is much higher than others. Atrial fibrillation adds more stress on the heart, if not diagnosed and treated, can lead to blood clots which can also put you at a higher risk for stroke and heart attacks.

Many of these diseases can be prevented by eating a healthy diet, regular exercise and being self-aware of how your body is feeling. Making sure you are receiving regular checkups with your physician and being proactive in your health can make a difference in getting ahead of these condition before they become bigger problems. Just remember to take one day at a time and prioritize YOU!

Awareness days to observe in September related to heart health:

National Atrial Fibrillation Awareness Month



National Cholesterol Education Month



National Peripheral Artery Disease Awareness Month





Supporting the Grandchildren of Hospice Patients

By Hannah Mira, MSW Intern

Watching a loved one struggle with illness is difficult for the whole family, but it can be especially challenging for children who may struggle to discuss and process what they are feeling. Understanding how to support children while a grandparent receives hospice care is important.

- **Avoid figurative language.** Adults may understand sayings like “passing away” but for a child, this unclear language can be tricky to understand. Using clear and accurate language in conversations surrounding what hospice is can help make the process seem less mysterious and scary. For younger children, simplicity is best. Explaining that a grandparent has been very sick and their body is preparing to die is a direct and respectful way to explain what is going on. Allow the child to ask questions, respond calmly and clearly, and respect that the child may have a range of emotional responses.
- **Respect the child’s emotional responses.** Being told that someone you love is very ill is a lot to process, especially for children. They may be scared, curious, confused, or any other combination of responses. Acknowledging the emotion (I can see that you are sad about what we just talked about) and then opening up more optional space for discussion (Do you want to talk about what you are feeling?). Some children may not wish to discuss their feelings or not feel like they can articulate them, and reassuring them that this is fine too is important.
- **Understand that the child may view their grandparent differently.** Depending on the age of the child and the onset of the grandparent’s illness, the child may feel some anxiety about how their grandparent has changed. They may not be able to engage in the same activities with them that they used to. Finding new ways to connect with or spend time with their grandparents can be helpful. Offering a variety of options like reading to their grandparents, painting them a picture, or listening to music with them.

September 12th is Grandparent’s Day. While we honor our grandparents every day, we want to take an extra moment to appreciate all the joy and wisdom that grandparents bring to our lives.

For more information, please reach out to the hospice office at (949) 240-7744.

Awareness Dates to Remember

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| Childhood Cancer Awareness Month | National Peripheral Artery Disease Awareness Month |
| Healthy Aging Month | Pain Awareness Month |
| National Cholesterol Education Month | National Traumatic Brain Injury Awareness Month |
| National Sickle Cell Awareness Month | Sepsis Awareness Month |
| Leukemia, Lymphoma & Myeloma Awareness Month | National Assisted Living Week Sept. 10th-16th |
| National Alcohol & Drug Addiction Recovery Month | National Rehabilitation Awareness Week Sept. 17th-23rd |
| National Ovarian Cancer Awareness Month | National Celiac Disease Awareness Day Sept. 13th |
| National Prostate Cancer Awareness Month | Falls Prevention Awareness Day Sept. 22nd |
| National Childhood Obesity Awareness Month | World Heart Day Sept. 29th |
| National Atrial Fibrillation Awareness Month | |



Essential Oils Program

Our Essential Oils program is a safe, natural way to help patients relax and alleviate anxiety and tension. Essential oils are available at no cost to patients or their families. The following is the program assessment protocol:

- Nurse assesses if patient is a candidate of Essential Oil Lotion, and inquiries 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

Benefits of using essential oils may include a reduction in agitation, depression, healthy skin, and an overall boost in comfort and relaxation.



LAVENDER OIL

A woody undertone with a floral herbaceous scent. Lavender is among the safest and most widely used of all aromatherapy oils with Silverado Hospice. Lavender oil is suitable for all skin types

Benefits:

- Reduces pain, stress, anxiety, headaches, insomnia and body discomfort
- Promotes healthy skin – psoriasis, itching and skin irritation
- Promotes relaxation and calming – relieves muscle tension, muscle spasms, joint pain and backaches

Silverado Hospice offers the following:

- Lavender lotion
- Lavender room spray
- Lavender oil for personal diffusers

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)



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