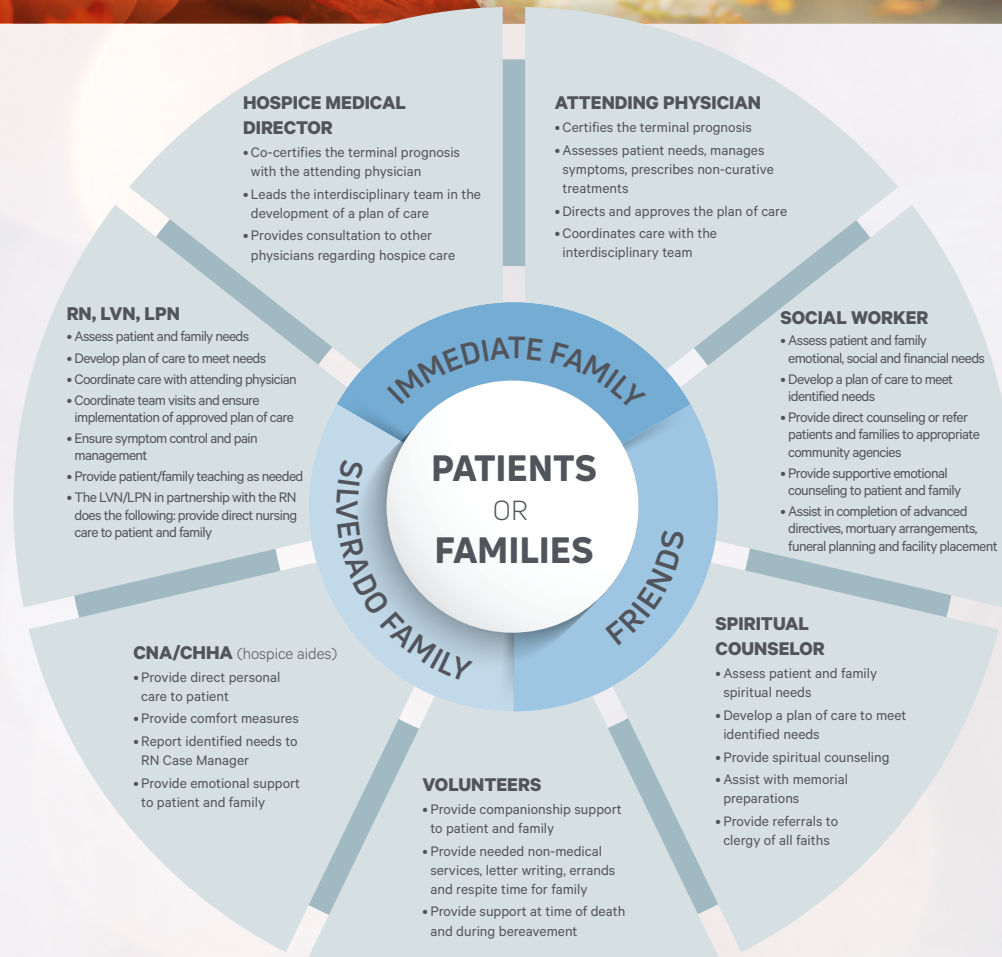


HAPPY PASTORAL CARE WEEK TO OUR HOSPICE SPIRITUAL COUNSELORS

Gayle Heuser, Gerardo Camarena & David Myung



North IDG Team



Spiritual Counselor
David Myung



Team Physician
Andrew Imaprato, MD



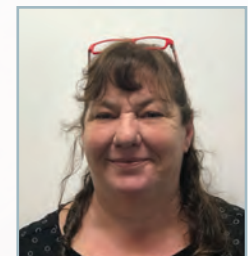
Social Worker/DFSS
Christine Hernandez, LCSW



Volunteer/MSW Intern
Rosalba Lezo



Certified Home Health Aide
Margarita Poot



RN Case Manager
Martie Hatcher

NEWSLETTER

Silverado's Circle of Care

by Christine Hernandez, LCSW, Director of Family and Support Services

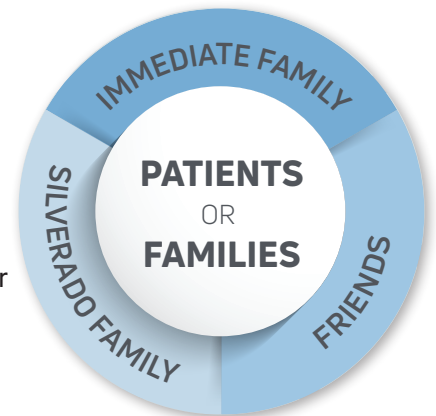
In the late 1960's, Dame Cicely Saunders founded the first modern hospice. She trained physicians, nurses, and social workers and advocated for the use of the interdisciplinary team model. In 1982, U.S. legislation implemented the requirement for the interdisciplinary team approach to be part of the delivery of care to patients at end of life.

When serving a patient and their family, the Silverado Hospice team prides itself on the excellence of the utilization of the interdisciplinary-collaborative approach. There is a distinct quality of the relational process between physician, nurse, social worker, spiritual counselor, home health aide, volunteer, and the bereavement counselor. The team understands that supporting patients facing difficult life circumstances requires trust, flexibility, collective

assist, and reflection.

Although each Silverado team member assesses and supports a patient through an individualized trained lens, they value working together to achieve the patient's comfort in mind, body, and spirit.

October 8th is World Hospice and Palliative Care Day. This is an annual unified day of action to celebrate and support hospice and palliative care around the world. Silverado would like to give a shout out to all Silverado Hospice team members and thank them for the remarkable difference they make in the lives of patients and families served each day.



Citation: Olshever, Amy (2011). Integration of groupwork theory and hospice interdisciplinary team practice: A review of the literature. Groupwork 21(3), p.22-61.

Awareness Dates to Remember

Breast Cancer Awareness Month

American Pharmacist Month

Physical Therapy Month

Chiropractic Health Month

Health Literacy Month

National Disability Employment Month

Ultrasound Awareness Month

Healthcare Supply Chain Week | Oct 2-8

Nuclear Medicine and Molecular Imaging Week | Oct 2-8

Emergency Nurse Week | Oct 9-15

Dialysis Technician Recognition Week | Oct 16-22

International Infection Prevention Week | Oct 16-22

Boss's Day | Oct 16

Medical Assistants Recognition Week | Oct 17-21

National Mammography Day | Oct 21

National Healthcare Facilities & Engineering Week | Oct 23-29

Red Ribbon Week | Oct 23-31

National Respiratory Care Week | Oct 23-29

National Liver Awareness Month

by Natalie Davin, RN, BSN, Patient Care Manager

October celebrates national liver awareness month. The liver is a major organ in our body weighing approximately 3 pounds by adulthood. It is responsible for detoxification and is vital to our body's metabolism. Without a functioning liver, death occurs. It is important that we raise awareness as almost 300 million people worldwide are living with Hepatitis B which puts them at a greater risk for developing liver cancer. Hepatitis B and C viruses that cause inflammation of the liver, cause approximately 80% of all liver cancers. The most common of which is hepatocellular carcinoma. Other contributing factors to liver cancer include alcoholism, fatty liver disease and obesity. Thankfully

a vaccine is available to prevent hepatitis infection which if utilized helps to prevent liver cancer. You can help to look after your liver by maintaining a healthy lifestyle including a balanced diet, getting regular exercise, reducing alcohol intake to a minimum, no smoking and drinking plenty of water. Some signs of liver disease include loss of appetite, diarrhea, abdominal pain, fatigue, tiredness, pain to upper right side of your abdomen and increased sensitivity to alcohol. If you have a history of heavy drinking, drug use or are overweight or obese it's a good idea to speak with your doctor to check for liver disease. There are often no symptoms in early stages so preventative care and surveillance is essential!

Source:

Healthline.com; Wikipedia; nationaltoday.com/national-liver-awareness-month; liverscanaustralia.com/au/liver-health



Essential Oils Program

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

- Nurse assesses if the patient is a candidate of Essential Oil Lotion, and inquiries into allergies
- If yes, the nurse performs a skill allergy skin test
- A 24-48 hour follow up visit is performed by a RN or LVN, and the patient may begin the 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.

For more information on essential oils, speak to your Case Manager, or contact the Volunteer Manager, Valerie Lomeli.

Essential Oil of the Month

Source of oil: Peel

Primary cultivation: Mediterranean, California, Israel, South America

Top properties: Antidepressant, antispasmodic, digestive, somewhat sedative, regulates peristalsis. Warming and uplifting

About: The orange tree is a rich source of essential oils. Neroli comes from the fragrant blossoms, orange from the peel and petitgrain from the leaves and twigs. Orange essential oil seems to embody the golden sun and warmth with which it is grown and so is an oil that I will turn to in winter, or in a situation that could benefit from that warmth.

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**