

NEWSLETTER



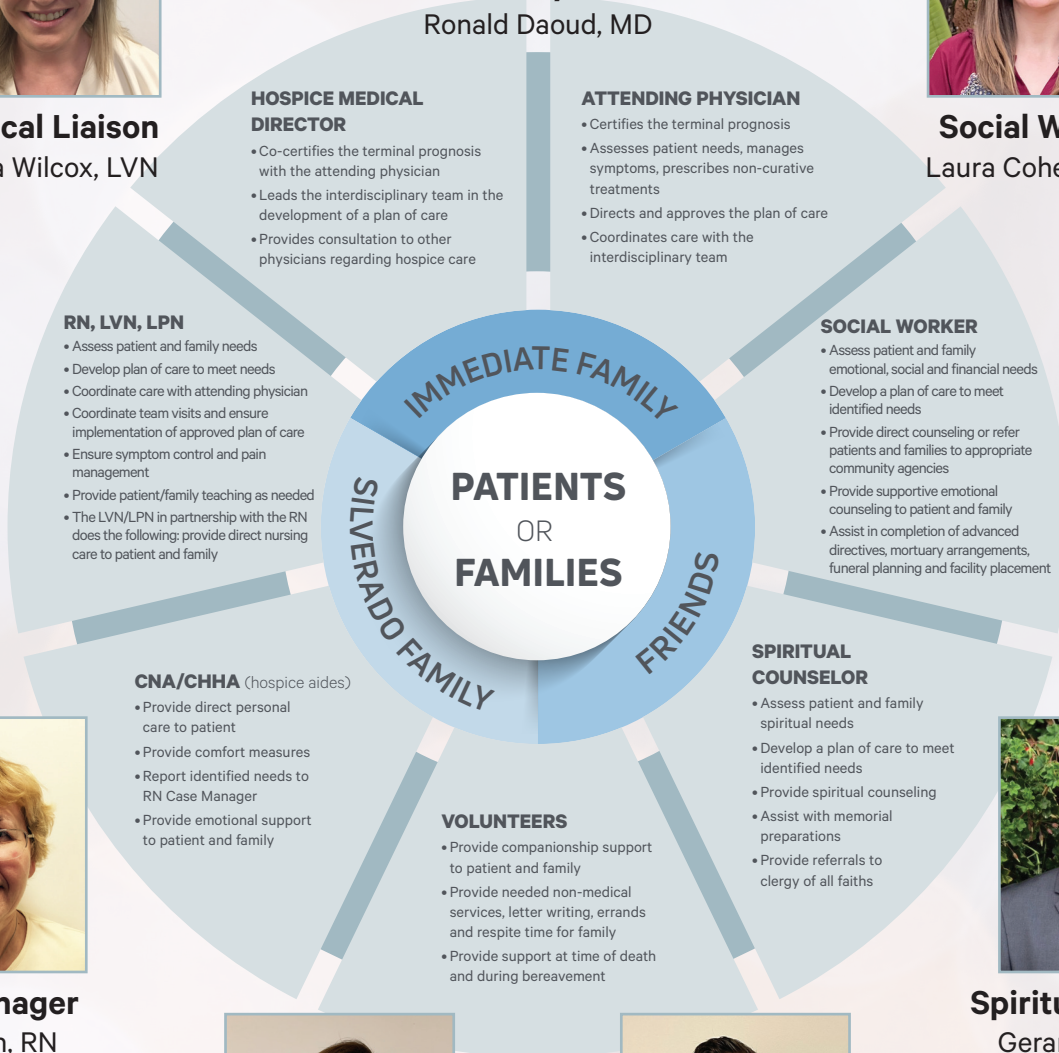
Clinical Liaison
Laura Wilcox, LVN



Team Physician
Ronald Daoud, MD



Social Worker
Laura Cohen, MSW



Case Manager
Irina Roth, RN



Spiritual Counselor
Gerardo Camarena



Certified Home Health Aide
Maria Mendoza



Volunteer
Josh Cunningham

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Wise Health Care Consumer Month

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

Health insurance in all can be confusing and navigating how to properly use it and avoid high health costs can be time consuming and stressful. One health observation in February is noted as “Wise Health Care Consumer” month. This was created by the American Journal of Preventative Medicine, which is a health publication that writes about the latest in the field of medical practice and also seeks to educate Americans about better health decisions with up-to-date information.

Health care decisions can range from preventative medicine which would involve taking yourself for regular check-ups to a physician’s office or deciding how your loved one will be cared for once a disease process starts to advance. Researching long term caregiving, hospice care, and learning what Medicare or Medi-Cal can help cover related to care, allows the individual to be educated and versed on the type of end-of-life care, knowing there are different options between companies, and the family learning they have many choices and options.

Visiting a physician regularly can reduce health care costs by avoiding emergency room visits, provides early diagnosis to preventative diseases, and teaches Americans how to take better care of themselves before it’s too late. Too many Americans will ignore symptoms or illness to avoid going to the doctor or forget what to tell the doctor during the appointment. It’s wise to prepare a list of questions, concerns, and medications before going to a check-up so you are informing your physician of everything to be able to consider proper treatment.

Make 2023 the year you start to prioritize your health and focusing on preventative medicine.

Source: National Today



Healthcare Dates of Recognition

AMD/ Low vision Awareness Month

American Heart Month

Wise Healthcare Consumer Month

Patient Recognition Week | Feb 1-7

Pride in Food Service Week | Feb 6-10

Peri-Anesthesia Nurse Week | Feb 6-12

Phlebotomist Recognition Week | Feb 13-17

Duchenne Muscular Dystrophy Awareness Week | Feb 13-19

Cardiovascular Professionals Week | Feb 14- 20

National Eating Disorder Awareness Week | Feb 23-Mar 1

Wear Red Day | Feb 3

National Women Physician Day | Feb 3

National Caregivers Day | Feb 17

Silverado Serves Homelessness

By Hannah Mira, MSW Candidate

When someone thinks of Southern California, images of pristine beaches, coastal living, and warm weather are often the first things to come to mind. However, an image that also might be seen is, an unwell, seemingly unhoused person. As of 2022, there were over 3,000 unhoused people in Orange County. The pandemic made it especially hard resulting with more unhoused people dying, between 2020 and 2021, than any other year in Orange County. Although there are many factors which contributed to the losses, one of the largest issues was medical inaccessibility.

Individuals “experiencing homelessness have a high burden of chronic and disabling illness. Once sick, they are less likely to receive appropriate care and have higher rates of mortality at an earlier age. For many of these individuals, their deaths occur in the hospitals or in the streets, and they have little opportunity to die

peacefully and painlessly in a place of their choosing”. For these homeless individuals, obtaining medical help can be a daunting and a difficult task. Many unhoused individuals do not have health insurance making it a challenge to obtain medication. Also, they often don’t have family support or reliable transportation. This results in visits to the emergency department as a source of medical aid.

Silverado Hospice practice is to give support, dignity, and compassion to those with a chronic illness or in need of end-of-life care. The hospice team serves the homeless population by collaborating with hospitals and community resources to find placement. If appropriate, hospice care is initiated and pain and symptom control, as well as psychosocial and spiritual support are provided. Silverado Hospice is committed to promoting life, at end-of-life for all.

Reference: <https://dhs.lacounty.gov/housing-for-health/programs>



Greeting Card Volunteers

Sharing their craft

Students at Junipero Serra Catholic School gather to serve their community in a variety of ways. This time they came together to illustrate and personalize holiday cards for our patients on service with Silverado Hospice. Our greeting card volunteers make a variety of themed cards through the year, such as Christmas, Valentines, Veteran's Day and Birthday cards!

The Silverado culture is a family and pet friendly one. It is such an important way for us to work, as we know it is beneficial for multi-generational community surrounding our patients and residents at Silverado. Having younger aged volunteers involved to serve and honor our elderly, Veterans and their families is a tremendous experience for both the children and patients. A great **BIG THANK YOU** to our volunteers who serve in a little way, that makes a huge difference.

If you are interested in volunteering with Silverado Hospice please contact Volunteer Manager, Valerie Lomeli, 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**