

## May Employee Highlight: Our wonderful team of Nurses

**May 6th - May 12th is National Nurses Week!**

At Silverado Hospice, the end-of-life journey is greatly influenced by the nurse in many roles. Nurses have a multivariate and robust skill set which can influence care of patients, families and caregivers through the end-of-life process and brings holistic nursing to the forefront. Throughout all stages of the hospice process nurses are an integrated part of the steps in a patient's life. The many roles of nurses can be labeled differently, but compassion, teaching and providing care is at the foundation of each title.

### Clinical Liaison

Our Clinical Liaisons are responsible for ensuring continuity of care for patients during the preadmission and admission phase. They work within facility environments, educate and communicate between team, families, and partners in the community

### Admissions Nurse (RN)

Our Admissions RN perform assessments of patient and admit patients onto service. This typically happens where the patient lives, in private or residential care homes. The Admissions Nurse plays an important role educating how to best care for patient's needs and work with the family to create an individualized plan of care.

### RN Case Manager

Our RNCMs work along with the core interdisciplinary team, including Physicians, Social Workers, Spiritual Care Counselors, Certified Home Health Aides, and Volunteers. RNCMs make frequent visits, providing support and comfort according to each individualized plan of care.

### LVN & RN Runners

Our Runners conduct routine visits, in addition to responding to urgent visit requests out of hours. They monitor and report patient's condition and provide guidance to patients and their support system/families.

## Awareness Dates to Remember

Better Hearing and Speech Month  
Employee Health and Fitness Month  
Healthy Vision Month  
National American Stroke Month  
National Osteoporosis Awareness & Prevention Month  
Older Americans Month  
National High Blood Pressure Education Month  
National Melanoma/Skin Cancer Awareness Month  
National Mental Health Month  
Arthritis Awareness Month

Hepatitis Awareness Month  
National Asthma and Allergy Awareness Month  
Preeclampsia Awareness Month  
Save Lives: Clean Your Hands Campaign | May 5  
World No Tobacco Day | May 31  
National Nurses Week | May 6 to May 12  
National Hospital Week | May 7 to May 13  
National Nursing Home Week | May 14 to May 20  
National Women's Health Week | May 14 to May 20

# NEWSLETTER

## Silverado's Memory Catcher Program

by Noemy Gallegos, MSW Candidate

### Memory Catchers

This unique program allows patients to tell their stories or lifelong memories. Thanks to technology, we can capture these moments on video, creating a CD/DVD, a memorial photo board, or a memory book that brings their families and friends joy and comfort.

Story-telling can promote healing and a sense of wholeness. Audio recordings also provide a living memory of the loved one's voice, which is often profoundly missed.

### The Power of a Memory Catcher

I had the privilege to facilitate and be part of this amazing Memory Catcher Program during my time with Silverado. I learned and heard stories from our patients during the initial visits. Each story is unique as it captures those fleeting moments, preserving the patient's whims and wonders in a treasury of memories their families may cherish for a lifetime. As I learned more about the patient and pieced their stories, I was inspired along the way for many reasons. Our memories are one of the only possessions we have that are unique to us, as everyone recalls a specific event differently. Remembering people, places, dates, and little details lets the people we love know that we value them in our life. Happy memories are an essential ingredient in present happiness. It was a heartening feeling to participate along with a memory-catcher candidate as they reviewed their life and shared those moments with me. We laughed, we got serious at times, but most importantly, we had fun!

For more information on Memory Catchers, please call (949) 240-7744 and ask to speak to the Regional Volunteer Manager, Valerie Lomeli



*Roses are red;  
Violets are blue;  
Memory Catchers  
always stay true.*

## Lavender Essential Oil

Essential oils, formerly known as aromatic oils, have been around for centuries and used by many cultures around the world. They are “highly concentrated natural extracts from leaves, flowers, and stem of plants” (Wilson, 2019) that are known to be used to heal those that are ill. Essential oils can be used in many ways: inhaled, in diffusers and humidifiers, sprayed or directly applied to the skin. It has been shown to promote healthy sleep, relieve headaches, alleviate pain, improve skin conditions, encourage healthy digestion, treat the common cold, etc.

With its many benefits, Silverado Hospice developed the Essential Oils Program as a way to safely and naturally help patients feel more relaxed and comforted. Lavender is the most popular scent when it comes to essential oils. It has been found to possess antimicrobial, preservative, anti-inflammatory, antinociceptive, and anxiolytic properties. Its property allows for “calming both emotions and physical concerns such as minor skin injuries, cramping, and sinus congestion” (Wilson, 2019).

Properties	Description
<b>Antimicrobial Property</b>	<ul style="list-style-type: none"> <li>• <i>Lavandula chronophilia</i> works against gram-negative bacteria with minimum inhibitory concentration (between 1%-4%)</li> <li>• Found to be effective against <i>Staphylococcus aureus</i>, <i>E. coli</i>, <i>Candida albicans</i>, <i>Aspergillus nidulans</i> &amp; <i>Trichophyton mentagrophytes</i></li> <li>• Works in solution and vapor form for fungi</li> <li>• Suppresses spore formation which inhibits germination and fungal growth (effective for geriatric or immune- compromised patients)</li> <li>• Can be combined with hydroxyapatite which elevates stability, protects from interactions, decreases volatility, enhances bioactivity, etc</li> </ul>
<b>Preservative Property</b>	<ul style="list-style-type: none"> <li>• Proven to preserve strawberries</li> <li>• May be used as a preservative in anesthetic solutions (in replacement to methylparaben)</li> </ul>
<b>Anti-Inflammatory Property</b>	<ul style="list-style-type: none"> <li>• Have been used in dermatitis and eczema</li> <li>• Due to a G protein-coupled receptor or interference system of one intracellular second messengers</li> <li>• Studies on animals show that lavender can reduce oral pain in rats</li> <li>• Similar to opioid which can solve problem of addiction with those drugs</li> </ul>
<b>Antinociceptive &amp; Anxiolytic Properties</b>	<ul style="list-style-type: none"> <li>• Plays a role in behavior therapy (mood, alertness, calmness, and anxiety)</li> <li>• Patients undergoing dental treatment have been shown to have a decrease in blood pressure when aromatherapy is used</li> <li>• Intranasal spray of lavender has shown to decrease salivary cortisol levels</li> </ul>



## Oil Diffuser Bracelets

by Valerie Lomeli, Regional Volunteer Manager

Oil Diffuser Bracelets are becoming a trendy way to use essential oils. These bracelets are hand made with different types of wooden beads, lava rock and glass beads. The wood and lava rock beads hold the oil, while the glass beads are more colorful and decorative. The benefits of lava rock and wood beads are, that they can source aromatherapy, by holding the essential oil.

Many oils can be incredibly impactful to wear throughout your day. If you are in need for a soothing aroma to calm you; or an oil that is invigorating and energizing to give you that end of day boost! Diffusing bracelets are a fashionable way to have a pleasant scent with you for the day, as well as a nice way to accessorize.

### How to use an oil diffuser bracelet:

- Select the bracelet you wish to wear
- Choose the therapeutic grade oil you would benefit from that day
- Apply oil to your diffuser bracelet and let oil dry a couple of minutes before placing on your wrist
- Wear bracelet
- You may wash bracelet with lukewarm water and gentle scent free soap to reset the oil scent



For more information on essential oils, contact Valerie Lomeli, Regional Volunteer Manager at (888) 328-5660

*References for Lavender Essential Oil: Hugar, S. M., Gokhale, N. S., Uppin, C., Kajjari, S., Meharwade, P., & Joshi, R. (2022, June 30). The Effects of Lavender Essential Oil and its Clinical Implications in Dentistry: A Review. International Journal of Clinical Pediatric Dentistry; Jaypee Brothers Medical Publishing. <https://doi.org/10.5005/jp-journals-10005-2378> Rd, H. W. (2019, September 30). What Are Essential Oils, and Do They Work? Healthline. <https://www.healthline.com/nutrition/what-are-essential-oils#benefits>*

## CONTACT US

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