

The Gift of Music During Hospice

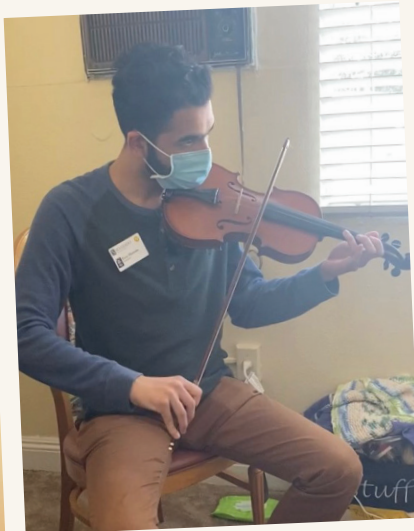
by **Gayle Heuser, MA, MM, SD**

A 2018 study published by the American Journal of Hospice and Palliative Medicine entitled “Music Intervention as a Tool in Improving Patient Experience in Palliative Care,” suggests that people in hospice feel better emotionally and physically when they listen to live music. Those in the study who listened to music reported less pain, anxiety, nausea, shortness of breath and feelings of depression. Listeners stated that there was an increase of their sense of well-being after listening. The study was based on the effects of live music. However, if live music is not available, an iPhone or digital music player may also suffice. In this study, the listeners requested particular songs or genres of music. Other studies do show that the best effect of listening to music is when patients choose (or families advise about) the playlist.

At Silverado Hospice we provide interventions of care that include music. Each Silverado Senior Living Memory Care Community offers live music

on a regular basis. Our hospice teams, especially chaplains and social workers, use the wonderful, grace-filled element of music to assure connection and meaning making. In my own interactions with people as a chaplain, I bring my singing voice and harp playing to further invite communication, expression and meaning. I choose music that the person most enjoys and look to family input for favorite types of music. For some, it may be music for an opera lover. For others it is popular music from a decade in their younger years.

Music stimulates various parts of the brain that control emotion, rhythm, melody, harmony, and lyrics. Often people who have difficulty talking can sing along. The wonderful gift of music can be of help to many. If you have a loved one who may benefit from engagement with music, please let your care team know. We will be happy to offer that type of support!



Essential Oil of the Month

Jasmine Oil

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 skill allergy skin 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.

It's delicate and dainty. It thrives in warmer climates. It possesses a unique tropical smell. Its pretty tropical blossoms attract bees. It's often white, but can be yellow or cream. It can be found in teas to candles to soaps to lotions. Can you guess what flower it is? It's loaded with antioxidants that protect the cells and body from radical damage. It can also help control blood sugar levels, heart health, and oral health. It's abundance in polyphenols prevents the oxidation of LDL cholesterol which plays a role in heart disease. The oxidation of LDL cholesterol can stick to artery walls and form plaques which clog or narrow blood vessels. An abundance of catechins can also be found in this plant extract which kills plaque-forming bacteria which prevents tooth decay and cavities. When in tea, it can help speed up metabolism which aids in weight loss, boost brain function, and reduce the risk of Alzheimer's and Parkinson's disease. It's perfect for anyone looking for powerful health benefits. This scent is Jasmine.

References Gilmour. (n.d.). Growing and Caring for Fragrant Jasmine Flowers. Retrieved April 23, 2023, from <https://gilmour.com/jasmine-care> Rd, R. R. M. (2019, April 3). 9 Reasons Why Jasmine Tea Is Good for You. Healthline. <https://www.healthline.com/>

Awareness Dates to Remember

Childhood Cancer Awareness Month

Gynecologic Cancer Awareness Month

Leukemia and Lymphoma Awareness Month

National Cholesterol Education Month

National Infant Mortality Awareness Month

National Recovery Month

National Sickle Cell Disease Awareness Month

Pain Awareness Month

Prostate Cancer Awareness Month

Pulmonary Fibrosis Awareness Month

Sepsis Awareness Month

Thyroid Cancer Awareness Month

Vascular Nurses Week – Sept. 3 -9

National Assisted Living Week – Sept. 10 – 16

Nursing Professional Development Week – Sept. 10 -16

Neonatal Nurses Week – Sept. 11 – 17

National Surgical Technologists Week – Sept. 17 – 23

World Physical Therapy Day – Sept. 8

World Alzheimer's Day – Sept. 21

World Pharmacist Day – Sept. 25

World Heart Day – Sept. 29



World Alzheimer's Day

September 21, 2023

by Natalie Davin, RN, BSN, Partner in the Community

On September 21st this year we will reflect on World Alzheimer's Day. It is a disease that affects around 50 million people globally and is the 6th leading cause of death in the United States. Sadly, it cannot be cured, slowed or prevented. Life expectancy is 4-8 years after diagnosis however some people live with the disease for up to 20 years.

Alzheimer's disease presents with a gradual decline in memory, thinking and reasoning skills and symptoms progressively worsen. Early signs can include memory loss, misplacing items, forgetting things, and repeating themselves for example.

Middle symptoms can include delusions, aphasia (language or speech problems), sleep disturbance, mood swings and impulsive behavior. Later stages include debilitation such as immobility, weight loss, loss of speech, inability to feed self and significant memory problems.

As with many diseases, significant advances are being made in promising new treatments and many drugs are available to help patients living

with Alzheimer's disease. It is important that all options are fully discussed with medical providers as some or all may not be appropriate for individual circumstances.

Being a caregiver for a person with Alzheimer's disease can be challenging and rewarding. It is important that if you care for someone with the disease that you make time for yourself and seek support when needed. Many people with Alzheimer's, if they remain in their home, will need private caregiving and this can alleviate some of the burden on family and loved ones. There are facilities that can also provide expertise in memory care for patients with dementia and Alzheimer's and there may be a time that placement is in the best interests of patients and families alike.

Be sure to use your local resources including support groups and look for social work support. Many healthcare providers are now very equipped to help guide caregivers so don't hesitate to reach out to a health professional.



Team Highlights



Jacqueline Rios

Volunteer of the Month

Jaqueline, is a dedicated hospice volunteer, she has been serving hospice since 2018. Jaqueline joined Silverado September 2022. Jaqueline, has been visiting her patient for several months. They have become friends, during their visits they watch cooking shows, fold blankets and catch up on their days since their last visits. When Jaqueline learned that her patient was going to move to another city/ county, she agreed to continue to visiting her patient in her new community. Thank you Jaqueline!



Martie Hatcher

Employee of the Month

No matter the challenge Martie has always shown up willing to help our patients/families in need and does it with a smile on her face and love in her heart. She has excellent rapport with the facilities she works with and her hard work and dedication to the the Silverado team is appreciated beyond words. Thank you Martie for all that you do..

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**