

Silverado Hospice Newsletter

Silverado Hospice Los Angeles

Author: Charis Andrade & Juliet Laschiazza

Mental Health Matters

It's Mental Health Awareness Month! During October, we should recognize the importance of prioritizing our mental well-being and how this dilemma greatly affects many people. While it's evident that there are many reasons that contribute to cognitive health problems, the takeaway is that poor mental health hinders our ability to conduct our lives in a proper manner. A healthy mind allows up to cope with stress, handle daily activities, establish ideal relationships, enhance productivity etc. The opposite can cause problems that serve both our physical and mental well-being. If you realize your mental health is declining, remember, don't be afraid to ask for assistance. Bear in mind that experiencing these issues are not shameful. We all want to be our best selves and live life to the fullest. Stay strong and positive no matter the cause!

IN THIS ISSUE

- Mental Health - 1
- Breast Cancer Awareness - 2
- Walk to End Alzheimer's- 3
- Spotlight On! - 4

STAY CONNECTED!

(888) 328-6622

(818) 848-4048



Visit us on the Web

[Los Angeles Hospice](#)
[| Silverado Hospice](#)



“MENTAL HEALTH AFFECTS EVERY ASPECT OF YOUR LIFE. IT'S NOT JUST THIS NEAT LITTLE ISSUE YOU CAN PUT INTO A BOX.”
- SHANNON PURSER





“HAVING HAD CANCER, ONE IMPORTANT THING TO KNOW IS YOU’RE STILL THE SAME PERSON AT THE END. YOU’RE STRIPPED DOWN TO NEAR-ZERO. BUT MOST PEOPLE COME OUT THE OTHER END FEELING MORE LIKE THEMSELVES THAN EVER BEFORE.”
— KYLIE MINOGUE



Let's focus on the thriving and not just surviving.

“P” is Not Just for Pink

This month you will see a lot of pink. While breast cancer is the second leading cause of cancer death in women, and over 42,000 lives are lost each year, the other colors of the rainbow that represent every other cancer, continue to be visible in lives lost. “P” may stand for Pink, but Silverado also thinks it stands for some other important things for a terminal cancer patient:

P is for Patient Care

- Silverado is dedicated to the highest level of patient and family support for cancer patients, from the patient’s physical and clinical needs, to spiritual and social needs and family support, ensuring the patient is cared for mind, body and spirit

P is for Palliative Care

- Contracted palliative programs for patients still receiving treatment

P is for Pain Management

- Essential oils • CADD pump • Airvo • Continuous care when needed

P is for Preserving Dignity

- Incontinence supplies provided and Home Health Aides available as often as necessary for bathing and assisting with toileting

P is for Preventing Unnecessary Hospital Visits

- 24/7 nursing availability • A Silverado associate will follow any patient that makes a trip to the ER, to hopefully avoid an admission and help get patient back home

P is for Patient’s Wishes

- Go Wish – Silverado can grant last wishes to those patients that have something special on their “bucket list”
- Staying Home – Many cancer patients want to spend their remaining days in their homes, surrounded by loved ones, and Silverado provides the care and support that allows our patients to do so
 - We support the End of Life Option Act

P is for Protecting Patients and Families

- During this time of Covid, it is even more important that our staff is properly equipped to protect the patients and families that they are caring for. Silverado is fully equipped to ensure that all of our staff have ample PPE to prevent the spread of infection to our compromised patients

P is for a Peaceful and Pain free End of Life Journey

2023 Walk To End Alzheimer's

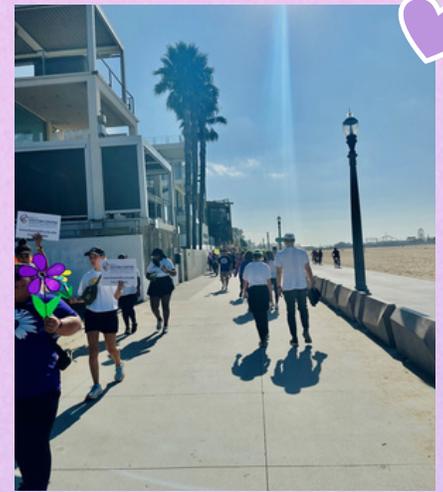
Loren Shook, founder and CEO of Silverado Hospice, has been managing a transformative industry and community around the idea of his ideals of patient care specifically dealing with memory impairment and spiritual well-being.

"The staff at Silverado knows that the human spirit glows until we take our last breath. While memory-impairment erodes the spirit's ability to express itself through what is considered normal words and actions, it doesn't mean the spirit is not present; it still shines, but 'speaks' differently. By devoting time, effort, and love to accepting the memory impaired as they are and by discovering new ways to communicate, we can build new relationships with them. It's like learning a new language.

This is the vision of Silverado.

We all have a need to love and be loved; a need to be understood and appreciated, to surge through the day with purpose. A need to enjoy simple pleasures: to bask in the warmth of sunshine and to connect with animals, children, and flowers. These needs never change, regardless of the effects of memory disorders." - *New Possibilities in Memory Care The Silverado*
Story by Loren Shook & Stephen Winner

The Los Angeles Hospice team participated in the 2023 Walk to End Alzheimer's, they were proud and thankful to help bring not only Loren's goal to life, but also the global need to end Alzheimer's with every step they took.



In this picture you will find:
Pictured (left to right):
Regional Volunteer Manager, Juliet
Volunteer, Cassie
Volunteer, Arthur
Administrator, Suzanne

"I AM SEEKING, I AM NOT LOST, I AM FORGETFUL, I AM NOT GONE."

-Koenig Coste

Spotlight On!

Meet two of our wonderful employees who were recognized as employees of the month in OCTOBER!

Meet Diana, NP/RN



“Diana is an amazing nurse. She truly loves her job and genuinely cares about her patients. We are incredibly fortunate to have her on our team. I've never met anyone more dedicated to her craft than her.”

Meet Oscar, Spiritual Counselor



Patient’s daughter stated ‘Oscar was meant to do the job he is in. He is such a blessing to our family’.

Let us know how we're doing!

Leave us a review, click the icons to get started!

Like us on Facebook!



Review us on YELP!



Silverado Hospice
Los Angeles

Your feedback is important to us. If you have a concern, please contact our Administrator, Suzanne Henthorn, at (888) 328-6622

