



Honoring Our Veterans

by **Brandon Hampton, MSW Candidate**

Americans observe Veterans Day each year on November 11th to honor U.S. veterans and victims of all wars. For many people, it's an opportunity to pay respect for those men and women who have sacrificed their lives to protect our country and democracy. However, in order to fully appreciate or understand Veterans Day, one must also understand the significance of Memorial Day. Often times, these two federal holidays can be confused, or thought of as the same holiday. There are some critical differences between these two holidays. Memorial Day commemorates U.S. military personnels who died while serving in the United States Armed Forces. While Veterans Day provides an opportunity to celebrate the men and women in the United States Armed Forces who have honorably served and then transitioned or retired from the service. This distinction can be remembered best by the popular military expression, "All gave some, but some gave all."

One of the ways that we can honor veterans is by being aware of their presence in our everyday lives. Many of our friends, family members, colleagues



and neighbors have served honorably in our nation's armed services. Veterans are unique in that many are extremely proud of their service but lead with a quiet strength and humility. This means, that there will be no boasting or fan fair on the part of many former service members. So be intentional about seeking out those men and women and expressing your feelings of gratitude. Be tactically curious and inquisitive about their service. For many veterans, their time of service are some of the best years of their lives, so kindly ask them to share some of their best stories with you. You may find yourself blown away by some of the stories they do tell. For US. Navy veterans, often times their sea stories are filled with low level mischief, foreign countries and extraordinary lengths to avoid trouble and make curfew. It is nearly impossible to tell a good sea story without smiling and having feelings of nostalgia. So, honoring a veteran is to allow him or her to tell the story of their service on their own terms, in their own way and in their own language.

If able, spend time as a volunteer for your local hospice that participates in a Veteran program, such as We Honor Veterans, in many instances...



Story continued on back page →

NEWSLETTER

How Can Spirituality Bring Comfort At End Of Life?

by Gerardo Camarena BA, MAT, Spiritual Counselor

Spirituality can have many different meanings. For some it is directly related to a personal belief in a specific faith tradition, for others it is the belief that there is something greater than oneself. As clinical chaplains we are encouraged to think of spirituality as something outside of ourselves that gives meaning or purpose to life. In my many years of church ministry and clinical work, I have experienced both. As a pastor I have beliefs that are rooted in the Christian faith tradition that forms my understanding of life and death and as a clinical chaplain my spirituality allows me to welcome and value various traditions, faiths and beliefs.

As I work with patients who find themselves at the end of life, my challenge and goal is to stir that “thing” within each one of them that fosters a sense of peace and comfort. As a chaplain, I encounter

people who are minimally connected to their faith tradition, as well as those who are devout believers and some who have no idea of what they believe except that there is something “out there” that is bigger than them. But the thing in common that they all have is a belief that there is something beyond and that the life and the loved ones they leave behind meant something, there was purpose. I have found that when nearing end of life what really matters to my patients is a sensed need to know that they lived their life well. Their life was meaningful, and it fulfilled a purpose. They touched lives. And as they prepare to enter into a new and different life after death, their spirituality prepared them for it. Spirituality can offer a sense of peace because it leads us to an understanding that the life we lived, meant something.

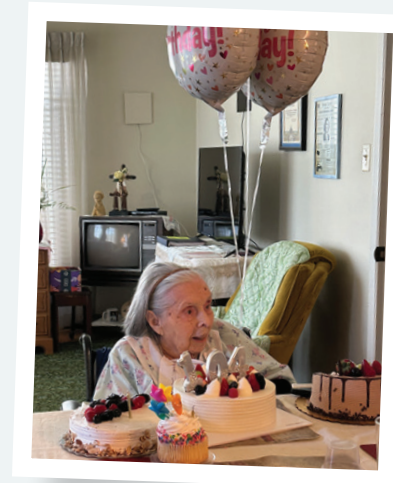
Silver Story

Celebrating 104 years!

A very special birthday celebration was given for one of our incredible patients under care this month. The family of Ms. Frances kindly invited our MSW Intern, Kristina Diaz, who serves as part of our volunteer program. Kristina was also accompanied by our community liaison, Joey Cerpa who delivered a floral arrangement hand made by our Petals for Patients volunteers, along with a birthday cake.

Ms. Frances was a teacher at Southgate High School for many years. She received her Bachelor's at Duquesne University in Pittsburgh, Pennsylvania. Ms. Frances advanced her education at Pittsburgh University receiving a Master's in Business. Frances taught an Office Practice course educating students keyboard and shorthand. Other lessons included accounting, balancing a check book and skills needed for the office. Today She enjoys talking to her volunteer, and MSW intern, Kristina, about grad school and reminiscing about life back in Pittsburgh.

Happy Birthday Ms. Frances!



Pancreatic Cancer Awareness Month

by **Natalie Davin, RN, BSN, Community Partner**

Pancreatic cancer is the 10th most common type of cancer diagnosis in the United States. More than 64,000 people will be diagnosed in 2023. The pancreas is a gland within our abdomen which helps the bodies digestion and makes hormones to control our blood sugars. When the cells in the pancreas grow and divide out of control, they can form a tumor. Some tumors are benign which means they cannot grow into other parts of the body, but others can be malignant which means they can grow out of control and spread to other body parts. There are two different parts of pancreatic cancer and it's important for healthcare providers to know which cells are affected for optimal treatment. It's not clear what causes pancreatic cancer, but it can be inherited from your parents or happen without any known links. Only about 10% are considered hereditary. If a family member

Reference: <https://www.mayoclinic.org/>

has been or is affected by pancreatic cancer it is helpful for them to have genetic testing for known inherited mutations as this can help the next generation. Pancreatic cancer symptoms are often vague and unexplained and can include weight loss, nausea, low appetite, pancreatitis, jaundice (yellow skin/eyes) and pain in abdomen or back. If you are experiencing any of these symptoms, you are encouraged to speak with your primary care physician. If they believe you are at risk of pancreatic cancer, they can request further tests including MRI, CT scan or ultrasound. Usual treatments include chemotherapy, radiation, and surgery. There are many clinical trials and these are recommended while more about the disease is learned. The hope is that as early detection studies continue we will learn more about the disease and be able to identify it sooner.

Awareness Dates to Remember

National Diabetes Education Week | Nov 5-11
National Radiologic Technology Week | Nov 5-11
National Nurse Practitioner Week | Nov 12-18
Gastroesophageal Reflux Disease (GERD) Awareness Week | Nov 19-25
National Diabetes Heart Connection Day | Nov 9
World Pneumonia Day | Nov 12
World Diabetes Day | Nov 14
World Prematurity Day | Nov 17
Great American Smoke Out
National Family Health History Day | Nov 23

National Hospice and Palliative Care Month
National Alzheimer's Disease Awareness Month
American Diabetes Month
Bladder Health Month
COPD Awareness Month
Diabetic Eye Disease Month
Lung Cancer Awareness Month
National Epilepsy Awareness Month
National Family Caregivers Month
National Healthy Skin Month
National Pancreatic Cancer Awareness Month

Honoring Our Veterans continued

this is a terrific place doing exceptional work with even more exceptional veterans. Many VA hospitals would love to host volunteers who are looking to get involved in serving the veterans there. So, contact the local VA center and ask what events they are planning for Veterans Day and how you and someone you know can contribute.

Lastly, we can honor veterans by being sensitive to the fact that the scars of our nation's wars are not all visible to the naked eye. While many battle scars are physical in nature, many more of them, for an increasingly growing number of our veterans, are emotional and or psychological in nature. We can help to honor our nation's veterans by joining in collaboration with veterans on advocacy, policies, and initiatives which advance the care and rights of the men and women who have sacrificed their lives in serving our country.

Employee of the Month

Leah Kushman is one of a kind.

She is so empathetic to her patients and peers. She is always looking at what is best for her patients and is the definition of an advocate. To say she is a hard worker would be an understatement as she prides herself in proper representation for Silverado and for herself personally.

Love is Greater Than Fear reflects her approach in her care as she skillfully navigates relationships within our communities. Not once has she been unable to complete a task or decline a patient due to the nature of their personalities or level of care. She maintains professionalism in the most graceful way, and we are so proud to have her on our team.



Leah Kushman

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**