

Silverado Hospice Los Angeles Silverado Hospice Newsletter

Author: Juliet Laschiazza

Silverado Hospice Volunteers Share Love on Valentine's Day

A note or gift from a friend can go a long way when you're not feeling your best, especially around the holidays. Silverado Hospice LA believes Valentine's Day would be the perfect time to show an outpouring of love to their patients who are often near the end of their lives. Our AMAZING group of volunteers donated 140 Valentine's Day gift bags. The gift bags were delivered to patients by volunteers and Silverado staff members. A huge THANK YOU to Janeatte, Iqra, Paige, Cynthia, Kimberly, Trang, Chelsea & her coworkers, Rose & her amazing students at STAR Academy, Vanessa, and the entire team at Aerotek who donated Valentine's Day gift bags and cards. Our patients had nothing but great things to say about the gifts.

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"This card brought a smile to my dad's face on
Valentine's Day, thank you Silverado!"

-Yelp review



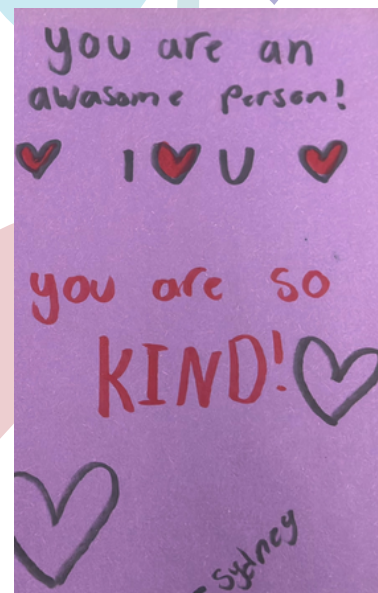


Was able to distribute the lovely gifts to 3 of our residents, each of them were overwhelmed with joy and very grateful. It was nice to see this kind gesture bring joy to their faces and big smiles. -Charlotte, RN



"She was smiling from ear to ear and said 'I would have never known it was Valentine's Day if it wasn't for you.'"

-Juliet, Volunteer Manager



"She said 'Awww this is so cute, so thoughtful.'"

-Kathryn MSW



"Got a text from the daughter 'Thank you so much for thinking of my mom on Valentine's Day <3'"

-Isabella, RN





7 Tips for Valentine's Day After Loss



The thought of never again receiving a Valentine's Day card from my husband was heartbreaking. It was only ten weeks since he had died, and I was still raw with grief. The very thought of Valentine's Day just made me want to run away and hide.

Now, many years on, and it is all quite different. What I've discovered is that there are some things to pay attention to that really help and I've listed them below. So if you are on your own, whether by choice or not, here are some suggestions to help you navigate Valentine's Day.

Designate it a day of self-love

Decide that on the hour, every hour, you will remind yourself of how wonderful you are. Set your phone with a message that will pop up to affirm your beauty, your courage, your general gorgeousness. Give yourself a gift

This could be the same kind of gift you have received in the past, or something completely different. It may cost a lot, or nothing at all, the amount simply does not matter. The love with which it is given to yourself does, so make sure it is something (or an experience) that you really will cherish.

Take yourself off into nature

Walking in the woods, by the sea, in the sand, or the water – all of these have healing properties simply by you being there. Let yourself open to the timeless wisdom of nature, let yourself open to the love that is expressed in the varying forms in the natural world. Go slow and appreciate your surroundings.

Choose to be with family and/or friends

Remind yourself that you are loved by these people. Make Valentine's Day a day to celebrate ALL love between all people, not just romantic love.

Be creative

Let your inner child out to play with colors, shapes, glue, stickers, paper – whatever takes your fancy.

Without deciding what you're going to make, see what emerges. Let go and have fun!

Do something completely different

Make this day a day where you demonstrate love in a different way – either towards yourself or towards another. Forget about cards, romantic meals for two, focusing on the form – think instead of wacky experiences, unusual gifts (to yourself!) and letting joy be present.

Be kind to yourself

More than anything, whatever action (or non-action) you take, bring kindness to bear. Give to someone else – that can be one of the greatest acts of kindness to them, as well as to yourself.

Finally, make sure you put on your rose-tinted glasses first thing in the morning. See everyone and everything around you through these, and you will find it much easier to focus on what you have got, rather than what you haven't. The world looks wonderful through these glasses, I know because I look out through them all the time.

Meet three of our wonderful employees who were recognized as employees of the month in February!

Spotlight On!

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how we're
doing!**

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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

**Meet Diane,
Social Worker**



“Diane is a loving and
supportive MSW. She has a
great heart ♥ for her
patients, always on top of
everything and a team
player.”

“Kathryn is a wealth of
information when it comes to
patients and families. She knows
what's going on with them at any
given point in time. I appreciate
her dedication and passion to
serve and help them.”

**Meet Kathryn,
Social Worker**



**Meet Therese,
RN Case Manager**



Therese has so much
attention to detail and
work efficiency. She is also
great at educating non
hospice nursing colleagues
on hospice philosophy.

