

# Silverado Hospice Los Angeles

## Silverado Hospice Newsletter

# 2025

## So What Does a New Year Mean?

by Pat Schwiebert, R.N.

When we are grieving, our tendency is to stand at the threshold of a new year looking back rather than forward. We fear that to walk through the door into a new year means leaving our lost loved one behind. To move on seems like an act of betrayal or abandonment of the one we love. There may also be a fear of forgetting, or a fear of letting go. We experience contradiction; we want to feel better but at what cost?

Remember, January 1st is just another day. It has no meaning or power except the meaning we chose to give to it. Acknowledging our special needs as grieving persons, we can choose to make softer resolutions for the new year. Why not frame the new year's resolutions in terms of hope for a gentler year; for gaining control of your emotions, for a better understanding of the grief process and

Add a little what we can learn about ourselves as we journey through it? Why not resolve to enter into a future that can be good, even though it lacks all that we might desire, and offers a hope that we will be at peace with sorrow and enjoy life even though we grieve.

We've learned a lot this past year. We have experienced personal grief. We know we are not the only ones who grieve, though sometimes we've felt all alone. And we still survive, even though at times we question if the struggle was worth it. We have tasted the bitterness of loss but have not allowed it to destroy us. And together we will rise out of the ashes of grief and say yes to life. None of us can do it alone. We need each other to lean on and celebrate our newness.

Our hope for those in the throes of fresh grief is that someday your days will again bring your more joy, more music, more laughter, more gratitude, more friends, more surprises, and more memories.

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## A LITTLE REMINDER

With our busy and complicated life, many of us forget to put ourselves first. We always teach and preach to others about self-care, but for sure many of us do not follow the same teaching.

Let's remind ourselves to never put ourselves last, because it's helps us become a more efficient and productive person.



**“Put yourself at the top of your to-do list every single day and the rest will fall into place.”**

## A Family Member Shared A Review On Yelp About Their Experience With Us

My family's experience with Silverado's care for our dear departed mother has been superb. She had been under the care of other hospice companies who were out of touch with what was happening with my mother and only provided a minimum of care. That previous hospice company had a doctor that kept signing papers for medicare stating that she needed hospice when she did not, that company was only in it for the money. Having no previous experience with hospice care, I thought that they were doing a good job...until we contacted Silverado Hospice.

When mom's condition deteriorated and she really did need hospice care we were referred to Silverado Hospice Care. From the very beginning the difference was like night and day. They immediately had all the necessary medical equipment in place for my mom's needs. Silverado had nurses, social workers and companions that were kind loving, caring and very compassionate, not only to my mother but also to the whole family. I received regular phone and text updates regarding my mothers physical and mental health. They provided prompt replies to any questions that we had.

As my mother's condition worsened to end of life Silverado went above and beyond to do everything possible to provide comfort and care to my mother including a social worker and volunteer that were at my mother's bedside, playing soft music and holding her hand when she passed away at the age of 99 years. After mom's passing Silverado's care for the family has not diminished. I have received a sympathy card signed by my mom's care team, phone calls to discuss any problems the grieving family members may have been experiencing and very helpful documents offering emotional support.

From the very beginning Silverado has been a blessing. They have been an angel on our shoulder throughout all of the difficult times. Thank You so very much! -Bob C.

***If you would like to leave a Yelp review,  
please visit [Silverado Hospice Los Angeles - Yelp](#)***





# Hospice Volunteers Share their Experiences

The gifts of time, love and compassion shared by our volunteers is a blessing to the patients and families they serve. Following you'll find some of the special, moving experiences they've shared...

*"Patient* said that his leg feels better today. Thanks to his Social Worker, he is looking forward to finding an IHSS worker to help him around the house. He said he managed to clean out his house and pack to move to his new apartment but can't continue to do so on his own. *Patient* and I had a two-hour conversation about crazy neighbors, his millionaire sister, military rankings, and cranky old people.

*Patient* told me hilarious stories about his psychotic neighbors and their various quirks. Over time, he has learned about their personalities and knows how to interact with them. There were many instances when *patient* had to play the cranky old guy and tell his neighbors to get off his lawn (or in his case, to stop cutting his cable wires). I teased *patient* about becoming that old guy (even though he's quite the opposite) and we had a good laugh about it. In serious, I told him that he is jolly given the medical conditions he has and everything he's been through.

*Patient* said that joking with me and making me laugh helps him deal with his own pain. He'd rather share moments of joy with me than complain about pain (which he could complain about all day). He's able to avoid becoming cranky old guy by "staying chill" and not worrying about his problems. *Patient* admitted that he's a little scared about death and how long he has left to live. He said he has a lot to be grateful for. Despite his numerous health obstacles, he's able to stay caring and joyful, which is a testament to his strength. I guess this makes him the opposite of the cranky old guy that yells at his neighbors. *Patient* is the old guy that makes me laugh and gives me unprompted girl advice." David H.

"*Patient* and I had a lengthy 2-hr conversation that was made up of his experience in the Marines & what he learned, his relationship with his siblings, his hobbies, his childhood, and his view on death. After only 2 visits, I can gather that *patient* is a very resilient man (so resilient that his family calls him a 'cockroach' HAHA). What amazed me from our convo was *patient's* ability to tolerate pain. Despite his left leg being fractured, his varicose veins, his liver, and his occasional 'bleeding out', *patient* just 'deals with it' all and perseveres. *Patient* inspires me because he shoulders the weight of his guilt from the marines and his declining health on his own yet is still able to laugh about his experiences. Our convo about Palliative care was very meaningful. *Patient* said was that he has no regrets when he dies because he learned from the mistakes of his past. I am very thankful to be able to talk with *patient*. He inspires me to become a doctor that actively listens to patients and that builds rapport through conversation. Maybe we have too much conversation though, as *patient* jokingly asked if I was writing a thesis on him (haha)." -David H.

**"The joy in hospice volunteering comes from opening my heart to vulnerability and the burden of worry, sorrow or pain and transforming that energy back into a nurturing, quiet and gentle presence."**



For more information on volunteering with Silverado Hospice, please email [jlaschiazza@silverado.com](mailto:jlaschiazza@silverado.com)