

Silverado Hospice Los Angeles

Silverado Hospice Newsletter

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From Bucket List to a Boat Ride

One of our patients had a special bucket list wish—to ride out to the ocean on a boat. With his birthday right around the corner, the timing couldn't have been more perfect. The patient's RN Case Manager, Therese, and Social Worker, Karina, reached out to our Volunteer Manager, Juliet, to see if there was anything we could do to help make this dream come true. Juliet quickly contacted our incredible team of volunteers, and together they made it happen.

Bethony, the wife of our dedicated volunteer David, knew Captain Jerry and reached out to him to arrange the boat ride. Our amazing volunteers—Lissett, Ruth, and Teresa—generously donated funds to cover the cost.

On the day of the ride, Juliet surprised the patient with snacks, a birthday cake, and a thoughtful touch from Jaimie, our Director of Patient Care Services, who provided a sailor's hat to complete the experience.

The patient and his close friend were overwhelmed with gratitude. He said, "Words cannot express how grateful I am for this."

At Silverado Hospice, our goal is to make dreams come true—and this wouldn't have been possible without the compassion and generosity of our volunteers and the support of Captain Jerry.

A heartfelt thank you to everyone who helped make this wish a reality.

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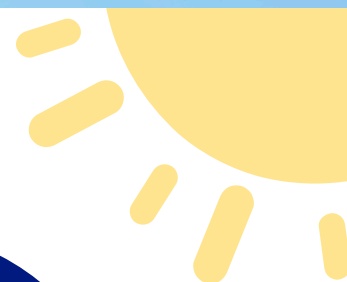
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Restlessness & Agitation



Your hospice team can help identify the causes and treat them accordingly. If restlessness is untreatable, the next best thing is to calm the individual and keep them safe. Holding their hand and speaking with a calm, reassuring voice can help a lot. You can try playing soothing music, reading books, or prayers for them. Seeing a loved one become agitated can be a devastating experience. Remember to take moments for yourself, breathe and recharge yourself often. Ask for help from friends and family to cope with stress. You can also count on the Silverado Hospice Team for guidance.

Conversations to Have With Your Hospice Team



Confidence in Administering Medication

As your loved one's condition continues to progress, we would like to remind you that we are ALWAYS available to provide you with supportive care. We understand that it may not be easy to assess pain and administer medications. Have you experienced anxiety, depression, and/or physical symptoms related to the administration of medication? These feelings are normal, and we can help. Let your hospice team know about these feelings.



Non-Verbal Signs of Pain

An important thing to remember is that your loved one's condition may limit verbal communication. Examine your loved one's body for the following non-verbal signs of pain, which may include:

- Face: Wincing, Grimacing, Frowning, Clenching Jaw
- Legs: Kicking, Tense, Drawing Legs up
- Sounds: Moaning, Whimpering, Groaning, Crying
- Movements: Constant Shifting, Squirming, Restlessness, Agitation, Holding an Area where it may be painful, Flinching when touched

The best way to assess how effective medications and comfort measures are is to keep a record. This record can be a simple table drawn on paper or a note on your phone that says when and what type of medication/comfort measure was given and the patient's response. We encourage you to speak with your hospice team to help you identify these signs and help you find pain solutions. We are available any time of day, including weekends and holidays.

Source: [How to Recognize and Assess Pain](#)

Daily Reflection

I couldn't bear to accept my dad's diagnosis, and I spent a large part of my time researching his cancer and its treatments. After a few months, Dad reminded me that he needed me, his son, not some treatment I might find. I learned that sometimes the most meaningful gift you can give is acceptance. When you stop yourself from pulling away and let the dying time be part of life and function of your relationship with the other person, you're saying: "You're still among us, one of us. We'll be in this together until the end. I promise you that." Your willingness to listen from the heart gives value to the person inside the failing body. It helps both of you shift your focus from what's the matter with them to what matters to them, what's right for them now.

Spotlight On!

Meet our wonderful employee who was recognized as employee of the month in May!



Meet Susan, RN

Susan was selected by her peers through voting. Her Peers said things like “Susan is truly a professional with a caring heart! She's so well organized, patients and families love her, and we love her! She has a sense of humor that can brighten any room. So happy to work with her here at Silverado.”

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how we're
doing!**

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