

Silverado Hospice Los Angeles

Silverado Hospice Newsletter

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JULY IS SOCIAL WELLNESS MONTH

A time to encourage individuals to build healthy relationships and enhance their overall well-being. Social connections play a vital role in improving mental health, boosting self-esteem, and increasing emotional resilience.

This month highlights the importance of social support, which can help manage stress and improve quality of life. Engaging in social activities and forming meaningful relationships positively influences both mental and physical health.

There are many ways to participate:

- Attend local events or gatherings that encourage social interaction.
- Volunteer in your community or join a support group to meet new people and make a positive impact.
- Help raise awareness by sharing the importance of social wellness with others—whether through social media or word of mouth.

By taking part in Social Wellness Month, you can build stronger, more meaningful connections and contribute to a healthier, more supportive community.

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July is Ultraviolet (UV) Safety Awareness Month

Among other health observances in the month of July is Ultraviolet (UV) Safety Awareness.

Still considered the root cause of most skin cancers, remember to take precautionary measures to protect your skin, eyes, and lips included, from the damaging effects UV radiation from the sun.



Daily application of a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher (even on cloudy days) will help support healthy skin and reduce risks for developing skin cancers like melanoma, the deadliest of them, basal cell carcinoma, and squamous cell carcinoma.

Although sunscreen is an effective defense against UV damage, it is not the only one. Staying indoors when UV rays are at their strongest, between 10am and 4pm, will not only protect your skin from sun damage but also reduce wrinkles. According to John Hopkins Medicine, “If your shadow is shorter than you are, seek shade.” It lessens the impact of direct sunlight, allowing you to remain outdoors to enjoy the summer weather.

Other great defenses are sun-protective clothing and sunglasses with UV protective lenses, wearing a broad-brimmed hat to cover your neck and ears; and don't forget to protect your lips! A Lip balm with SPF 15 and above is recommended.

If you enjoy splashing around in the pool or at the beach, apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher 30 minutes prior to allow it to begin protecting your skin and be sure to reapply every two hours.

Enjoy the summer but remain vigilant about practicing sun-safety measures.



Spreading Joy Through Manicures at Avant Garden Senior Living



The Silverado team had the pleasure of providing manicures for the lovely residents at Avant Garden Senior Living of Tarzana. It was truly an honor to meet such amazing women and spend a few hours bringing joy and smiles to their faces. Every resident had their nails done and left with a smile.

A heartfelt thank you to Katye and Juliet from the Silverado team for their kindness and dedication in making this event so special. And a big thank you to Claudia, the Activities Coordinator, for welcoming us and allowing us to be a part of such a beautiful day

“Self-care is giving the world the best of you, not what’s left of you.”

-Olivia Gray



Spotlight On!

We would love to highlight the ENTIRE Hospice Team!

The comfort and care provided by Silverado Hospice is unrivaled.

Hospice care is all about enhancing the quality of life for patients and their families during a difficult time. It's not about giving up hope or accelerating the end but rather about ensuring comfort, dignity, and support.

People often have misconceptions that hospice means abandoning hope or hastening the end, but that's far from the truth. In fact, hospice care can bring a sense of peace and relief to both the patient and their loved ones. It provides specialized medical care tailored to manage pain and symptoms while also offering emotional and spiritual support.

Choosing hospice is a courageous decision that can offer a more peaceful and dignified end-of-life experience. It allows patients to focus on what matters most to them, surrounded by the people they love, in a setting that feels comfortable and safe.

We understand the importance of personalized care and compassion. We strive to create a supportive environment where patients and families can find comfort, understanding, and peace during this challenging journey.

The team at Silverado Hospice are dedicated and caring individuals. The diverse motivations and personal connections that each member of the team brings to their role undoubtedly enrich the care and support they provide to patients and families.

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Whether they chose a career in hospice due to personal experiences or felt called to it by circumstances, each individual's unique perspective adds depth and compassion to their work.

For those who have been on the receiving end of hospice services, they understand the challenges and concerns that come with entrusting a loved one's care to another, making their support even more meaningful and compassionate. On the other hand, for those who feel that hospice chose them, whether it was a personal experience, a desire to make a difference, or a combination of factors, their commitment to providing compassionate care is evident in their dedication and passion.

Each member of the Silverado Hospice team brings their own unique perspective and passion to their role, contributing to the exceptional care and support that Silverado Hospice is known for. **THANK YOU** to the **AMAZING** team at Silverado Hospice for the incredible work you do in making a difference in the lives of so many. The work isn't always easy, but it's clear this is a team that shows up with heart, compassion, and dedication every single day.



**"We Cannot Change The Outcome, But We Can Affect
The Journey."**

-Ann Richardson