

Silverado Hospice Los Angeles

Silverado Hospice Newsletter

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Celebrating Certified Nurse Assistants - June 16-22 The Heart and Hands of Compassionate Care

This week, we honor and celebrate our incredible CNAs who dedicate themselves to supporting our residents with unwavering compassion and strength.

Your patience, empathy, and dedication bring dignity and comfort to those in your care. Every gentle word, reassuring smile, and kind touch makes a difference—often in ways that words can't express.

You don't just provide care—you create connection, preserve identity, and offer safety in moments that can feel uncertain or overwhelming. That kind of work takes not only skill, but heart—and you show up every day with both.

This week, and always, we see you. We appreciate you. And we are endlessly grateful for the extraordinary care you give.

Happy CNA Week. You are heroes in action.

IN THIS ISSUE

Memory Catcher - 2
Managing Anxiety - 3
Spotlight On! - 4

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*Truly Grateful
for you.*
**THANK
YOU!**

Memory Catcher Program

Memory Catchers is an innovative program designed to capture and preserve the life stories of hospice patients for their families and future generations. Through this program, a trained volunteer conducts interviews with the patient, recording their life history and memories either as audio or video. Once a Memory Catcher candidate is identified, a volunteer equipped with the necessary tools and the patient's or family's permission visits the patient's home to begin the recording process.

The volunteer uses guided questions to help the patient share their story. Each patient's journey is unique, so the number of sessions may vary, though most recordings can be completed in 1-2 sessions. Release forms are obtained from the responsible party before any recordings begin.

After the interview, the volunteer edits the recording to remove extraneous noises, pauses, and to streamline the content into an enjoyable video or audio format for the family. This program can also be invaluable for recording the stories of family members and loved ones, particularly in cases where the patient is unable to communicate due to conditions like dementia. For example, if a patient is in the late stages of dementia, family and friends can be recorded sharing special memories and stories about them.

Our goal with the Memory Catchers program is to provide our patients with an opportunity to leave behind a meaningful legacy—a story, a message, or any other sentiment they wish to share with their families, something to be treasured for years to come.



Sit back, relax, and enjoy a Memory Catcher video.

https://www.youtube.com/watch?v=q_y4xFgQ6oo



Managing Anxiety, Restlessness, & Agitation

Anxiety, restlessness, and agitation are common symptoms that can be effectively managed with the support of your hospice team. Reactions to anxiety may vary — while some individuals are able to express what they're feeling, others may not be able to verbalize their experience.

How to Manage Anxiety, Restlessness, & Agitation:

Treat Underlying Causes:

- Anxiety and Agitation are often symptoms of pain or discomfort.
- Consult your hospice team, they can help identify these causes
- Once the underlying causes are treated, symptoms can be reduced or resolved

Distraction & Visualization Techniques:

- Discuss things that bring you or your loved one joy and peace
- Combine with other calming practices (meditation) to help resolve symptoms
- Work with your Hospice Social Worker and/or Hospice Spiritual Counselor on how to effectively utilize these techniques.

Medications:

- Medications such as Lorazepam are common to help alleviate the symptoms of anxiety, restlessness, and agitation.
- Your hospice physician can help find the right medication to help manage your symptoms.

Essential Oils:

- Silverado Hospice offers an Essential Oils program. Lavender and other essential oils can decrease anxiety
- The Hospice Team can assist you with getting started in the Essential Oils Program.

Emotional & Spiritual Support:

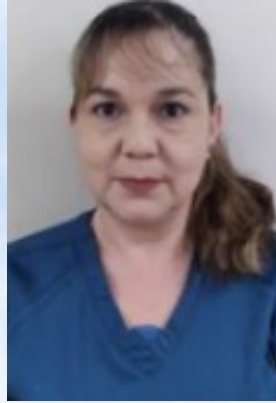
- Hospice takes a holistic approach to care, addressing not only physical needs but also emotional and spiritual well-being. Social Workers and Spiritual Counselors are available to help manage symptoms such as anxiety, restlessness, and agitation.

It's important to let your hospice team know if you or your loved one is experiencing anxiety, restlessness, or agitation. Your hospice team is here to support you and can work with you to ensure comfort and help manage these symptoms.

Please don't hesitate to reach out if you have any questions or need assistance.

Spotlight On!

We would love to highlight one of our Team Members!



Meet America, RN

We are thrilled to congratulate America, who officially passed the NCLEX and is now a Registered Nurse!

America has been part of the Silverado family since 2021, working the day shift as an LVN. She consistently goes above and beyond in providing exceptional care to our patients and families.

Let's give her a round of applause for this incredible accomplishment - congratulations on becoming an RN, America!



"Through these eyes, so much I view. A world of pain, but hope anew. Beyond the charts, the states, the lines, I see souls, where life intertwines.

A trembling hand, a furrowed brow, I see more than vitals allow. In every gaze, in every plea, I recognize the silent decree.

To be a nurse, eyes play their role, Peeking into each patient's soul. For with these eyes, I truly see, The heart, the spirit, the humanity."

-Engdic.org

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