

Silverado Hospice Los Angeles

Newsletter

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CONVERSATIONS TO HAVE WITH YOUR HOSPICE TEAM

We want you to **ALWAYS** receive timely care! We especially want you to feel that you **ALWAYS** have the support you need during the evenings, weekends, and holidays.

Did you know that Silverado is 24/7?!

Our triage team is available after hours by calling **(818) 848 - 4048**. These calls are answered by our Customer Care Team, who can then connect you via phone to a **NURSE** or a **Social Service member**. These services are immediate.

If you have more questions about this service, please ask any member of your hospice team.

A DAILY REFLECTION

“There is more to life than being a healing presence. So live your days fully, caring for your own needs, setting appropriate boundaries, encouraging your own growth, and nurturing a loving attitude toward life, including the sacred dimension. Affirm and live out the truth of transforming potential of healing presence. Be grateful for the possibilities.”

The Art of Being a Healing Presence

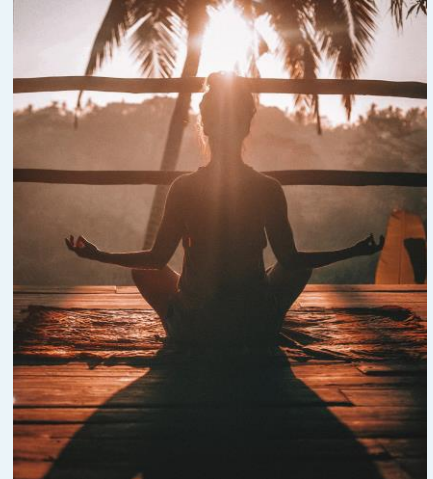
“Healing isn’t about changing who you are. It is about changing your relationship to who you are. A fundamental part of that is honoring how you feel.”

- **Suzanne Heyn**

ALL ABOUT SELF-CARE

During these unprecedented times, we would like to remind you to take a moment to relax. When life gets hectic, we tend to lose focus on our health to tend to other matters. However, self-care is still important to focus on, and having a good self-care routine is a great way to ensure that you are staying healthy throughout anything life throws your way.

Whether you have a lot or a little time, we hope you can find a routine that works for you!



WHAT IS SELF-CARE?

Self-care is any activity that we do to take care of our mental, emotional, and physical well-being. It is beneficial because it helps manage anxiety and stress that we encounter in our lives. Most people think self-care refers to drinking tea and bubble baths. However, self-care also means setting boundaries and saying no sometimes, advocating for your needs, and making room for yourself, which is necessary, not selfish.



ANXIETY AND STRESS

Stress is any demand placed on the body or the mind, and anxiety is feelings of worry. Both can manifest as physical symptoms such as headaches, stomachaches, rapid heartbeat, shakiness, and changes in appetite. Everyone experiences stress and anxiety differently, and taking a moment to develop a self-care plan can help you lower your anxiety and stress levels.



HOW OUR TEAM PRACTICES SELF-CARE!

“My self-care routine is plopping myself on my couch with something sweet and watching the show Friends. I find it so comforting. I know the show almost word-for-word so there are no surprises after a long day full of surprises. I also like to take really hot showers.”

Laly Cristerna Vazquez, Director of Family Supportive Services

“Like Laly, I indulge myself with movies: love stories specifically. Something that makes me feel young and carefree. Favorites: The Notebook, A Walk to Remember, Wicker Park...my daughter would say, ‘Again, Mom?’”

Melanie Vidal, BSN, PHN, RNCM

ALL ABOUT SELF-CARE, *CONTINUED*



Our lives can get busy, trust us, we know! You may be thinking that finding time for yourself is impossible, and continue grinding through the day. We have put together a list of self-care activities that may help you find a routine that works for you. Do not forget that self-care is also about setting boundaries and prioritizing yourself.

5 minutes	30 minutes	1 hour	A day
<ul style="list-style-type: none"> - Breathing exercises - Quick stretches - Drink water - Light a candle - Tell yourself you are worth it - Get up from your desk - Get fresh air 	<ul style="list-style-type: none"> - Enjoy dessert - Reward yourself - Hot shower - Short meditation - Call a friend - Enjoy a short walk - Organize your work space - Move your body! - Take a nap 	<ul style="list-style-type: none"> - Unplug devices - Long meditation - Binge a funny show - Work out - Sit comfortably and read - Spend time with a loved one - Glam up 	<ul style="list-style-type: none"> - Sleep in - Plan a safe day trip - Go for a long hike - Try gardening - Find a new hobby - Look at the moon and stars

HOW OUR TEAM PRACTICES SELF-CARE!

“My self-care is bingeing TV shows with my bestie Rachel over the phone. We are currently making our way through Breaking Bad and then are moving onto Stranger Things. We also love America’s Got Talent. Especially the ventriloquists!”

Rustin Kreeger, Director of Patient Care Services

“My self-care routine is a workout 3 days a week at the crack of dawn, teaching my little daughter how to read and playing with her, and bingeing ‘Homeland’ with my wife.”

Richard Jenik, Administrator

“My self-care is going on long jogs, hanging out by the beach & watching the waves roll in, and cuddling up with my son, Roman”

Juliet Laschiazza, Volunteer Coordinator

BEREAVEMENT PROGRAM



We believe that no individual should walk through their grief journey alone; we are here to walk with you and accompany you in your grief. Everyone experiences grief differently, and Silverado is here for you. The Silverado Hospice Bereavement Program is offered to family members and loved ones at no cost for 13 months following a loss.

As a part of this program, individuals experiencing a loss receive newsletters that offer information and supportive resources about the grieving process. Supportive phone calls are also available every several months, or as often needed. Additionally, bereavement support and community resources are available if required as well.



We understand that the healing process after losing a loved one is a long and difficult journey. At first, there may be a sense of numbness and disbelief that can last minutes or weeks. Your feelings are normal, and we encourage you to contact our bereavement and counseling services if you feel overwhelmed by a loss.

You may contact **Bereavement Services** at **(888) 328-6622**.
We are here for you.



In the Spotlight



Meet our Patient Care Manager, the wonderful Rose Lopez!

Rose joined our Hospice LA team 4 months ago. Prior to this new role, she was an RN Case Manager for the Silverado Hospice Ventura team. You will sometimes hear Rose answering your concerns throughout the day or you might meet her out in field covering visits. In the office, she helps the team with schedules, trainings, IDG meetings, etc.

*Please call us with any questions or concerns at
(888) 328-6622*

*You may also visit us online for general information at
Silverado.com/HospiceLA*

Rose's self-care routine is talking with her son after work, letting him know how much she loves him and praying with him. She enjoys having dinner with the love of her life. She also loves having a glass of wine with a bowl of raspberries and cream while listening to her favorite opera composer.

Review Us!


review us on


**If you would like to leave your favorite team member a praise, please do so on our Yelp or Facebook page:
[Silverado Hospice Los Angeles](#)**

← Click on the icons on the left to get started!

If you are less than satisfied with our level of care, we encourage you to contact our Administrator, Richard Jenik, at (818) 696-8425