



Newsletter

November 2020

Volume 1 Issue 6

INSIDE THIS ISSUE:

- How We Help Our Hospice Families: **1**
Daphne's Adoption & Stitches of Sunshine
- Conversations to Have with Your Hospice Team: *Confidence in Administering Medications* **2**
- Daily Reflection **3**
- Thank You Veterans **4**
- In The Spotlight: Leslie & Connie **5**

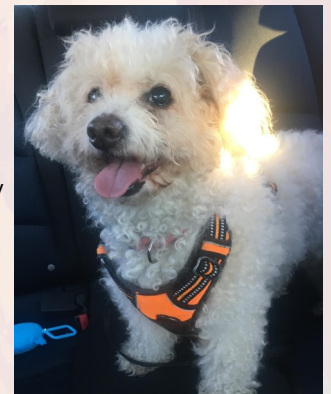
How We Help Our Hospice Families

Daphne's Adoption

We recently had the honor of serving a patient who had a unique bond with his furry friend of 12 years, Daphne.

Daphne was extremely protective of him and loved cuddling with him.

Our patient mentioned that he hoped she would be taken care of after his passing. When he passed away, the patient's family had trouble rehoming Daphne and felt they didn't have many options. The family was in distress because they knew how much Daphne meant to him.



Fortunately, one of our Silverado Ventura Nurses, Lori, fell in love with Daphne and offered to adopt her. Lori had previously met Daphne when she was caring for her owner. The family was thrilled that Daphne was going to a loving home.

Today, Daphne is adjusting to her new life with Lori and her other dog. We are proud to have fulfilled our patient's last wish.

Stitches of Sunshine Donation!

This year, we received a donation of blankets, hats, scarves, slippers, and socks knitted by 16 retired nurses at Stitches of Sunshine! The retired nurses made these items with love, and we will be delivering them to our patients. Thank you Stitches of Sunshine!



Important Dates

- November 1:** Daylight Savings
⇒ Set your clock one hour back!
- November 11:** Veterans day
- November 26:** Thanksgiving

As you know, Silverado is 24/7! We are ALWAYS available to serve you and your loved one, including on holidays! Call us at **(888) 328-6622** anytime!

November 2020

Su	M	Tu	W	Th	Fri	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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](#)



A Personal Experience

Our Volunteer Coordinator, *Juliet Laschiazza*, has personal experience regarding the complications with medication administration. Juliet began volunteering with Silverado Hospice in 2009 and gained employment with the Silverado office in 2013. In 2016, her mother was diagnosed with cancer, and Juliet became her caregiver.

Under Silverado's care, Juliet and her mother received support with medications and side effects. To help ease her mother's pain, Juliet gave her mother morphine. Due to her mother's progression, her mother was unable to swallow the medication and became distressed. Fearing that she had done something wrong, Juliet called our after-hours triage team for help.

The triage nurse walked Juliet through the process, assuring her that her mother was okay. Many muscles on the body weaken at the end of life, and the throat muscles are no exception. She learned why her mother was having issues taking medication and learned how to better care for her mother. Today, Juliet continues to work with Silverado assisting families.

Conversations to Have With Your Hospice Team *Continued...*



About Morphine

Controlling pain is essential to allow patients to spend their remaining moments with their families. Morphine is a drug prescribed for pain management, which has proven to enhance life quality. It can also help relieve shortness of breath. There are misconceptions about this drug which hinders hospice patients' or caregiver's confidence in it. The following are a few myths we'd like to clarify:



Alkaloid compounds from opium poppies are what we know today as Morphine. Freidrich Wilhelm Adam Serturner, the discoverer of Morphine, named it after Morpheus, the Greek god of dreams.

Myth #1 Addiction: When used properly, Morphine helps to reduce pain. Morphine addiction is rare and occurs when people who don't need it use it. Among the terminally ill, it is generally not a concern.

Myth #2 Fear of Overdose: Morphine dosages do not have a limit as long as the doses are used to counteract severe pain. Follow your physician's orders to effectively use this drug.

Myth #3 Tolerance: An increase in dosage is not indicative of the patient's condition. It merely means that pain tolerance can vary.

Myth #4 Returning pain between doses: Under a medication routine prescribed by a health care professional, a patient does not need to wait for pain to return to continue dosage.

Myth #5 Morphine can only be injected: Morphine can be administered by mouth, suppository, or injections. However, injections take effect more quickly.

Drugs can effectively manage pain when used properly. However, some patients may have personal or cultural reasons to decline using pain medications. Let your hospice team know, and we will do our best to tailor your health care to your needs.



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.**



Thank You Veterans

We Honor Veterans



WE HONOR VETERANS Those who defend our country in the military are deserving of special honor and praise for their dedication. At Silverado, we serve veterans with the care they deserve, and partnering with We Honor Veterans provides an added degree of resources to offer next-level hospice care to them. We Honor Veterans is a program of the National Hospice and Palliative Care Organization (NHPCO), run in collaboration with the Department of Veteran's Affairs (VA).

Veterans in our care can receive support for their unique needs, which may include:

- ◆ Care and support specific to traumas and wars served in
- ◆ Care focused on homelessness, substance abuse, PTSD, and more

As a partner with We Honor Veterans, veterans can expect quality care.

Veterans Day

Each Veterans Day, patients who have served in all military branches are commemorated for their bravery remarkably. Silverado Hospice Los Angeles enlists its volunteers' help to knit, sew, or crochet scarves and or blankets to give its veterans gifts. These gifts bring our veterans joy and provide warmth just in time for Southern California's colder season. Additionally, veterans receive a pin and a certificate of honor to celebrate them.



Veterans Day 2013, Silverado Hospice Los Angeles



Silverado Ventura had the pleasure of caring for Edward J. Paster, Petty Officer Third Class of the Navy. He served at Iwo Jima and devoted himself to our country. Here, he was honored with a pin and a certificate in 2016.



Veteran to Veteran Care

In our care, a veteran was a resident in a Silverado Assisted Living Facility and was surprised when seven volunteers came to shower him with gifts. Our volunteers honored him with a pin, a certificate, and blankets and scarves. However, one of our volunteers served in the US Marines, just as our veteran had several decades ago. Our patient was overcome with emotions when our volunteers brought him gifts, but his heart truly melted when our volunteer veteran presented him with a Marine Hat. The veterans bonded over stories in the service, a moment only those who've served can relate to.



In the Spotlight

Meet Leslie Becker!

As a family under our care, you may have met her during your loved one's transition to hospice. Leslie has been our Hospice Liaison since 2019, and she comforts families referred to hospice. Some families have not experienced hospice and fear the next stage in their life. However, Leslie is there to listen and connect with these families to guide them. Her peers describe her as having a good heart and always having a positive attitude. As a mother of 3, an AMAZING full-time Hospice Liaison, and a student, she is truly a warrior for success. *We are proud that she represents Silverado and fulfills our caring and compassionate mission.*



Meet Connie Miller!

She is a volunteer with Silverado Hospice since 2013. When Connie was a young adult, she was at her grandmother's side while she passed. *"Over the years, I have often reflected on this moment, and it was this experience that eventually led me to volunteer with Silverado."* She has a passion for the elderly and loves to listen to their yesteryear stories, going for walks, reading with them, or simply sitting holding hands, offering quiet companionship. She feels her life is enriched by the time spent with each patient, learning of their joys, struggles, loves, and heartaches, but mostly by their appreciation that shines through their eyes and smiles. In her free time, she enjoys live music, new adventures, and the precious time spent with family and friends.

"Be the reason somebody smiles today"

HAVE OUR TEAM MEMBERS PROVIDED YOU WITH EXCELLENT CARE?

Let us know on our Yelp or Facebook page:

Silverado Hospice
Los Angeles



Click on the icons above 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*