

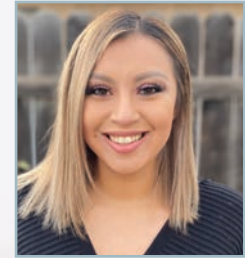
## North IDG Team



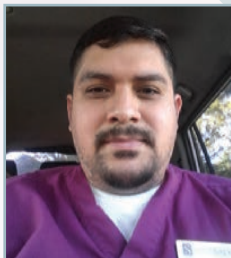
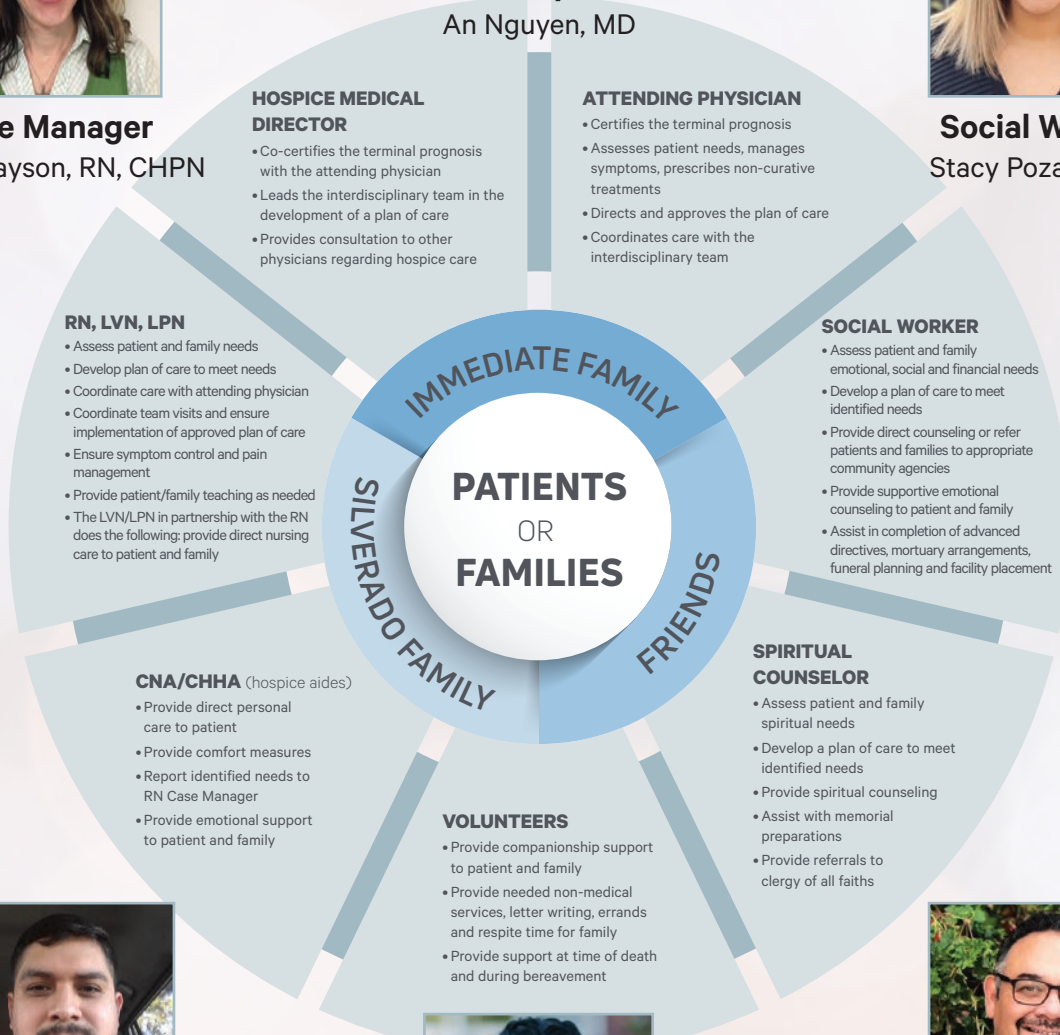
**Case Manager**  
Jaclyn Layson, RN, CHPN



**Team Physician**  
An Nguyen, MD



**Social Worker**  
Stacy Pozaz, MSW



**Certified Home Health Aide**  
Servando Gonzalez, CHHA



**Volunteer**  
Ezaz Hasnain



**Spiritual Counselor**  
Gerardo Camarena, MAT

# NEWSLETTER

## March is Social Work Month

by Christine Hernandez, LCSW,  
Director of Family and Support Services



It is a time to celebrate the great profession of social work. The theme for Social Work Month 2021 is **Social Workers Are Essential**.

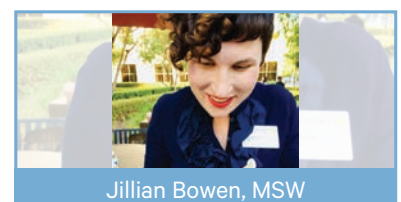
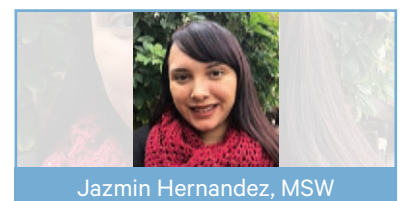
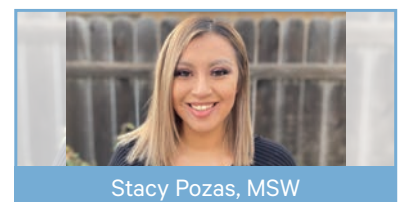
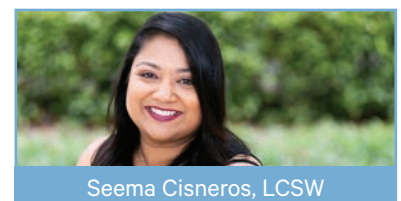
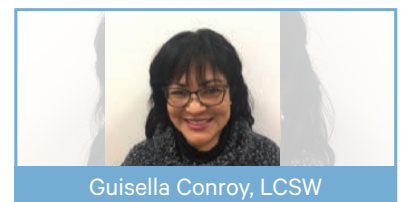
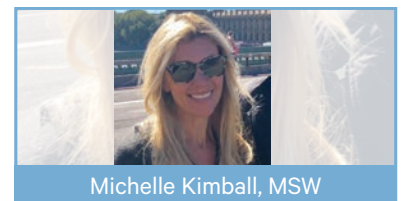
Social Work Month allows us to highlight the invaluable contributions that social workers make in our society, especially during this Coronavirus pandemic. As practitioners, social workers are trained to help people address personal and systemic barriers to optimal living. They support positive change with patients, families, groups and entire communities.

Since the first social work class was offered in the summer of 1898 at Columbia University, social workers have led the way developing private and charitable organizations to serve people in need. Today, Americans enjoy many privileges because early social workers saw miseries and injustices and took action. There are many benefits that came about because of social workers working hand in hand with families and institutions. Some of those benefits include:

- The civil rights of all people regardless of gender, race, faith, or sexual orientation are protected.
- Workers have unemployment insurance, disability pay, worker's compensation and Social Security.
- People with mental illness and developmental disabilities are now afforded humane treatment.
- Medicaid and Medicare give poor, disabled and elderly people access to health care. Society seeks to prevent child abuse and neglect.
- Treatment for mental illness and substance abuse is gradually losing its stigma.

Here at Silverado Hospice we value our social workers. This month we extended an extra warm message of gratitude to them and say, "We appreciate you". We acknowledge their compassion, commitment, and skillful support in serving our hospice patients and their families. Laura, Michelle, Guisella, Seema, Stacy, Jazmin and Jillian, we wish you a wonderful Social Work month and we thank you!

Citation: <https://www.socialworkers.org/News/Social-Work-Month>





## Patient Safety Awareness Week | March 14 - March 20

by Kristina Nguyen, RN, BSN, Patient Care Manager

Patient safety is of utmost importance at Silverado. It is one of the top priorities considered when arriving at one of our memory care communities, as well as prior to coming onto hospice. We, as healthcare providers want to ensure family and staff are educated on the potentials of danger and injury risks once on service.

One of the ways we do that is providing education on the safety of bedrails. Many times, families are unaware of the possible injuries that can occur to patients even though they can provide a false sense of safety. There are many things to consider whether bedrails are right for your loved one, if they have confusion or possibility to hurt themselves. This is why most or all assisted living facilities that care for dementia patients do not allow side rails to be attached to beds. Mechanical beds that can get as low to the floor possible to prevent falls are mostly utilized for patient safety.

Please refer to the right for a part of the bedrail safety information provided to families once they sign onto hospice.

### BED RAILS CAN BE DANGEROUS

- Healthcare facilities sometimes use bedrails to restrain people, often to keep them from falling out of bed
- Bed rails are dangerous. People can become trapped and injured, even strangled on a bed rail



### WORKING TOGETHER FOR BED SAFETY

- Often, your loved ones can sleep safely without bedrails
- Patients and families should work with their healthcare planning team to make the best choices for keeping safe
- Healthcare providers and families should watch carefully and talk together to make sure a change to something new is comfortable and safe for your loved one

### BENEFITS AND RISKS OF BED

#### Benefits:

- Aiding in turning and repositioning within the bed
- Providing a hand-hold for getting into or out of bed
- Providing a feeling of comfort and security
- Reducing the risk of patients falling out of bed when being moved
- Providing easy access to bed controls and personal care items

#### Risks:

- Strangling, suffocating, bodily injury or death where patients or part of their body get caught between rails or between the bed rails and mattress
- More serious injuries from falls when patients climb over rails
- Skin bruising, cuts and scrapes
- Prompting agitated behavior when bed rails are used as a restraint
- Feeling isolated or restricted
- Preventing patients who can safely get out of bed from performing routine tasks such as going to the bathroom, or getting something from a closet

## Awareness Dates to Remember

Multiple Sclerosis Awareness Month

National Colorectal Cancer Awareness Month

National Kidney Month

National Traumatic Brain Injury Awareness Month

**March 8-14** National Pulmonary Rehabilitation Week

**March 11** World Kidney Day

**March 14-20** Patient Safety Awareness Week

**March 30** National Doctors Day

## Volunteers are...

Silverado Hospice offers support in many capacities, one being through the Volunteer program. We realize there is an ongoing need for companionship, caregiver relief and emotional support. Volunteers act as an additional support along side the care team assigned. (Physician, Nurse, CHHA, Social Worker and Spiritual Counselor) This support is made available to our patients and their families.

Simplistic, yet important ways a volunteer may serve include: a friendly well check visit, playing a musical instrument, reading poetry/scriptures, playing a game or delivering flowers.

Volunteers typically visit with their patient/ family anywhere from 1 to 2 hours on a weekly basis, services are based on availability.

To learn more about volunteer services, or how to become a volunteer, contact:

Valerie Lomeli, Volunteer Manager  
Call (888) 328-5660

### Essential Oil of the Month

#### JASMINE OIL

Jasmine oil is a sweet- smelling oil that is produced from the flowers of the jasmine plant. They are believed to hold many health benefits through inhalation and topically.

#### Benefits:

- Reduces stress, anxiety, fatigue and depression. There have been many clinical trials investigating benefits of jasmine oil
- Promotes relaxation and calming, as well as improving skin dryness or inflammation

#### Uses:

Silverado Hospice offers the following:

- Jasmine lotion
- Jasmine room spray
- Jasmine oil for your personal diffuser

## CONTACT US

24-hour line: (888) 328-5660

Fax: (949) 653-0452

Referral line: (800) 507-9726

Volunteer inquiries: (888) 328-5660

Visit us online with our 24/7 Live Chat Line: [silveradohospice.com](https://www.silveradohospice.com)



If you would like to leave one of your favorite team members a praise, you may do so on our Yelp page. Search **Silverado Hospice Orange County**