

## SILVER STORY: Girl Scouts Honor Silverado Employees

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



Silverado's frontline heroes have gone above and beyond throughout the pandemic. Girl Scout Troop 5579 wrote thank you letters to the Silverado San Juan Capistrano senior living nurses, certified home health aides, and our very own Silverado Hospice nurse Leah Kushman MSN, PHN, RN, Case Manager (*pictured right*). The letters accompanied the delivery of 10 cases of Girl Scout cookies, as a sign of gratitude for all their tender care, support, and compassion to the senior residents during the COVID-19 crisis. Silverado Hospice continues to remember those we have lost and support those who are grieving, but also appreciates the Girl Scout sentiments recognizing all that the Silverado team members did and continue to do each day. The Girl Scout spirit embodies being in service to others that parallels the Silverado philosophy of Love > fear. Girl Scout Troop 5579 and all Silverado team members, we thank you!



# NEWSLETTER



## Mental Health Tips: While Navigating This “New Normal”

by Laura Cohen, MSW, Senior Social Worker

A lot has changed over the past 16 months. One of the things that seems to have happened during COVID-19 is people are talking more openly about the importance of mental health, as well as, sharing some of the struggles they have faced during the pandemic. I hope these conversations continue to happen and the stigma of mental illness continues to decrease. I see a true value in being open and honest with ourselves and with others, and it can help another person not feel alone in situations they might be going through. As places begin to open up and our country tries to go “back” to normal, I would like to highlight some mental health tips that might be useful as we move forward. In an article written by, Amy Morin, LCSW, she shared six lessons that have been learned during the pandemic, and I would like to share them here.

### Environment plays a big role

For a lot of people, daily life completely changed. Routines changed and the way we conduct our work had to change. This year showed us that it is important who we surround ourselves with and the environments we spend the most time in.

### Mental health is a continuum

Morin wrote, “The pandemic taught us that you aren’t either “mentally healthy” or “mentally ill.” Mental health is a wide spectrum and where we fall on that spectrum varies from day to day —or sometimes hour to hour.” It is important to reflect on the changes we might be feeling and to give ourselves grace as we continue learning the different aspects of our own mental health state.

### Anyone is susceptible to mental health challenges

“Celebrities, mental health experts, athletes, and everyday people stepped forward to discuss the toll the pandemic took on their psychological well-being. This helped many people realize that they weren’t alone in their distress” Morin stated. Having these conversations can help us continue normalizing and prioritizing mental health awareness.

### It is important to have a variety of coping skills

While life changed drastically for many, some coping strategies were not as readily available or possible, and we have had to adapt to the changing circumstances

as they arise. It is essential to have different tools to use when coping and dealing with stress and distress. Some examples for coping strategies are reading, listening to music, journaling, walking, breathing exercises, meditation, and contacting a friend or loved one to talk. Coping strategies can look different for everyone, it is just a matter of figuring out what works best for you and using those tools when needed.

### Building mental strength is an ongoing process

Morin shared that it is easy to feel mentally strong when life is going well, but the twists and turns of the pandemic showed us that many of us likely have room to grow. She wrote, “Just like your physical muscles need ongoing strength training, so do your mental muscles. We have opportunities to build mental muscle every single day. Whether you choose to write in a gratitude journal or challenge yourself physically, you can work on decreasing self-doubt, managing uncomfortable feelings, and taking positive action.”

### Utilize your support systems

In her article, one of the lessons Morin wrote about was, “online therapy is a legitimate way to get help” and I wholeheartedly agree, but for this final bullet point I would like to add my own by encouraging others to utilize their support systems. We might not need to use Zoom and FaceTime as much as we did months ago, but continuing to talk with friends and loved ones can help us feel connected, socially engaged, and well supported.

## UV Safety Awareness

by Brian Kinder, RN , BSN, Director of Patient Care Services

Summer has arrived which means it's time to highlight July as UV Safety Awareness Month! We all love to bask in the warm summer sun, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

**The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:**

- ▶ UV-B rays have short wavelengths that reach the outer layer of your skin
- ▶ UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

**Here are the harmful things unprotected sun exposure can do:**

- ▶ Cause vision problems and damage to your eyes
- ▶ Premature aging of the skin
- ▶ Suppression of the immune system
- ▶ Skin cancer

**Fortunately, there are things you can do to minimize the risk that comes with sun exposure.**

### ➤ **Cover Up:**

Wearing a hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and sunglasses - for eye protection.

### ➤ **Stay in the Shade:**

The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

### ➤ **Choose the Right Sunscreen:**

This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

### ➤ **4. Use the Right Amount of Sunscreen:**

When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. Enjoy being in the outdoors this summer and remember to protect yourself.



## ESSENTIAL OILS PROGRAM

### Ylang Ylang Oil

The essential oil program can be a safe effective way to manage minor symptoms for those who want to explore a more natural approach. Essential oils are applied topically, or used aromatically. Which ever way you prefer the benefits include decreased agitation , depression, frustration insomnia and tension.

Ylang Ylang oil comes from a yellow flower that is grown in Asian countries, such as: India, Philippines, Malaysia, Indonesia and parts of Australia. The aromatically fruity and floral scent is used for aromatherapy, soaps and perfumes, such as the famous Chanel N°5.

Ylang ylang must be used with a carrier oil or lotion if used topically, as it could irritate the skin if used neat.



#### Uses:

- Boost mood, reduce depression, alleviate anxiety, decrease heart rate and stimulate oil production in skin.
- Promotes relaxation and calming, as well as improving skin dryness .

#### Ways to use Ylang Ylang oil offered at Silverado Hospice:

- Topically with bergamot lotion or aromatically with room spray

For more information about essential oils contact your RN Case Manager or call the Silverado Hospice office and ask to speak to Valerie Lomeli, Volunteer Manager

## Awareness Dates to Remember

▶ National Bereaved Parents Day

▶ UV Awareness Month

▶ Sarcoma Awareness Month

## CONTACT US

24-hour line: (888) 328-5660

Referral line: (800) 507-9726

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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**