

SILVER STORY: Advance Planning for Pets

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

A pet brings about joy and happiness and can become an important member of the family. However, what happens to a pet when the pet owner becomes a hospice patient? With so many thoughts and concerns during end of life, planning for a beloved pet could get overlooked. The hospice patient might think someone would embrace their much-loved furry friend upon their death, but sometimes this does not happen. Some pets go into shelters in the hopes of being adopted, but several are at-risk of being euthanized.

In a recent pet case, a family member of a Silverado Hospice employee needed help. The family member is a member of the armed forces and was deployed overseas, when his father unexpectedly passed, leaving behind two devoted dogs, Lady and Marley. The employee knowing that Silverado embraced pet-companions, reached out to the Administrator, Erin Light, at Silverado San Juan Capistrano. Without hesitation, Ms. Light welcomed an interview of Lady and Marley to serve as a temporary home, while permanent adoptions were sought after. It was only a week before these doggies warmed their way into the hearts of the residents and team members, becoming adopted as Silverado Fur-Friends.

These pets were fortunate to have found a new home with a loving Silverado family, but other pets may not be so fortunate.

Pet planning is key:

- Consideration should be made of the pet's needs, costs, and space
- Select two responsible individuals to act as a temporary pet-caregiver
- Work with an attorney to draw up a special will, trust, or other documentation to provide for the care and ownership of your pet, as well as the financing necessary to care for it
- Draw up a letter that explains how to care for the pet
- Share the pet care plan with neighbors, family, and the pet's Veterinarian

The Silverado Hospice employee and her family send the warmest gratitude to Erin and her wonderful team for their love and support to Lady and Marley. Silverado San Juan Capistrano models the way of Love > fear.

If you are interested in learning more about how Silverado Hospice can be of support with pet planning, please contact Hospice at (949) 240-7744.



ERIN LIGHT WITH LADY & MARLEY

NEWSLETTER



Essential Oils: natural, therapeutic, relaxing...

by Valerie Lomeli, Volunteer Manager

Silverado Hospice offers comfort through their Essential Oils Program. Essential oils are a safe, natural way to help patients stabilize symptoms such as agitation, depression, and insomnia. The Essential Oils Program is available at no cost to patients or their families.

Assessment protocol:

- Nurse assesses if patient is a candidate of Essential Oil Lotion, and inquiries into allergies
- If yes, nurse performs skin allergy test, 24-48 hour follow-up visit is performed by RN or LVN, and patient may begin program if no reaction occurs

The benefits of using essential oils may include a reduction in agitation, depression, healthy skin, and an overall boost in comfort and relaxation.

Ways to use lavender oil offered at Silverado Hospice:

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

For more information on essential oils, speak to your Case Manager, or contact the Volunteer Manager, Valerie Lomeli (888) 328-5660



LAVENDER OIL

A woody undertone with a floral herbaceous scent. Lavender is among the safest and most widely used of all aromatherapy oils with Silverado Hospice. Lavender oil is suitable for all skin types

Uses:

- Reduces pain, stress, anxiety, headaches, insomnia and body discomfort
- Promotes healthy skin– psoriasis, itching and skin irritation
- Promotes relaxation and calming– relieves muscle tension, muscle spasms, joint pain and backaches

Awareness Dates to Remember

- ▶ August 1 - World Lung Cancer Day
- ▶ August 30 - National Grief Awareness Day
- ▶ August 31 - International Overdose Awareness Day
- ▶ Gastroparesis Awareness Month
- ▶ National Immunization Awareness Month
- ▶ Psoriasis Action Month
- ▶ Sarcoma Awareness month

National Grief Awareness Day - August 30th

by Kristina Nguyen, RN , BSN, CHPN

Stages of grief and types of grief are constantly being observed and assessed for once a patient is evaluated and admitted onto hospice services. One of the first assessments occurs on admission and is known as the “bereavement risk assessment”. The admit nurse will assess the patient’s primary caregiver and will assess the risk level of grief to anticipate how proactive the hospice team may need to be after a patient is on service. This assessment can be performed multiple times as attitudes or feelings change when a loved one is declining. Some caregivers may be in complete denial at first on admission and then can be accepting of the disease process once the patient enters their final stages of life.

Grieving is defined as the following by the National North American Nursing Diagnosis Association: A normal complex process that includes emotional, physical, spiritual, social and intellectual responses and behaviors by which individuals and families incorporate loss into their daily lives. Types of grief can be categorized typically as normal grief, dysfunctional complicated grief, anticipatory grief, and disenfranchised grief. The hospice team strives for family members to be able to achieve normal grief with healthy adaptive manners. Bereavement is offered at least a year after a loved one passes away on hospice and the hope is in 6 months, the loved one or caregiver has returned to a normal healthy routine of daily living as they had before they experienced loss. Anything over 6 months that negatively affects the caregiver daily should be closely observed. This can include an increase of isolation, poor hygiene, or abnormal behaviors that are uncharacteristic. If you recognize any loved one who is struggling to find peace and acceptance, kindly suggest they find someone to talk to or cope with. Silverado has many support groups they can be referred to and provide reference for additional help and don’t only apply to one caregiver but the family as a whole.

Source: [https:// www.registerednursing.org/nclex/grief- loss/](https://www.registerednursing.org/nclex/grief-loss/)

Support Groups in Orange County

Support and healing for those grieving the loss of a loved one

Grief Support Group (Español)

Second and fourth Tuesday of every month | 5:00pm

Facilitated in Spanish by Jazmin Hernandez, MSW, ACSW

Grief Support Group

Second Friday of every month | 2:00pm

Facilitated by Seema Cisneros, LCSW

Ambiguous Loss Grief Support Group

First Thursday of every month | 3:30pm

Facilitated by Christine Hernandez, LCSW

To RSVP, call (888) 328-5660

**All meetings are currently held virtually. Zoom code will be provided during RSVP.*

Employee Highlight: Getting to KNOW US - Community Educator



Meet Teri Siplivy-Slusarz who is the Community Educator for Orange County. Teri joined Silverado in 2016 and was hired on as the Patient & Family Care Advocate. That role was one that took her into the hospitals, board and care homes and communities. She would meet family members, caregivers and support staff that had so many questions regarding dementia and other topics.

In 2016 Teri obtained her RCFE certificate (Residential Care for the Elderly) to help further educate herself so she could assist the Sales Team in outreach for those lingering questions, and schedule in-services if needed.

One of the unique opportunities that this role offers is teach and certify credits that Administrators and their staff might need in order

to stay current with their yearly training... and it's all at no cost.

One of her favorite education programs that she has been certified to be a facilitator for the "Virtual Dementia Tour". This is a great hands on visual experience that can resemble what an individual might be feeling with dementia.

For more information on Community Education opportunities please call (888) 328-5660 to connect with Teri Siplivy.

CONTACT US

24-hour line: (888) 328-5660

Referral line: (800) 507-9726

Fax: (949) 653-0452

Volunteer inquiries: (888) 328-5660

Visit us online with our 24/7 Live Chat Line: 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**