

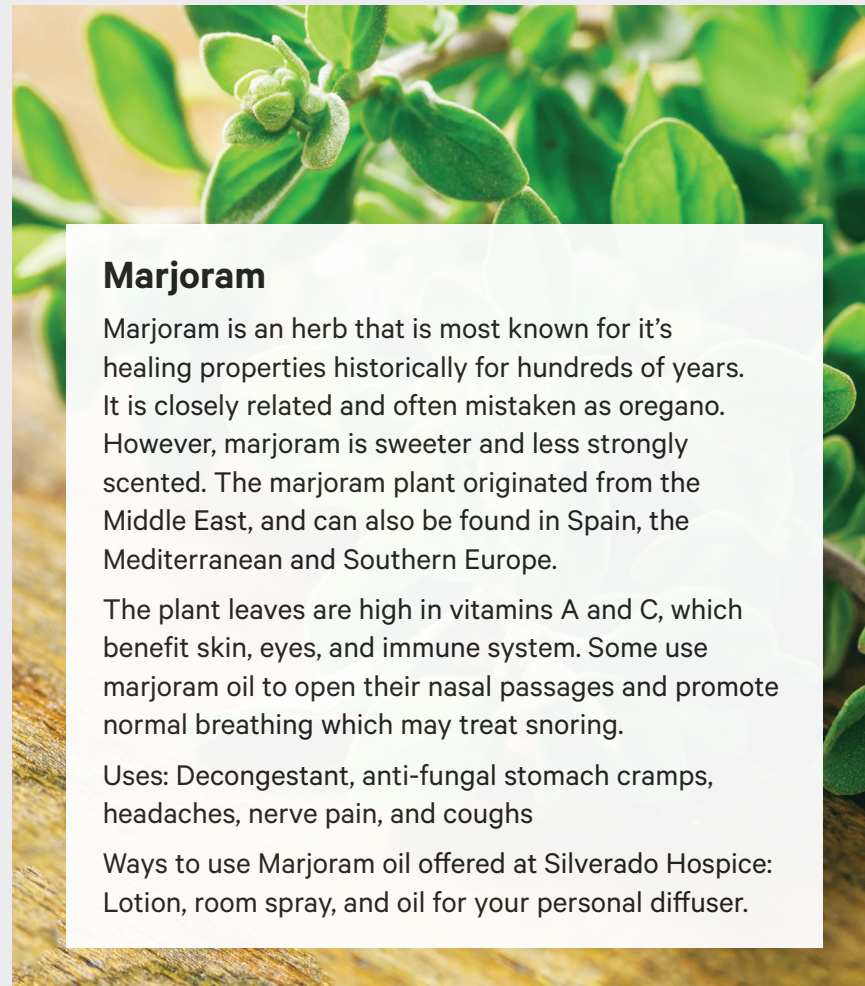
Natural, Therapeutic, Relaxing...

Silverado hospice offers additional options for comfort through essential oils. Essential oils are a safe, natural way to help patients stabilize symptoms such as, agitation, depression, and insomnia. The essential oil 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 inquires 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.

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



Marjoram

Marjoram is an herb that is most known for its healing properties historically for hundreds of years. It is closely related and often mistaken as oregano. However, marjoram is sweeter and less strongly scented. The marjoram plant originated from the Middle East, and can also be found in Spain, the Mediterranean and Southern Europe.

The plant leaves are high in vitamins A and C, which benefit skin, eyes, and immune system. Some use marjoram oil to open their nasal passages and promote normal breathing which may treat snoring.

Uses: Decongestant, anti-fungal stomach cramps, headaches, nerve pain, and coughs

Ways to use Marjoram oil offered at Silverado Hospice: Lotion, room spray, and oil for your personal diffuser.

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](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**

NEWSLETTER

SILVERADO VOLUNTEERS CAN: Memory Bears

Silverado volunteers are a tremendous support to patients, families and care team. Over time they become a trusting friend that serves as a support to the family of an individual nearing the end of life. Volunteers, have a multitude of skills and talents that are shared during face-to-face visits, in the office or behind the scenes from home.

Silverado Hospice offers a program that transforms cozy items such as clothes, blankets or a dress into a one of a kind memory bear stuffed animal. The volunteer is given the tools needed to create the bear along with the articles of clothing. This project is coordinated through your Silverado Hospice Volunteer Manager. If you would like more information on the Memory Bear project please contact Volunteer Manger, Valerie Lomeli, (888)328-5660.



TWO MEMORY BEAR RECIPIENTS

PROJECT REQUIREMENTS:

- Patient must have been under the care of Silverado Hospice
- Complete a short Memory Bear Request questionnaire
- Provide 1-3 articles of clothing (cotton, flannel, khaki and tight knits) shirts, dresses, pajamas or blankets

Please allow 4-6 weeks for volunteer to complete bear



SILVER STORY: The Butterfly

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

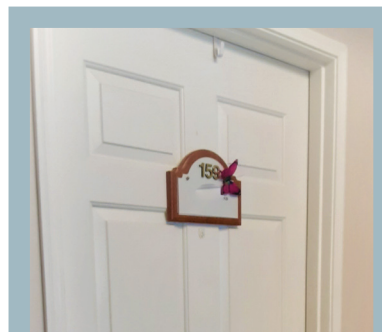
Psychiatrist, Dr. Kubler-Ross shared that death is simply a shedding of the physical body like the butterfly shedding its cocoon. It is no different from taking off a suit of clothes one no longer needs. It is a transition to a higher state of consciousness where one continues to perceive, to understand, to laugh, and to be able to grow.

At Silverado Hospice, the display of the butterfly is used to signify the transition of the patient. It is a dignified and touching symbol that can indicate that end of life is near. The butterfly can represent a deep spiritual meaning, symbolizing beauty, transformation, and hope.

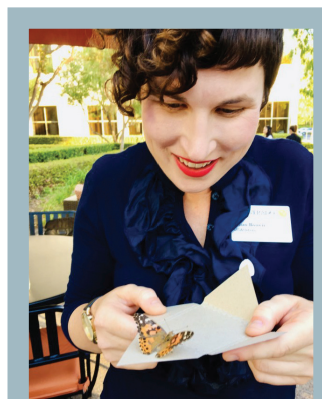
At Silverado Memory Care Communities, Hospice works with the Silverado team to assess the patient's progression of the disease process. When a patient begins to transition toward end of life, a butterfly is placed on their bedroom door. Although emotional for the family and friends at the bedside of their dying loved one, the sign of the butterfly indicates that grief is being experienced as the patient is transitioning. It also can encourage reminiscence, sharing in the patient's life lived, and an opportunity to say I love you, give gratitude, and saying goodbyes.

Upon and after the patient's death, the butterfly symbol continues to be recognized. It becomes a symbol of rebirth or renewal due the metamorphosis process from the caterpillar to a butterfly. At sight of a butterfly, the bereaved may interpret it as a visit from the deceased loved one saying hello, I am still present with you, or I am okay. The visitation of the butterfly to the bereaved could bring feelings of relief, joy, and comfort supporting the grief-healing process.

Silverado Hospice has an annual celebration of life where bereaved are invited to share in a memorial. After the reading of the names, the hospice team members invite the bereaved outdoors for a butterfly release. The unique share between the hospice team members and the bereaved is truly unique and allows for final moments to saying goodbye together. If you would like to attend a Silverado Hospice Celebration of life, please call the hospice office at (949) 240-7744.



BUTTERFLY ON RESIDENT'S DOOR



HOSPICE ASSOCIATE AT A CELEBRATION OF LIFE EVENT

Stroke or TIA (transient ischemic attack)

by Lauren Marilley, RN, Patient Care Manager

A transient ischemic attack (TIA) or mini-stroke is a temporary blockage of blood flow to the brain, retina, or spinal cord. Strokes also block blood flow to the brain, retina, or spinal cord. However, the main difference between a TIA and a stroke is the fact that stroke cause tissue damage or permanent disability and a TIA does not. Since both cause blockages within the blood vessel, the signs, and symptoms are very similar; numbness or weakness usually on one side of the body or face, difficulty speaking or understanding, headache, dizziness or loss of balance, or blurred vision in one or both eyes. An easy way to remember the signs of a stroke is the FAST acronym:

- **Face:** Ask the person to smile, is there drooping of one side of the face?
- **Arms:** Ask the person to raise both arms, is one lower than the other?
- **Speech:** Is their speech slurred or different?
- **Time:** If any of these signs are present, call 911.

If someone has similar symptoms they are asked to go to the emergency room to be assessed immediately and then treatment can begin as soon as possible, this is considered an emergency, and time is of the essence.

Upon arriving at the emergency room, the person will undergo an evaluation called the National Institutes of Health Stroke Scale (NIHSS) as well as a magnetic resonance imaging (MRI) or computerized tomography (CT) scan for diagnosis.

NIH Stroke Scale Score	Stroke Severity
0	No stroke symptoms
1-4	Minor stroke
5-15	Moderate stroke
16-20	Moderate to severe stroke
21-42	Severe stroke

The NIHSS is composed of eleven assessments and questions, pictures to pick out and words to remember after some time, each section is scored from zero up to four. For example to test for number four: facial palsy, the certified healthcare practitioner needs to ask, or use pantomime to help, the person to smile, raise their eyebrows and close their eyes. Then it is assessed with zero being regular symmetrical movements, one is minor paralysis (asymmetry on smiling), two is partial paralysis of total or almost total paralysis of the lower portion of the face, and three being complete paralysis of one or both sides of the face (National Institute of Neurological Disorders and Stroke, 2011).

Another example is number five: motor arm movement. The certified healthcare professional will assess both the left and right arms and score them individually. The arms are placed at a ninety-degree angle, with palm down, if the person is sitting or forty-five-degree angle if supine, then they are asked to hold it for ten seconds. It is then scored by either zero with no drift and able to stay for the entire ten seconds. Score one if there is a slight drift before ten seconds. Two is scored as cannot maintain angle and drifts to bed, but there was an effort to keep at an angle. Score three is where the limb falls to the bed. A score of four has no movement and is unable to lift. There is one score in this section that needs to be looked at and that is the UN score, which means that it was unable to be assessed due to amputation or joint fusion (National Institute of Neurological Disorders and Stroke, 2011). After filling the NIHSS, it is tallied and then scored with zero: no stroke, one to four: minor stroke, five to fifteen: moderate stroke, sixteen to twenty: moderate to severe stroke, and twenty-one to forty-two: severe stroke.

To review the NIHSS assessment online visit: https://www.stroke.nih.gov/documents/NIH_Stroke_Scale_508C.pdf

Awareness Dates to Remember

- ▶ Blood Cancer Awareness Month
- ▶ Healthy Aging Month
- ▶ National Cholesterol Education Month
- ▶ National Recovery Month
- ▶ National Sickle Cell Month
- ▶ Ovarian Cancer Awareness Month
- ▶ Pain Awareness Month
- ▶ Prostate Cancer Awareness Month
- ▶ Sepsis Awareness Month
- ▶ September 20-24 - Falls Prevention Week