

Silverado Hospice Los Angeles

Silverado Hospice Newsletter

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Make Kindness The Norm...

The thoughtfulness of Silverado's volunteers is what helps us continue to uphold our caring and compassionate mission. One of our amazing Social Workers, Diane, reached out to us to help a patient residing at a homeless shelter. Due to his financial struggles our dear patient has been unable to provide for himself with basic food items.

Our wonderful volunteers Cassie, Lizzy, and Teresa stepped up with food donations and a lovely volunteer also contributed by donating clothes to relieve some of the stress he's been already going through.



Food donations provided by Volunteer: Lizzy

A HUGE THANK YOU to our amazing volunteers, social worker, and all of those whose INCREDIBLE GENEROSITY made this possible.

Silverado is always happy to help our hospice families specially during hard times such as this pandemic that has affected all of us one way or another.



Clothes donations

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(818) 848-4048
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"As You Grow Older, You Will Discover That You Have Two Hands: One For Helping Yourself, The Other For Helping Others." - Audrey Hepburn

All About Self-Care

During these unprecedented times, we would like to remind you to take a moment to relax. When life gets hectic, we tend to lose focus on our health to tend to other matters. However, self-care is still important to focus on, and having a good self-care routine is a great way to ensure that you are staying healthy throughout anything life throws your way. Whether you have a lot or a little time, we hope you can find a routine that works for you!



What Is Self-Care?



Self-care is any activity that we do to take care of our mental, emotional, and physical well-being. It is beneficial because it helps manage anxiety and stress that we encounter in our lives. Most people think self-care refers to drinking tea and bubble baths. However, self-care also means setting boundaries and saying no sometimes, advocating for your needs, and making room for yourself, which is necessary, not selfish.

Anxiety and Stress

Stress is any demand placed on the body or the mind, and anxiety is feelings of worry. Both can manifest as physical symptoms such as headaches, stomachaches, rapid heartbeat, shakiness, and changes in appetite. Everyone experiences stress and anxiety differently, and taking a moment to develop a self-care plan can help you lower your anxiety and stress levels.





All About Self-Care, Continued

Our lives can get busy, trust us, we know! You may be thinking that finding time for yourself is impossible, and continue grinding through the day. We have put together a list of self-care activities that may help you find a routine that works for you. Do not forget that self-care is also about setting boundaries and prioritizing yourself.

5 minutes

-Breathing exercises - Quick stretches - Drink water - Light a candle - Tell yourself you are worth it - Get up from your desk - Get fresh air

30 minutes

- Enjoy dessert - Reward yourself - Hot shower - Short meditation - Call a friend - Enjoy a short walk - Organize your work space - Move your body! - Take a nap

1 hour a day

- Unplug devices - Long meditation - Binge a funny show - Work out - Sit comfortably and read - Spend time with a loved one - Glam up!

A day

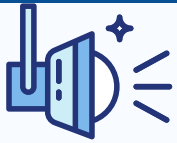
- Sleep in - Plan a safe day trip - Go for a long hike - Try gardening - Find a new hobby - Look at the moon and stars

Bereavement Program

We believe that no individual should walk through their grief journey alone; we are here to walk with you and accompany you in your grief. Everyone experiences grief differently, and Silverado is here for you. The Silverado Hospice Bereavement Program is offered to family members and loved ones at no cost for 13 months following a loss.

As a part of this program, individuals experiencing a loss receive newsletters that offer information and supportive resources about the grieving process. Supportive phone calls are also available every several months, or as often needed. Additionally, bereavement support and community resources are available if required as well.

We understand that the healing process after losing a loved one is a long and difficult journey. At first, there may be a sense of numbness and disbelief that can last minutes or weeks. Your feelings are normal, and we encourage you to contact our bereavement and counseling services if you feel overwhelmed by a loss. You may contact Bereavement Services at (888) 328-6622. We are here for you.



Spotlight On!



Meet Mariela, RN Case Manager!



Mariela was selected by her peers through voting. Her peers said "I am voting for Mariela, RN for garnering the most Cahps survey that makes Silverado well known in Hospice arena. She goes far and beyond to help patients and families."

Meet Oscar, Spiritual Counselor!



Oscar is an excellent team player. He is always available for any new tasks and challenges. Families also appreciate the support and energy he brings into the homes. He is kind, compassionate and radiates positivity.

Meet Angela, Patient Care Coordinator!



Angela is such a crucial part of the schedule management for the CHHAs. Angela make sure that CHHAs schedules are well planned and that our patients are seen timely. Angela does everything with a smile on her face and a laugh in her voice. Nothing seems to get her down or frustrate her. We are so fortunate to have her on our team even if it is so far away in Texas

Let us know how we're doing!

*Leave us a review,
click the icons to get
started!*

**Like us on
Facebook!**

**Review us
on YELP!**



Silverado Hospice Los Angeles

*Your feedback is
important to us. If you
have a concern, please
contact our Administrator,
Richard Jenik, directly at
(888) 328-6622*