

Silver Story: Veteran to Veteran

by Justine Vasquez, MSW, Intern

People have many roles in life. Some may call themselves a husband, a wife, a daughter, a son, but a very few hold the title as an armed service Veteran. Studying to be a social worker, I am a veteran serving U.S. Veterans who are receiving hospice care.

Although it is my privilege to serve all hospice patients in their journey of end of life, the opportunity to serve patients who are Veterans has been even more rewarding. The experiences and shared connection with hospice patients who are Veterans has allowed for discussions of our time and journey in the armed services. The conversations regarding historical factors that has influenced our decisions in enlisting in the armed forces has been enlightening. The ability to laugh together, listen to one another's experiences of serving in different eras, and agreeing and disagreeing on how we felt about the careless mishaps has been a bonding experience.

My role as a social work intern is to visit, listen, encourage life review, and support attributing meaning to positive and negative memories with my patients. However, in service to fellow Veterans, I have been afforded a unique experience to grow as a professional, while sharing my experience as a woman veteran. It has been a great honor and pleasure to be of service to my fellow brothers and sisters, and to continue to devote my talent, my compassion, and love to those who have sacrificed their life and time to the United States military.



National Hospice and Palliative Care Month

November is National Hospice and Palliative Care Month. This years NHPCO (National Hospice and Palliative Care Organization) theme is "Meeting you where you are". An accurate description of what hospice is and looks like from the start. At Silverado we are available 24/7, whether you have questions about our care, would like to set up an explanation of our service and benefits or have chosen Silverado to be your experts in care team. Our Patient Care and Customer Care Teams are always available to take your phone call or chat line inquiry. To learn more about Silverado Hospice, visit our website at SilveradoHospice.com.

NEWSLETTER

Getting to Know US: CHHA

by Kristina Nguyen, RN, BSW, DPCS

When coming onto hospice, your family has the wonderful opportunity to accept a certified home health aide to be a part of your team. To be certified, there is additional training they need to complete after they receive a certification as a certified nursing assistant. The extra training allows them to be able to visit patients under home health and hospice agencies.

All of our home health aides are dedicated to provide professional care during the most vulnerable time our patients are going through. Sometimes, family feel the most connected with their home health aide due to the intimacy of care, and in a way, can assist in psychosocial support. As a person loses their ability to bathe and dress themselves, there can be a feeling of depression and mourning of independence. With the help of our hospice team and especially our home health aides, there is a sense of ease of the declining process and reassurance they are being cared for in the right hands. Please take the time to meet one of our bath aides if your loved one comes on service. They don't only provide bed baths, but can simply be present while a shower is being taken to provide safe reassurance. They can assist with a self-led sponge bath and help dress the patient after. However the need, if it is within their scope of practice, they can be very helpful.

THANK YOU
to our wonderful and dedicated
CHHAs, we appreciate you
and the care you give.



Angelica



Johana



Yamely



Servando



Margarita



Luci

And our CHHAs not pictured:

Esmeralda, Gloria, Maritza, Trini,
Latreena, Viola, Maria, Olga, Adela,
Marisa, Maribel, Brenda

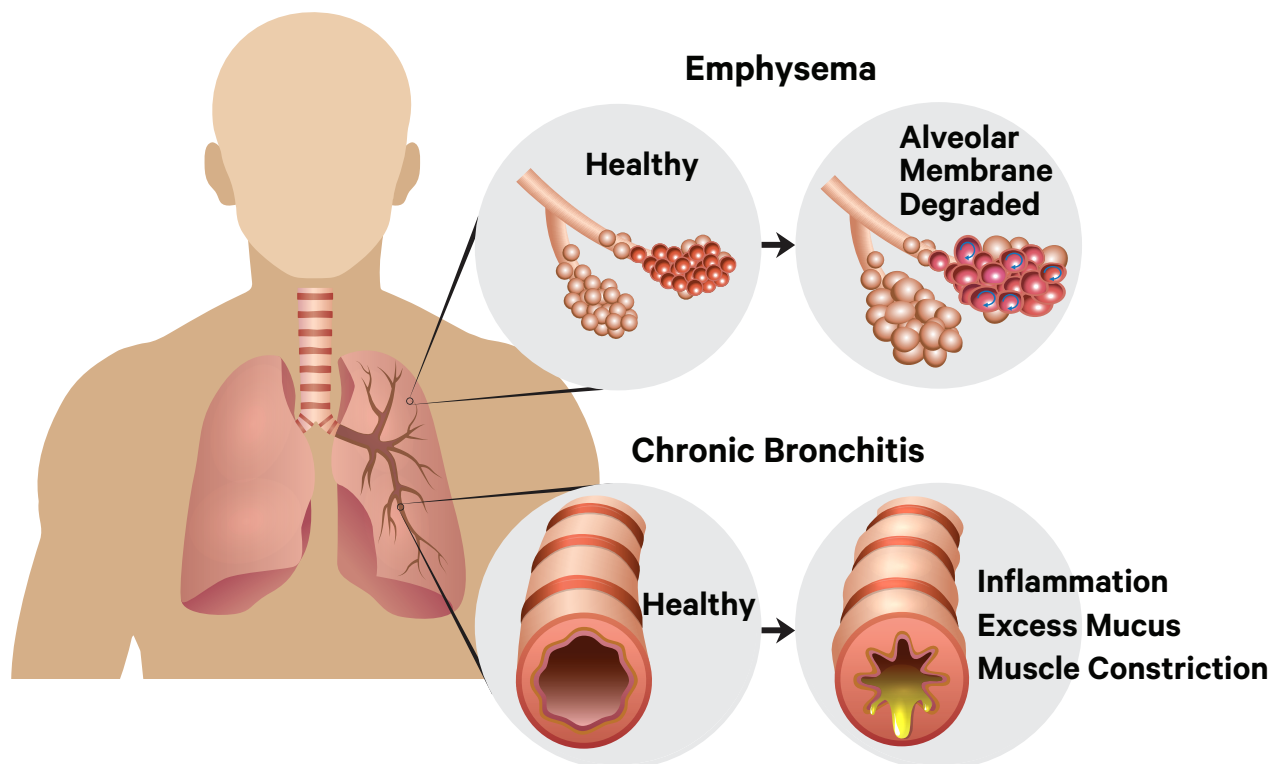
COPD Month

by Natalie Davin RN, Patient Care Manager

November is Chronic obstructive pulmonary disease (also known as COPD) month. It is a group of lung diseases, including chronic bronchitis and emphysema, that make it difficult to breathe due to blocked airflow. Around 16 million Americans have this disease and worldwide there were over 3 million deaths from COPD in 2019. Smoking is the most common cause of COPD as the harmful chemicals in smoke can damage the lining of the airways and lungs. The airways and alveoli (air sacs) become less elastic, the walls between the alveoli can be destroyed, airway walls are thick and inflamed and mucus collects and airways can become clogged.

Symptoms include shortness of breath, wheeze and cough which in turn causes fatigue and decreased mobility. COPD cannot be cured but it can be treated. There are medications such as rescue inhalers, oxygen and steroids that can help. Patients who smoke are encouraged to stop smoking and, if possible, increase physical exercise. People with COPD are also advised to get vaccinated against pneumonia, influenza and coronavirus. If you are concerned about COPD please reach out to your medical provider who can guide you with preventative measures and treatment if indicated.

Chronic Obstructive Pulmonary Disease



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
- caregiver relief
- playing a musical instrument
- reading poetry/scriptures
- playing a game
- Petals for Patients
(delivering flowers)
- Memory Catchers
(life review video)
- Memory Bear

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 Office at (888) 328-5660



Awareness Dates to Remember

- ▶ November 11
Veterans Day
- ▶ November 12
World Pneumonia Day
- ▶ November 14
World Diabetes Day
- ▶ November 19
Great American Smoke out
- ▶ November 25
National Family Health History Day
- ▶ American Diabetes Month
- ▶ National Hospice and Palliative Care Month
- ▶ Bladder Health Month
- ▶ COPD Awareness Month
- ▶ National Family Caregiver's Month
- ▶ National Pancreatic Cancer Awareness Month
- ▶ Stomach Cancer Awareness Month
- ▶ Lung Cancer Awareness Month
- ▶ National Alzheimer's Disease Awareness Month

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**