

Serving Korean-American Hospice Patients

By David Myung, M.Div., Spiritual Counselor

Korean-American terminal patients are often referred to hospice significantly late into their end of life prognosis. The average life expectancy for Korean-Americans, after being admitted onto hospice services is 18 days. Although efforts have been made to introduce hospice services to the Korean population, the reluctance to select hospice care may be as a result of the Confucian influence.



Confucianism rests upon the belief that human beings are fundamentally good, and teachable, improvable, and perfectible through personal and communal endeavor, especially self-cultivation and self-creation. This is widely accepted in Korean culture. They value the tradition of respect for ancestors and parents, and families often prefer more aggressive treatment as there is the underlying implication that it is the duty of the family to prolong the patient's life. If possible, all forms of treatments will be sought as it is family obligation.

The term hospice is closely interrelated with death and dying in the Korean culture. Korean-American families desire to seek means to prolong life. Silverado supports educating patients and their

families that hospice seeks to provide comfort and quality of life during this phase of their life. The Silverado team understands it is essential for the hospice staff to earn the confidence of the patients and their families and uphold patient's right to self-determination for present and future care. This support is to lessen the misconception that they are "giving up" on their loved one but rather that they are giving the patient the respect and dignity of care during end of life.

February 1st is a holiday and celebration which marks the first day of the Korean Lunar Calendar. Silverado would like to say to the Korean-Americans: "새해 복 많이 받으세요" which means, "Have lots of luck in the New Year". For more information about Korean-American culture or hospice services, please call Silverado Hospice.



NEWSLETTER

Lovely Blend Oil

By Valerie Lomeli, Volunteer Manager

Our sense of smell is much more sensitive than our other senses. When we smell something it triggers our emotions and feelings almost instantly to our brains. Essential oils are used to enhance our moods and bring relaxation to our mind and body.

The things we do for self-care are often associated with scents, when we go to a spa, aromatherapy is used during the service. Some might light a scented candle or purchase a new fragrance. Fragrance has been used for thousands of years, the ancient Egyptians are among the first to wear perfume in addition to many other cultures. These alluring scents were made of natural oils from flowers, herbs and fruits.

Jasmine oil has been used as a fragrance for centuries. Legends have said Cleopatra wore jasmine, and it was that floral scent that allured Marc Anthony to her. Jasmine flowers are traditionally used in wedding garlands and scattered across marriage beds in India and other countries. Jasmine is known to support and enhance happiness, mood and emotional balance.

The Lovely Blend is a signature blend made up of six wonderful oils, each of their scents are different and

their properties have strength on their own. Together they play a beautiful melody in the air, they may be use in a diffuser, room spray or lotion.



The lovely blend contains the following therapeutic oils: jasmine, orange, ylang ylang, patchouli, lavender and chamomile.

The benefits of using essential oils may also include a reduction in agitation, depression, healthy skin, and an overall boost in comfort and relaxation. Ways to use Lovely Blend offered at Silverado Hospice: Lovely Blend Lotion, Lovely Blend Room Spray, Lovely Blend Oil for your personal diffuser.

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

Awareness Dates/Holidays

American Heart Month

AMD/Low Vision Awareness Month

National Cancer Prevention Month

Patient Recognition Week | Feb. 1-7

Congenital Heart Defect Awareness Week | Feb. 7-14

National Cardiac Rehab Week | Feb. 12-18

Alzheimer's & Dementia Staff Education Week | Feb. 14-21

National Wear Red Day for Women's Heart Health | Feb. 3

World Cancer Day | Feb. 4

National Donor Day | Feb. 14

National Heart Valve Disease Awareness Day | Feb. 22

Love

By Natalie Davin, RN, Patient Care Manager

We are soon entering what the world has now become to know as the season of love. The celebrated holiday, Valentine's day, started with the patron Saint Valentine from both Christian and ancient Roman traditions. There are many stories about the Saint, but the catholic church recognizes him as a priest who served during the 3rd century in Rome and as a result of single men being drafted to be soldiers he set about providing marriages for lovers in secret. He sadly perished for his actions.

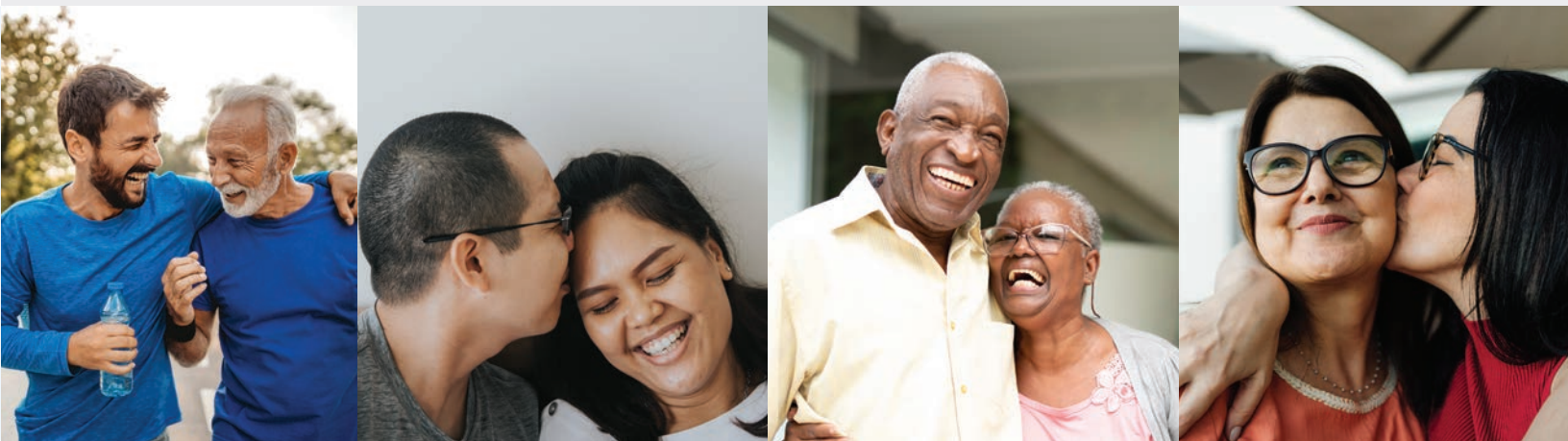
We know that people who are in love generally feel a powerful sense of empathy toward their loved one, feeling the other person's pain as their own and being willing to sacrifice anything for the other person. We see this on a daily basis when caring for hospice patients and their families. This love can come from partners, friends, children and anyone that loves our patients. As health professionals we are often asked by families and friends how to look after their loved ones and show them love at a time of total uncertainty. It is very common for family and friends to feel useless at the end of their loved ones life because they cannot control their pain or comfort as they would like.

Here are a few things that we can do to encourage families and friends feelings of love and empathy for our patients:

- Promote honesty even if it's an uncomfortable truth
- Tell the patient that you accept their flaws and the things that they may feel they may have done wrong in their lives
- Give them space to speak and be heard
- Non-physical touch can be comforting [including holding hands and gentle caress
- Lying side by side as they may have done for many years either as a parent and child, partner or friend

We are all sadly aware of the challenges of physical comfort during the pandemic but where we cannot have families together please explore with your team other ways of communication via phone/tablet and anyway to allow expressions of love. People often search for the right thing to do when sometimes the best expression of love is presence, even if you say nothing at all.

Wishing you all a happy season of love!





Petals 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 alongside the care team assigned. One of the programs Silverado Hospice is proud to offer is our Petals for Patients program. Volunteers gather each week to arrange flowers generously donated by local partners. The flowers are then delivered by volunteers, and other members of the care team. This is a fantastic program that brings many smiles to many faces each week. From the donors, volunteers, and patients the joy is contagious and plentiful, just as the flowers are each week.

To learn more about volunteer services, or how to become a volunteer, contact: Valerie Lomeli, Volunteer Manager at (888) 328-5660.



CONTACT US

24-hour line: (888) 328-5660

Fax: (949) 653-0452

Referral line: (800) 507-9726

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**