

Silverado Hospice Los Angeles Silverado Hospice Newsletter



HAPPY NEW YEAR

**“I want to visit more national parks this year!”
– Chani H,
Admission Coordinator**

**“My New Years Resolution is to practice more self-cares (playing piano, seeing friends, sudoku, sleep, etc)!”
– David H, Volunteer**

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**“To spend more focused time with family and try my best to separate from work.”
–Richard J,
Administrator**

**“My goal is to be more present. Stepping away from electronics more often.
Spend more time creating memories with my family and friends.
I have also given myself permission to dream more and work towards those dreams big and small.”
–Connie M, Volunteer**

**“My New Year resolution is to volunteer with my son Roman.”
–Juliet L, Volunteer Manager**

**“My 2022 New Year resolution is to help more people in need alongside with my 5 yr old daughter. “
–Alefiyah C, Volunteer**

**“Stay alive and stay happy. Read one book a month. Be more flexible- literally. I want to learn to do the splits again!”
–Zitlaly C,
Director of Family Support Services**

“The new year stands before

us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.”-Melody Beattie

A LITTLE REMINDER

With our busy and complicated life, many of us forget to put ourselves first. We always teach and preach to others about self-care, but for sure many of us do not follow the same teaching.

Let's remind ourselves to never put ourselves last, because it's helps us become a more efficient and productive person.

“Put yourself at the top of your to-do list every single day and the rest will fall into place.”

We Have Met And Get To Meet Lots Of People Throughout Our Lives



In our line of work, we are honored to meet people in a most sacred time and place in their lives.

One of our counselors recently had the honor of meeting a daughter of a patient, who was a charge nurse in an ICU for 35 years. When her mother passed away, she told him that 28 years earlier, she made a promise to her father on his deathbed that she would take care of her mother. She was able to say after her mother passed, that she honored her promise until the end.

With love, wisdom, positive spirit, and a breath of laughter, she cared for her mother.

We meet people like this every day.

We try to be a loving force in their lives.

“A number is just a number. A name, now that's something we can relate to.” - Elie Weisel



Hospice Volunteers Share their Experiences

The gifts of time, love and compassion shared by our volunteers is a blessing to the patients and families they serve. Following you'll find some of the special, moving experiences they've shared...

"This volunteer met with patient at the facility in which she resides. The visit was coordinated with patient's sister and the facility as this is the day of the month in which the facility weighs the patient. This is the 1 day of the month in which she is placed in a wheelchair and as this transition is somewhat dangerous, we have begun to schedule the outside visit on these days. Upon arrival, patient's sister was present in her room but she had not been weighed or moved to the chair. We all chatted for several minutes until the facility staff arrived to move and conduct the weighing. After completion of this process, the 3 of us went to the outside courtyard and continued chatting for several minutes before her sister left us.

Patient does not have the ability to retain short term memories and thus does not recall details of the prior visits outdoors. However, she seems to genuinely enjoy the experience. I asked her to feel the breeze and the cool air and to take notice of how different they are to being inside. I also picked one of the white roses for her to smell. Her distance vision is limited but her sense of smell is still very much intact and she usually asks to keep holding the flower so that she can smell and re-smell it during the outside visit. I also picked a lemon and scratched the skin so that she could enjoy the smell.

Being outdoors was the initial focus but eventually she cycled into familiar memories about loved ones from her past. After an hour outside, patient's sister re-joined us and we went back into the facility and parked her chair in front of the recently set up and decorated tree. This afforded me the opportunity to speak privately with sister. I advised sister about some of the things that patient has shared and asked if they were based on real events. I have met with her for about 20 meetings and in the last 2 meetings she has discussed having a child that she gave up for adoption and all of the feelings associated with this very difficult decision. Sister advised that this was in fact true but that patient has not discussed it in many years. I also recited the phonetic version of a Polish phrase that patient states was said to them as young girls by their mother. She confirmed the truth of this phrase which translates to 'Come to me little one' in Polish. Prior to ending the visit, I asked sister if i could purchase a small Christmas present for patient, (a bottle of perfume) as her sense of smell is so strong. She thought this was a great idea and provide some recommendations. I then shook hands with sister and thanked her for speaking with me. I promised to return in a few days and wished them both well."

- David B.

"The patient was eating her oatmeal when I arrived. We exchanged greetings and asked each other how the prior week went. Patient seemed in good spirit today. She wanted me to read to her with a book she provided. It's a different book this week - a book on religion and healing. After reading, she wanted me to make a toast for her, with butter and honey dripping on the toast. She ate the toast and told me that the way I prepared the toast was perfect to her. Before the patient went to the restroom, she wanted me to retrieve at a high place of a cabinet where she stored tissue paper. Finally the patient wanted to discuss quantum physics with me, because she knows that I am trained as a scientist. Since we had limited time left, I sent her a few links on a series of PBS production on the "Fabric of the Cosmos", a show hosted by Dr. Brian Greene, who is a Professor in Columbia University and is a leading scientist and public educator on the topics of astrophysics and quantum physics." -Teresa H.

"Patient and I had a lengthy 2-hr conversation that was made up of his experience in the Marines & what he learned, his relationship with his siblings, his hobbies, his childhood, and his view on death. After only 2 visits, I can gather that patient is a very resilient man (so resilient that his family calls him a 'cockroach' HAHA). What amazed me from our convo was patient's ability to tolerate pain. Despite his left leg being fractured, his varicose veins, his liver, and his occasional 'bleeding out', patient just 'deals with it' all and perseveres. Patient inspires me because he shoulders the weight of his guilt from the marines and his declining health on his own yet is still able to laugh about his experiences. Our convo about Palliative care was very meaningful. Patient said was that he has no regrets when he dies because he learned from the mistakes of his past. I am very thankful to be able to talk with Patient. He inspires me to become a doctor that actively listens to patients and that builds rapport through conversation. Maybe we have too much conversation though, as patient jokingly asked if I was writing a thesis on him (haha)." -David H.

"I walked in to find the patient on her couch. She was a bit more tired today. She stated the heat makes her tired. I brought over the coloring books I had promised her last visit and we got to coloring. We talked about family and family issues and how hard those relationships can be. She was a bit more quiet today than during my first visit. She would take breaks in between coloring. She was very thankful for me buying those for her. She offered to pay me back and I said no. Lastly, before leaving I asked if I could do anything for her, she asked for me to warm her dinner on the stove and I washed her pot too."

-Ada L.

"The joy in hospice volunteering comes from opening my heart to vulnerability and the burden of worry, sorrow or pain and transforming that energy back into a nurturing, quiet and gentle presence."

Spotlight On!

Meet three of our wonderful employees who were recognized as employees of the month in January!



Meet Stephanie, Social Worker !



The team has said that she is a very knowledgeable social worker. She builds great relationships with families and the Silverado team. She always responds fast and has solutions set up.

Let us know
how we're
doing!

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get started!

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Silverado Hospice Los Angeles

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

Meet Daleth, LVN !



The team has said that she is very attentive to her patients, a wonderful team player, and a great advocate for patients. Families love her.

Meet Shalina, CHHA !



The team has expressed that she is willing to fill in when needed and never hesitate when asked to help. She has been a huge help and great asset to the team.