

Silverado Hospice Los Angeles Silverado Hospice Newsletter

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The Silverado Hospice Los Angeles team surprised a World War II Veteran a Happy 97th Birthday!!

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Louis spent his special day with his daughter, and a family friend. Silverado staff Sandy, Rustin, Zitlaly, and Juliet surprised Louis at his birthday celebration and brought him cake, balloons, World War II Veteran hat, World War II Picture Frame, and a huge birthday card. We are honored to have shared a special moment with Louis and his family on this occasion.

"WE OWE OUR WORLD WAR II VETERANS - AND ALL OUR VETERANS - A DEBT WE CAN NEVER FULLY REPAY."

- Doc Hastings



Silverado Hospice Volunteers Share Love on Valentine's Day

A note or gift from a friend can go a long way when you're not feeling your best, especially around the holidays. Silverado Hospice LA believes Valentine's Day would be the perfect time to show an outpouring of love to their patients who are often near the end of their lives. The gift baskets were delivered to patients by volunteers and Silverado staff members. A huge THANK YOU to Melissa, Narelle, Allison, Maria, Alefiyah, Sofiya, and Alexa who donated Valentine's Day Cards, cupcakes, and gift baskets. Our patients had nothing but great things to say about the gifts.

"Today being Valentine's day, is Very sad for my mom! She had that special one, in a lifetime love! 10 yrs, she still mourns. She lost.



- 1) Husband
- 2) Soul Mate
- 3) Best Friend
- 4) Lover.

So it was like four people dying. Positive note, Juliet from Silverado Hospice L.A. (Volunteer dept.) came with these wonderful gifts from fellow volunteers. She visited with Mom for an hour, they have common interests in TV.

The special gifts, especially from children really touched her heart!! Lady bug!! The cupcakes from a 5yr. old! They are like a work of art, the detail!! I just cannot express the gratitude, appreciation, and love for this entire team!!
 GOD BLESS you all"
 -Kimmarrie W. on yelp



"She said 'is that for me?' 'I am so special.' She ate all that candy in one sitting." -Kathryn, SW



"She was smiling from ear to ear and said 'Oh my gosh; my favorite.' She enjoys anything related to cross word puzzles."
 -Kathryn, SW



"Patient enjoyed the candies and actually surprised me by reading the words in the cross puzzle." -Kathryn, SW





7 Tips for Valentine's Day After Loss



BY JANE DUNCAN ROGERS

The thought of never again receiving a Valentine's Day card from my husband was heartbreaking. It was only ten weeks since he had died, and I was still raw with grief. The very thought of Valentine's Day just made me want to run away and hide.

Now, many years on, and it is all quite different. What I've discovered is that there are some things to pay attention to that really help and I've listed them below.

So if you are on your own, whether by choice or not, here are some suggestions to help you navigate Valentine's Day.

Designate it a day of self-love

Decide that on the hour, every hour, you will remind yourself of how wonderful you are. Set your phone with a message that will pop up to affirm your beauty, your courage, your general gorgeousness.

Give yourself a gift

This could be the same kind of gift you have received in the past, or something completely different. It may cost a lot, or nothing at all, the amount simply does not matter. The love with which it is given to yourself does, so make sure it is something (or an experience) that you really will cherish.

Take yourself off into nature

Walking in the woods, by the sea, in the sand, or the water – all of these have healing properties simply by you being there. Let yourself open to the timeless wisdom of nature, let yourself open to the love that is expressed in the varying forms in the natural world. Go slow and appreciate your surroundings.

Choose to be with family and/or friends

Remind yourself that you are loved by these people. Make Valentine's Day a day to celebrate ALL love between all people, not just romantic love.

Be creative

Let your inner child out to play with colors, shapes, glue, stickers, paper – whatever takes your fancy. Without deciding what you're going to make, see what emerges. Let go and have fun!

Do something completely different

Make this day a day where you demonstrate love in a different way – either towards yourself or towards another. Forget about cards, romantic meals for two, focusing on the form – think instead of wacky experiences, unusual gifts (to yourself!) and letting joy be present.

Be kind to yourself

More than anything, whatever action (or non-action) you take, bring kindness to bear. Give to someone else – that can be one of the greatest acts of kindness to them, as well as to yourself.

Finally, make sure you put on your rose-tinted glasses first thing in the morning.

See everyone and everything around you through these, and you will find it much easier to focus on what you have got, rather than what you haven't. The world looks wonderful through these glasses, I know because I look out through them all the time.

Jane Rogers is the author of the Before I Go Workbook. and founder of Before I Go Solutions, which is a UK-based social enterprise (aka not-for-profit). Solace Cremation offers online arrangements for direct cremation services with one flat price and 24/7 customer service. Solace proudly serves Southern California, Portland and Seattle metro areas.

For more information on Solace, please visit: www.solacecares.com



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

Spotlight On!

Meet Julie, RN Case Manager



“Hardworking all the time. Families and patients love her.”

Meet Griselda, Medical Records



“She is always kind to everyone. She is efficient in getting orders signed and makes sure our patients get their supplies in a timely manner. She is always patient and works hard to help everyone. She is overall a great team player.”

Meet Sophie, RN Case Manager



“She provides excellent care to patients and is always on top of everything. She always has a positive attitude and is always in a great mood.”

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Silverado Hospice
Los Angeles

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