

# Keeping Seniors Cool During the Summer

By Natalie Davin, RN, BSN, Patient Care Manager

It's tempting and enjoyable to spend time outdoors when the weather is good but there are a few things to remember to keep seniors safe. Senior citizens are at greater risk of heat related illness as they do not sweat as much and therefore their bodies are not as good at regulating temperature. Our bodies' internal temperature increases during hotter months and seniors are more likely to have heat stroke as they cannot cool as easily.

## A few helpful tips to avoid overheating include:

- ▶ Avoiding peak midday temperatures and going outside in the morning before 10am or after 4pm
- ▶ Stay in the shade, wear light fitting clothes and a sun hat
- ▶ Always wear sunscreen even if you sit in the shade
- ▶ Try and drink water as much as you can and include ice pops, ice chips and juice that will help with hydration
- ▶ Try and avoid doing physical activity in the sun as this just increases perspiration and leads to further dehydration

Seniors who have dementia are also at increased risk as they may not be able to communicate with you about how they are feeling.

**If you start to feel any of the following symptoms,  
you may have had too much heat exposure**



**DRY SKIN**



**FAST HEART RATE**



**HEADACHE**



**FEELING HOT**



**NAUSEA**



**DIZZINESS OR CONFUSION**

All of these can be signs that you need to get help and rehydrate. If you are alone and decide to sit outdoors, make sure you take a phone in case you need to reach anyone for help.

## The Human Experience of Grief and Loss

By Kristen Sasse, MSW Candidate

Grief and loss are the human experience of sorrow and healing that occurs after the loss of a loved one. It can also be experienced when someone goes through a major life change, due to the end of a relationship, or during the healing process of trauma. However, when it comes to grieving the loss of a loved one who has passed on, there is a common cycle of emotions and thoughts that are normal and even healthy for an individual to experience. A key part of the healing process is acknowledging that it will take time, whether it is hours, days, months, or years. There is no right or wrong way to grieve. It's a personal experience and although it may follow a similar cycle of others, everyone will work towards healing differently and at their own pace.

As one works through the journey of grief and loss, an individual may experience anger, sadness and difficulty accepting or even acknowledging that the loved one is gone.

Thoughts of "what if" and "if only" might arise. All these emotions and thoughts are normal. Grief and loss can affect one socially, physically, spiritually, cognitively, and emotionally. The bereaved may find themselves withdrawing from or depending on others more. One may experience tightness in the chest, change in appetite or sleep, and/or increase in fatigue. Those with loss might also have feelings to blame their higher power or briefly lose connection with their faith. Experiencing confusion, poor concentration and memory retention is common. Emotions of sadness, shock, numbness, guilt, anger, anxiety, and indifference, or even the lack of these emotions, can be considered normal.

Just like any emotionally intense experience, there is a time when one's experience with grief and loss

may require additional support. Complicated grief is the prolonged and worsening of grief symptoms over time. If a bereaved has been experiencing symptoms, a year or more for adults or 6 months or more for children, one may be experiencing complicated grief.

One might likely experience complicated grief if they are exposed to the following risk factors: Unprepared for the death, multiple losses, inadequate finances, spiritual distress, pre-existing and potentially changing health conditions, extreme dependency on others, conflicted relationship with either the person that was lost or with family, isolation or lack of support system, history of mental illness, and extreme feeling of anger, guilt, and fear. A bereaved may also be higher at risk for experiencing complicated grief if there are children in the home, if the circumstances of the death was traumatic, and if there is current or thoughts of self-harm or intent.

It is important that one knows that they are not doing anything wrong. However, it may be time to seek therapeutic interventions that can assist in working through the cycle of grief and loss. Complicated grief includes all the symptoms of grief and loss along with the inability or struggle to carry out everyday activities, purposefully isolating from others, as well as canceling plans, increased depression, guilt, or shame including holding on to the belief that the death was their fault, feeling that life isn't worth living now that your loved one is gone, and thoughts associated with wishing that one had died with their loved one. Although these emotions and thoughts are common, it may be time to seek help. Sometimes bereaved need someone to walk with them through the journey of grief and loss.



**August 30th is National Grief Awareness Day.** If you are experiencing any of these symptoms, whether it's considered normal or complicated grief, you are not alone. Utilizing your Silverado hospice support team, adjusting your schedule to accommodate self-care, socialization, and potentially therapeutic help can affectively assist you in working through the intense emotion, thoughts, and experiences of grief and loss. The goal is to remember you're loved in a positive light and be able to continue living your life in a healthy and positive way. For more information, please call Silverado Hospice and ask to speak to the bereavement counselor.

### Essential Oils Suggestions When Grieving

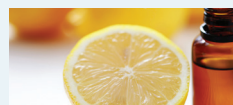
Grief is a process as described in the article written by MSW Intern Kristen Sasse. Below is a list of oils recommended because of their calming, grounding and uplifting properties. Lavender, Orange, Ylang Ylang, and Jasmine offer a therapeutic benefits that relax you as you inhale their fragrance. Frankincense's natural properties promote healing physically and emotionally. Try diffusing or topically applying the following essential oils to help you cope with the waves of grief.



**Lavender**



**Ylang Ylang**



**Orange**



**Frankincense**



**Jasmine**

### Awareness Dates to Remember

World Lung Cancer Day | Aug 1

National Grief Awareness Day | Aug 8

Health Unit Coordinators Day | Aug 23

National Overdose Awareness Day | Aug 31

National Health Center Week | Aug 13 - 19

Fungal Disease Awareness Week | Aug 14th– 18th

National Immunization Awareness Month

Psoriasis Action Month

Medic Awareness Month

Gastroparesis Awareness Month

## Volunteers needed

Silverado Hospice offers support to our patients and their families while also offering a rewarding opportunity to someone wanting to give back to their community. One way is through the volunteer program at Silverado Hospice. 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.

Patient interaction volunteers visit on a weekly basis, with an average visit of 1 - 3 hours.

### Opportunities include:

- Friendly well check visitors
- Respite relief 1-3 hours
- Music Interaction
- Poetry/scripture readers
- Facilitating activities or painting
- Petals for Patients (delivering & arranging flowers) every Tuesday morning in Irvine
- Memory Catchers (Life Review Video editors)
- Memory Bear - sewing machine users



To learn more about joining our volunteer services, team or if you know someone who may be interested please contact: **Valerie Lomeli, Volunteer Manager, call (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**