

Social Work Breaks Barriers

By Christine Hernandez, LCSW | Director of Family and Social Services

The National Association of Social Workers (NASW) leads the celebration of the 2023 Social Work Month with the theme “Social Work Breaks Barriers”.

SOCIAL WORK BREAKS BARRIERS

It underscores the innovative ways in which social workers, for more than a century, have empowered people to overcome challenges so they can live to their fullest potential.

Hospice social workers address many types of social, emotional, and psychosocial challenges near the end of life. It takes passion, advocacy, problem solving ability, compassionate listening, and astute communication skills to support patients and their families at end of life.

The Hospice Social Worker role includes:

- ▶ Supportive and anticipatory grief counsel
- ▶ Guidance with applying for financial assistance or resources, such as Medi-Cal, temporary assistance programs for utilities, or available county assistance programs
- ▶ Assistance with preparing forms for an advance directive
- ▶ Placement exploration
- ▶ Linkage to resources such as Meals-on-Wheels, private caregiving, or Life Alert
- ▶ Providing psychosocial education with families about end of life and when making major healthcare decisions
- ▶ Assistance with final arrangement planning with mortuaries and cemeteries
- ▶ Direction of what to do after the death occurs
- ▶ Grief counseling

Silverado extends gratitude to
Laura Cohen, Seema Cisneros, Michelle Kimball,
Jazmin Lopez, Jillian Bowen, Jamie Anderson,
and Jessica Varela for all their dedication
and support to our hospice patients and families.

**Happy Social
Worker Month
WE THANK YOU!**

NEWSLETTER

Petals for Patients

By Valerie Lomeli | Regional Volunteer Manager

Scientific research has proven that receiving flowers can bring a sense of calming to the receiver. The department of public health at the University of North Florida's research found that living with flowers in the home reduces stress. It is recommended for them to be placed on your night stand, the first thing you will see when you wake up and the last before falling asleep. Other places to have them to decrease daily stress is on your desk at work, your coffee table and kitchen counter at home.

At Silverado Hospice Orange County, our Petals Volunteers meet each Tuesday to arrange flowers for our patients and their families. Our "Petals for Patients" meetings are held, each week. Our local grocer in the area donates a lovely floral variety. The flowers are brought to our home office in Irvine, where our petals floral designers are hard at work making flower arrangements. The arrangements are then delivered by a volunteer or Silverado associate.

The joy doesn't only come to the recipient of the flowers, they also brighten the day for the team member who gets to deliver them.



Reference: <https://blogs.ifas.ufl.edu/sarasotaco/2020/07/24/flower-power-why-flowers-are-vital-to-our-lives/><https://safnow.org/aboutflowers/quick-links/health-benefits-research/emotional-impact-of-flowers-study/>

Healthcare Dates of Recognition

American Red Cross Month

Bleeding Disorder Awareness Month

Brain Injury Awareness

Colorectal Cancer Awareness

National Nutrition Month

National Social Work Month

National Aplastic Anemia & MDS Awareness Week | Mar 1-6

Endometriosis Awareness Week | Mar 3-9

Dental Assistant Recognition Week | Mar 5-11

MS Awareness Week | Mar 12-18

Patient Safety Awareness Week | Mar 12-18

Pulmonary Rehabilitation Week | Mar 2-18

Healthcare HR Professionals Week | Mar 15-19

National Poison Prevention Week | Mar 9-25

Brain Injury Awareness Day | Mar 4th

National Doctors Day | Mar 30th

Anesthesia Tech Day | Mar 31st

World Tuberculosis Day | Mar 24



National Nutrition Month

By Natalie Davin, RN, BSN | Patient Care Manager

National Nutrition Month, celebrated in March, highlights the importance of diet and exercise. Some of us 'eat to live' and others of us 'live to eat' but whichever category you fall into the academy of nutrition and dietetics encourages us all to make healthy food choices.

With all that said the statement 'a little of what you fancy' can still apply so food choices don't need to be boring, they just need to be sensible and balanced.

Try and incorporate enjoyable exercise into your lifestyle, whether it's a walk in the park, a spin class or a run in the fresh air. It doesn't have to be structured but as long as your body is moving then this is good for your body and your mind.

Reference:
<https://nationaltoday.com/national-nutrition-month>

5 Tips for a Healthier Body

Consider the following:

- 1. Water!** Six or more glasses of water a day. Add a slice of lemon or lime to add a little zing!
- 2. Ditch the supplements...**most good things our bodies need can come from food. Many supplements have not been tested and cannot be proven beneficial to our bodies.
- 3. Choose color!** Pick bright greens, red and anything colorful to add to your diet. All are proven to be high in goodness.
- 4. Avoid take out and pack a lunch.** Yes this takes extra time but it means you can plan portion sizes and pick your own food in advance rather than making unhealthy choices.
- 5. Review labels.** Look at the labels of food and try and avoid those high in sugar and ingredients you cannot read! Where possible do not buy processed foods and opt for alternatives like meat, dairy, and fruits.





Celebration of Life

In memory of loved ones

Join us for our virtual or in-person Celebration of Life ceremony to share memories and honor loved ones who now live on in our hearts.

Virtual

Thursday, April 6, 2023 | 4:00pm

This event will be held virtually via Zoom.

In-person

Tuesday, April 4, 2023 | 4:00pm

This event will be held at:
Silverado Hospice Orange County
6400 Oak Canyon, Suite 200
Irvine, CA 92618

RSVP by Friday, March 31, 2023 to
Seema Cisneros, Bereavement Counselor
Call (888) 328-5660 or
email seema.cisneros@silverado.com



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**