

Silverado Hospice Newsletter

Silverado Hospice Los Angeles

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Cheers to Grandparents!



It's no surprise that grandparents provide a pivotal role in our lives, especially our families. Their importance can be overshadowed as parents usually are at the forefront of children's development growth. However, grandparents are a glimpse of traditions and cultures that may have been forgotten. In addition, they can instill important values to future generations, values that held overtime and remain crucial today.



In honor of National Grandparents' Day, which is recognized on September 10, let's acknowledge how awesome they are and to visit them when you can. Don't forget, you don't need holidays to appreciate your loved ones!

Throughout the years, Silverado hospice has many elderly patients who are well taken care of. To those who are grandparents thank you for what you do!



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Meet Our Amazing Memory Catcher Volunteer, Sean!

How did you end up at Silverado Hospice:

I was looking to volunteer back in 2018, and found out about the Memory Catcher Program through researching online. I worked with Juliet and a variety of patients for a couple of years, off and on, until the pandemic hit and everything was put on hold. I always enjoyed the connection and stories that the patients shared and wanted to start the process again.

Favorite patient or family story?

Each patient I have worked with in the past has been amazing and has shared information/ stories about their life that has given me perspective in my own life about just how special our time on earth here is.

Favorite thing to do outside of work?

I enjoy anything that has to do with the outdoors; surfing, hiking, running and photography.

Why Hospice:

The Memory Catcher Program is genius. It is a way to capture a moment in time that can be shared for generations to come. The fact that I can be a small part of that process is an honor and privilege.

Anything else you would like to share?

I worked in television as a shooter/ producer for 6 years or so, and wanted to take what I learned and apply it to a more meaningful endeavor, and the Memory Catcher Program has allowed me to do that. As of now, I am applying to graduate school to become a Licensed Marriage and Family Therapist, for it is my hope to help those suffering from mental health related issues in the future.

Memory Catcher Program

Memory Catchers is an innovative program that captures life stories of hospice patients and preserves them for their families and future generations. This is done by video recording a person's life history and or memories through an interview process by a trained volunteer. These recordings can be audio only or video recordings.

When a Memory Catcher candidate is identified, a Memory Catcher volunteer is then assigned to go to their home with the appropriate equipment and permission from the patient and/or family. The Memory Catcher volunteer records the patient using the guided questions provided during their specialized training to elicit the person's history. The patient can be interviewed once or several times---there is no set procedure as each one's story is different. Most often, the Memory Catcher recording can be completed in 1-2 sessions. Release forms are obtained from the responsible party prior to any recordings.

The Memory Catcher volunteer then edits the recording. The video recording is edited to remove extraneous noises, pauses, and to better streamline the video into something enjoyable for family and others.

Other ways that the memory catcher program can be used as a great benefit to the community are as follows:

- Video or audio recordings can be used to record family members and loved ones of the patient. This can be very helpful, especially if the patient is unable to communicate or share stories. For example, if a patient is in the late stages of dementia and is unable to communicate verbally, family and friends can be recorded sharing special stories and memories of that person.

Our hope is to allow our patients to leave behind a story, message or anything else they choose for their families to treasure.

Check out one of our Memory Catcher Videos:

Link: https://www.youtube.com/watch?v=q_y4xFgQ6oo



Wellness Tips for this Fall

Fall is forthcoming, which means flu season! Here are some ideas to stay safe during the colder months:

- Get the flu vaccine and the covid-19 vaccine to maximize prevention of sickness.
- Be aware of risks when doing outdoor activities and ensure safety for you and your loved ones.
- Put on moisturizer to prevent dry skin.
- Bundle up and wear thicker clothing to keep you cozy all day.
- Move your body by exercising at least twice a week.
- Having a healthy immune system is vital therefore make sure you're eating right, drinking plenty of water, taking supplements, washing your hands etc.
- Take time to enjoy life by doing things you love! Hobbies increases productivity as well as reducing stress.



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**ROWLAND E.
ROBINSON**



Spotlight On!

Meet two of our wonderful employees who were recognized as employees of the month in **SEPTEMBER!**



**Barbara,
RN Case Manager**

Barbara was selected by her peers through voting. Her peers said “Barbara is ALWAYS willing to help when needed. She goes out of her way to accommodate the needs of her patients. Barbara has an inspiring work ethic and amazing dedication to her patients. She does everything with a smile and a positive attitude.”

Let us know how we're doing!

Leave us a review, click the icons to get started!

Like us on Facebook!



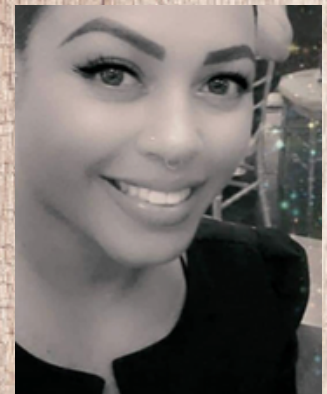
Review us on YELP!



**Silverado Hospice
Los Angeles**

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

Keisa was selected by her peers through voting. Her peers said “She's always on top of everything and a fountain of knowledge!”



**Keisa,
Patient Care Coordinator**