



Pastoral Care Month

by Anne-Jolie Phung, Health Care Administration Candidate

Pastoral Care Week is on October 22-28. Pastoral Care Week is a chance for Silverado Hospice to honor the individuals who work in pastoral care and recognize the importance of professional chaplaincy and pastoral counseling. One part of the chaplain’s role is to help hospice patients and their loved ones reflect upon how their spirituality may strengthen them in coping with end-of-life issues. This year’s theme is “Chaplaincy and Mental Health: It’s Healthy to Get Help.” Mental health care and spiritual care go hand in hand, but spiritual

care counselors are there to companion and review the state of one’s own inner spiritual journey toward the increase of healing, meaning and peace. Silverado Hospice, Orange County values our spiritual care counselors and send a warm thank you to Gayle, Gerardo, David, and Kyungsu for all their support to patients, families, and the Silverado Team!



What inspires you in chaplaincy?



“What draws me to serve in hospice care is companioning patients and families compassionately, as they discover their own greater meaning and wellbeing.”
-Gayle Heuser



“I am inspired by the other chaplains I work with; they inspire me to be the best spiritual counselor I can be.”
- Gerardo Camarena



“Being a successful chaplain includes being genuine, sincere, and compassionate.”
- David Myung



“What inspires me as a chaplain is the courage of the people in our care.”
- Kyungsu Park



NEWSLETTER

Eucalyptus

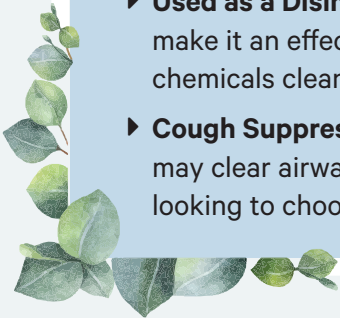
by Katherine Hoang, HCA Candidate

Silverado Hospice developed the Essential Oils Program as a way to safely and naturally help improve patients' feelings of distress and pain. Essential oils are "highly concentrated natural extracts from leaves, flowers, and stem of plants"

(Wilson, 2019) and can be used in many ways: inhaled, in diffusers and humidifiers, sprayed or directly applied to the skin. There are a variety of scents for essential oils. One scent being Eucalyptus.



6 Ways you Can Use Eucalyptus Oil as a Natural Alternative:

- ▶ **Pain and Inflammation Reduction** – A trial published in Evidence-Based Complementary and Alternative Medicine investigated the effects of Eucalyptus on pain and inflammatory responses after total knee replacement surgery. Eucalyptus oil was inhaled for 30 minutes and then pain level, blood pressure, and heart rate were taken. The trial indicated that Eucalyptus does have an effect on patients who inhale the scene as they reported lower pain level and systolic and diastolic blood pressure levels.
 - ▶ **Improves Hygiene** – Anti-inflammatory and antimicrobial properties help reduce bacteria in the mouth which in turns lessens the risk for cavities, gingivitis, bad breath and other oral health issues.
 - ▶ **Insect Repellent** – A study in 2014 found that eucalyptus can be used to get rid of rats in the home. Eucalyptus oil was sprayed in an area that the rats would often consume food. The results showed that food consumption was lower in areas sprayed with the scented oil than areas that were not.
 - ▶ **Boost Energy & Mental Clarity** – Eucalyptus has invigorating, soothing, and purifying properties which helps clear airways and relieve brain fog.
 - ▶ **Used as a Disinfectant** – Eucalyptus has antimicrobial, antiviral and antifungal properties that make it an effective household disinfectant. It is perfect for those that are sensitive to the harsh chemicals cleaners.
 - ▶ **Cough Suppressant** – Using a eucalyptus room spray, or adding a few drops to your diffuser may clear airways which also leads to a reduction in mucus production. It is perfect for those looking to choose holistic natural remedies.
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References *Eucalyptus Oil Benefits and Uses* - Dr. Axe. (2022, January 11). Dr. Axe. <https://draxe.com/essential-oils/eucalyptus-oil-uses-benefits/> Krouse, L., & Wellbank, L. (2022, September 29). 8 Genius Ways Eucalyptus Oil Can Benefit Your Health, According to Experts. *Prevention*. <https://www.prevention.com/health/a30615989/eucalyptus-oil-benefits>

Global Handwashing Day

by **Natalie Davin, RN, BSN,**
Partner in the Community

October 15th is recognized as Global Handwashing Day! With the winter months approaching it's a great opportunity to remember how important handwashing is to our health. It is the best way to remove germs, prevent spreading them to others and avoid getting sick. Common winter illnesses like respiratory infections and diarrheal illnesses can be prevented with good handwashing. The best times to wash your hands are before and after preparing food, before and after eating, after using the bathroom, blowing your nose or handling dirty items. Let's all try and do our part at keeping ourselves and everyone else healthy!

FOLLOW THESE SIMPLE STEPS FOR SUCCESSFUL HANDWASHING:

WET, SOAP AND LATHER (NOT FORGETTING THE BACK OF YOUR HANDS/CREASE OF YOUR THUMB/NAIL BEDS) SCRUB FOR AT LEAST 20 SECONDS, RINSE AND DRY. HAND SANITIZER CAN BE SUCCESSFUL AT CLEANING HANDS THAT DON'T LOOK DIRTY BUT MAKE SURE IT CONTAINS AT LEAST 60% ALCOHOL WHICH WILL BE LISTED ON THE LABEL. SOME GERMS CANNOT BE KILLED WITH HAND SANITIZER SO IF YOU CAN WASH YOUR HANDS.



Awareness Dates to Remember

World Meningitis Day 10/5

World Cerebral Palsy Day 10/6

National Depression Screening Day 10/6

World Mental Health Day 10/10

Metastatic Breast Cancer Awareness Day 10/13

Global Handwashing Day 10/15

National Latino AIDS Awareness Day 10/15

National Mammography Day 10/20

World Osteoporosis Day 10/20

National Check your Meds Day 10/21

NTL Prescription Drug Take Back Day 10/28

World Psoriasis Day 10/29

World Hypophosphatasia Day 10/30

Mental Illness Awareness Week Oct 1-7

National Primary Care Week Oct 1-7

National PA Week Oct 6-12

Bone and Joint Health Action Week Oct 12-20

International Infection Prevention Week Oct 15-21

National Healthcare Quality Week Oct 15-21

National Health Education Week Oct 15-21

Red Ribbon Week Oct 23-31

Respiratory Care Week Oct 22/28

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)



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