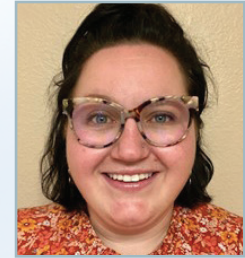




Clinical Liaison
Erica Brader, LVN



Team Physician
Rahul Kale, MD



Social Worker
Emily Head, MSW

HOSPICE MEDICAL DIRECTOR

- Co-certifies the terminal prognosis with the attending physician
- Leads the interdisciplinary team in the development of a plan of care
- Provides consultation to other physicians regarding hospice care

ATTENDING PHYSICIAN

- Certifies the terminal prognosis
- Assesses patient needs, manages symptoms, prescribes non-curative treatments
- Directs and approves the plan of care
- Coordinates care with the interdisciplinary team

RN, LVN, LPN

- Assess patient and family needs
- Develop plan of care to meet needs
- Coordinate care with attending physician
- Coordinate team visits and ensure implementation of approved plan of care
- Ensure symptom control and pain management
- Provide patient/family teaching as needed
- The LVN/LPN in partnership with the RN does the following: provide direct nursing care to patient and family

SOCIAL WORKER

- Assess patient and family emotional, social and financial needs
- Develop a plan of care to meet identified needs
- Provide direct counseling or refer patients and families to appropriate community agencies
- Provide supportive emotional counseling to patient and family
- Assist in completion of advanced directives, mortuary arrangements, funeral planning and facility placement

IMMEDIATE FAMILY

PATIENTS
OR
FAMILIES

SILVERADO FAMILY

FRIENDS

CNA/CHHA (hospice aides)

- Provide direct personal care to patient
- Provide comfort measures
- Report identified needs to RN Case Manager
- Provide emotional support to patient and family

SPIRITUAL COUNSELOR

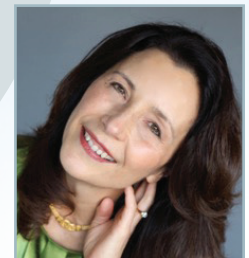
- Assess patient and family spiritual needs
- Develop a plan of care to meet identified needs
- Provide spiritual counseling
- Assist with memorial preparations
- Provide referrals to clergy of all faiths

VOLUNTEERS

- Provide companionship support to patient and family
- Provide needed non-medical services, letter writing, errands and respite time for family
- Provide support at time of death and during bereavement



RN Case Manager
Amy Vaccaro, RN



Spiritual Counselor
Gayle Heuser



Certified Home Health Aide
Martin Estrellado



Certified EOL Doula Volunteer
Rochelle Fournier



Volunteer's Prospective

by Lynda Le | Hospice Volunteer



My name is Lynda Le. One of the ways I feed my soul is through volunteering for various causes. I am honored to be a Hospice Volunteer with Silverado. First and foremost, I would like to sincerely thank the kind Caregivers/Caretakers, Housekeepers, Kitchen Staff, Front Desk Staff, Social Workers, Nurses, Physicians, Volunteer Coordinator, Ms. Valerie Lomeli, and everyone involved in the process of providing optimal, kind, and humane care and support to our patients and their families.

The last chapter of life can be challenging for our patients and their families. A daughter of a patient once said to me, *"I'm glad you're here. It's so hard to see our mom in this condition."* While my main focal point is on the patients I serve. This young lady's comment provided me with the family's perspective. I can understand how disheartening it is to see our loved ones in a way we have never seen them before. I am grateful our patients allowed me into their lives, even for a brief moment in time. I thank the patients' families for enabling me to spend time, look after, and advocate for their loved ones on their behalf.

BENEFITS OF HAVING A VOLUNTEER

The primary goal of a Hospice volunteer is to provide empathy, compassion and emotional support. A volunteer is someone the patient or their caregiver may lean on, during what may be the most difficult time in their life. Many may be uncertain about the future and need extra help to feel as peaceful and secure as possible.

Volunteers shouldn't be overlooked because they can offer more than just playing a board game or dropping by with the occasional floral arrangement. Volunteers are excellent listeners and realize the importance of life review, sharing stories, and traditions. Volunteers are thoroughly vetted, trained and screened before being placed in a patient's home.

If you have any questions about how to volunteer or setting up your loved one with a hospice volunteer please contact our Volunteer Manager, Valerie Lomeli for more information. Call (888) 328-5660

American Heart Month

by Julia Spiros, RN, BSN | Patient Care Manager

It's no coincidence that the month of February which holds Valentine's Day is also American Heart Month.

Did you know:

- ♥ In the United States, about 805,000 people have a heart attack every year - that means someone will have a heart attack approximately every 40 seconds.
 - An estimated 605,000 are first time heart attacks.
 - 25% of heart attack survivors have already had a previous heart attack.
- ♥ About 1 in 5 heart attacks are silent—the damage is done, but the person is not aware of it.
- ♥ Coronary heart disease is the most common type of heart disease, killing 375,476 people in 2021.
- ♥ About 1 in 20 adults age 20 and older have Coronary Artery Disease (CAD) (about 5%).
- ♥ In 2021, about 2 in 10 deaths from CAD happen in adults less than 65 years old.

Let's keep our hearts happy and healthy so we can continue to spread love all around for many years to come. Follow these great suggestions by the CDC for heart healthy (and happy) lifestyle:

- ♥ **Learn your health history** – Know your risk factors. See your PCP for routine checkups.
- ♥ **Eat a healthy diet** – Make healthy food choices like fruit, vegetables and whole grains. Eat less salt, saturated fat and added sugar.
- ♥ **Move more, sit less** – Get at least 150 minutes of moderate intensity exercise every week. Add in some muscle strengthening activities at least 2x per week.
- ♥ **QUIT SMOKING NOW** – Call 1-800-QUIT-NOW for FREE help.
- ♥ **Take medicines as directed** – Keep you blood pressure under control by taking your medications as directed by your PCP.
- ♥ **Choose your drinks wisely** – Reduce consumption of sugary drinks and alcoholic beverages.
- ♥ **Monitor you blood pressure at home** – Keep track of your vitals to help your doctor choose the best plan of care for you.

Employees of the Month



Amy Vaccaro, RN

Amy Vaccaro, RN

Amy is one of the most caring nurses. She has excellent follow up, attention to detail and individualized care for each of her families. Her patients families call in to the office and have nothing but wonderful things to say about her care. Amy cares a lot about her patient's and it shows in her work. Amy often offers to stay at the patient's home just a little longer until they feel taken care of and supported. Thank you Amy, for all the little things!



Olga Valenzuela, CHHA

Olga Valenzuela, CHHA

Olga's warm nature is why she is well liked by patients, their families and peers. She is efficient and gives gentle care to her patients. The coordinating and scheduling staff have confidence that Olga is on top of communication with her families and assisted living staff to ensure optimal satisfaction across the board. Thank you Olga, you are amazing at what you do!

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**