

Silverado Hospice Los Angeles Silverado Hospice Newsletter

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NATIONAL SOCIAL WORK MONTH!

March is National Social Work Month, which celebrates the positive contributions of social workers around the country. Social work became a recognized profession in the United States in 1898 due to increased social issues throughout the century. Many activists dedicated themselves to solving injustices like poverty and mental illness, which helped set laws and created services for vulnerable populations.

Today, social workers are present in various settings to assist individuals and families in attaining overall well-being. Typical settings where a social worker may find employment are within hospitals, government welfare departments, mental institutions, hospices, and more. Social workers take on challenging tasks with an empathetic attitude and serve as a resource for their colleagues.

In hospice, social workers bring calmness during a critical time. They get to know the patient and the family well to advocate for them to create the individual's best care plan. They also help find resources for the patient. Social workers help the families help prepare families and patients for the hospice process and even check-in after the patient's passing.

A day in a social worker's life is never the same as the next, but it is always rewarding. Social workers at Silverado work tirelessly to ensure you and your family are comfortable.

Thank you Silverado Social Workers!

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WE ♥ OUR

Social Workers

THANK YOU TO OUR PASSIONATE
AND DEDICATED STAFF WHO
SUPPORT OUR PATIENTS AND
FAMILIES

MORE ON SOCIAL WORK

Myths about Social Workers

✘ They like to meddle in other people's lives

Social workers are present to be an advocate for you and your family. They work in your best interest to resolve issues and enhance well-being.

✘ Anyone can do what social workers do.

Social workers are highly skilled professionals who hold at least a bachelor's degree in social work. A social worker in hospice has professional and emotional preparedness to provide care in the field.

✘ Mental health services require a psychologist.

Social workers are well equipped with mental health training and can provide these services. In rural areas, social workers are the only mental health providers.

Fun Facts About Social Workers

A social worker does not have a typical 8-hour workday. ✓

The social worker meets with their clients, makes difficult decisions, and finds resources for them. They may need to work longer than 8 hours a day to meet the client's needs

Social Worker in hospice is not always depressing. ✓

Death and dying are not easy topics to discuss, and many people believe hospice social work is always sad. Social workers in hospice see the good in people during a critical time and see their work affecting their clients in a positive way

There are male social workers too! ✓

Social work is often referred to as a woman-dominated field. However, males do become social workers, and it is encouraged that more men join the profession

A Special Thanks to our Silverado Social Workers!



Diane Sepulveda began her professional career working with the developmentally disabled and their families. In 2014, she earned her Master’s in Social Work from the University of Southern California. She then worked under contract with Veteran Affairs West Los Angeles and served homeless Veterans and Veterans with health/mental health concerns. She is a blessing to work with and always goes the extra mile to ensure that our patients and families receive the care they need.



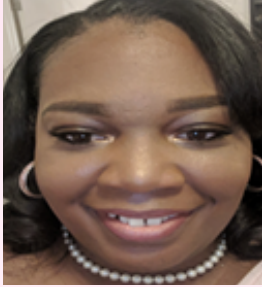
Zitlaly Cristerna Soto has been a part of the Silverado team since 2016. Some of you might know her as ‘Laly.’ She has been practicing in the field of social work for almost 10 years. Laly earned her Master’s in social work with an emphasis on Gerontology. She believes her passion for working with the elderly stemmed from volunteering in nursing homes as a teenager. Laly’s love of social work developed when she served for AmeriCorps. She is wholeheartedly dedicated to the philosophy of hospice and wishes it was incorporated in other countries. Laly dedicates her work to her late grandmother, who lived in Mexico, whom she believes would have found hospice care to be a great blessing.





Karla Andino Sosa: In 2017 I earned my degree in Forensic Social Work from the University of Puerto Rico; and I have been a social worker in California for 6 years. For over 3 years I was a social worker for foster children, where I learned the amazing job, you can do for the most in need. Back in April 2023 I joined Silverado to continue learning and providing care for the most vulnerable, now in the hospice community.

Nikao Chalmers graduated from Clark Atlanta University Whitney M. Young School of Social Work in 2008. Nikao began her Social Work Profession working for Department of Family and Children Services in 2008. Nikao worked in different capacities in the field of Social work including School-Base Programs, Community Mental, and working in STRTP (Group Homes). Nikao joined Silverado in 2023 and enjoys the team she works with and is open to learning new things. Nikao is compassionate to the families she encounters.



Kathryn McEntire dedicates her every day work in honor of her late grandmother. She continues to be a fierce advocate for each and every one of her patients, by promoting self determination and working closely with each of her teams to better identify patients goals and wishes.

A Special Thanks to our Amazing Social Worker Interns!

Darius Borhan graduated from UC San Diego with a B.S. degree in Molecular Biology, and obtained his MSc degree in Oncology from University College London. He credits his ability to adapt to working in hospice social work to his experiences working with cancer patients undergoing chemotherapy, and of course the high quality of training he received from his colleagues at Silverado. His career goals are to eventually get licensed as an LCSW and provide therapy to a wide spectrum of the general population.



Tara Marray is a graduate student in Boston University's School of Social Work program and will be graduating in May 2024. Tara comes to the social work profession after spending 15 years working with organizations committed to social, economic, and racial justice. Tara is pursuing a new career in the field of social work to shift her focus to supporting clients and patients as they heal from past harms and face current life challenges. After seeing the powerful impact hospice teams had with the end-of-life care of family members and friends, Tara has pursued her final internship with Silverado Hospice. It has been her great honor to support and be a witness for hospice patients and their families during their end-of-life experiences.

Ammie Sortor is currently enrolled in the Master of Social Work program at the University of Southern California, where she focuses on adult mental health and wellness. Originating from Tennessee and possessing a background in music business, Ammie discovered her passion for social work upon relocating to Los Angeles in 2020 in pursuit of deeper meaning and cultural diversity. With a particular interest in medical social work, she commenced an internship with the Silverado team in 2023, where she currently enjoys providing support to patients and their families while gaining valuable insights into the multifaceted hospice philosophy. Ammie eagerly anticipates her graduation in December and is committed to advancing her career path towards licensure as a Licensed Clinical Social Worker (LCSW).



SOCIAL WORKER

a kind, supportive and loving individual who cares deeply for the wellbeing of others. A true modern day superhero always going beyond the call of duty to help others in need.

Spotlight On!



This month we would love to highlight some of our amazing volunteers!

Meet Arthur!



As a volunteer with Silverado Hospice Los Angeles since 2019 (nearing five years!), I have had the immense privilege of sharing life with patients during some of their most personal, challenging, and vulnerable moments. I have experienced some of my life's most rewarding periods and created lasting memories as I devoted myself to making a patient's final months, weeks, or days filled with as much peace and joyful meaning as possible. The Silverado team has been incredibly welcoming, supportive, and compassionate during my time as a volunteer. I am immensely grateful to all those, including my volunteer manager, physicians, nurses, and caregivers, who have helped me throughout this enriching journey. I will also remain eternally thankful for patients' trust in me and willingness to allow me into their lives.

My journey as a pre-medical volunteer with Silverado Hospice has led me to my life's next chapter: I would like to share, with excitement and appreciation, that I have gained admission to medical school, including the David Geffen School of Medicine at UCLA! As an incoming medical student in the fall of 2024 and an aspiring physician, I hope to create personalized and compassionate connections with future patients, as I had the tremendous privilege and honor of doing at Silverado Hospice.

I started volunteering at Silverado Hospice in 2020 after losing my job due to the pandemic. Like many, I felt like my future was uncertain. I couldn't find employment, so I volunteered at the office to gain new skills. During my time with Silverado, I started the monthly newsletter and learned about end-of-life care. I enjoyed researching and writing about hospice topics, which led me to a career in nursing. I became a certified nurse assistant in 2021 and enrolled in pre-requisite courses to apply to nursing school. I faced challenges with my health, which delayed my goals, but I persisted. In June 2023, I got accepted to my dream nursing school in a 17-month BSN program. I am now one year away from graduation! Looking back, I can't help but think that I wouldn't be here without the experience and support I gained from Silverado Hospice. It is truly a blessing.

Meet Nancy!



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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

Spotlight On!

Meet our wonderful employee who was recognized as employee of the month in March!

Meet Erika,
RN Case Manager



Erika was selected by her peers through voting. Her peers said things like “Erika has a calm and positive attitude that the patients and families value and appreciate!”

“She is always willing to help our patients, goes above and beyond to get the support they need.”

“Erika has been such a great addition to our Silverado team. She's an incredible nurse and I'm sure her patients would say the same if asked. “

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