

Celebrating Pastoral Care Week

October 20-26, 2024

Celebrating our Spiritual Counselors, who are called to serve our patients, their families and our colleagues. **THANK YOU!**

Volunteer Programs - Petals for Patients

by Valerie Lomeli, Regional Volunteer Manager

At Silverado Hospice Orange County, I have the pleasure of overseeing and coordinating several programs that are available to our patients and residents under our hospice care. Petals for Patients is probably one of the most loved programs we offer.

One of our dedicated volunteers Barbara and my myself pick up flowers each Tuesday morning that are donated from our local grocery store. We also receive a generous donation from a floral design team, The Bloom of Time in Lake Forest.

Each week our volunteers come into the office to create beautiful arrangements that are the perfect size for our patient's nightstand or bedside table. We

are usually greeted with a smile and gratitude when our team delivers the flowers to our patients.

The flowers are delivered by our staff, volunteers and interns. We also have a birthday celebration program that assigns our team to deliver flowers and a birthday card signed by our staff.

This has been a special opportunity for us to celebrate along with the patient, their families, and the caregiving staff.

If you are interested in learning more about our Petals for Patients program or any of our other programs, please give us a call at (888) 328-5660.



Petals for Patients Volunteers



Four Tips to Help on Thanksgiving Day

These tips may help you not only get you through Thanksgiving Day but maybe - just maybe - enjoy it as well.

- 1.** Whether you are celebrating or observing Thanksgiving in your home and you are the chef or going elsewhere and are expected to bring a dish, prepare something that was your loved one's favorite or perhaps a dish they used to make themselves. For example, did you know that green bean casserole with the fried onion topping that has a million calories, no redeeming nutritional value and is sinfully delightfully delicious? This is the dish that my late husband made every year and to this day, regardless of whatever else is on the table at Thanksgiving, the green bean casserole is on the table as well. You will be surprised at how much comfort something as simple as a favorite dish or dessert will bring to you.
- 2.** Just about every family enjoys the tradition of going around the table and letting everyone share that, for which they are thankful. You can switch this up a bit and share a funny story about your loved one. Finish by lifting a glass and proposing a toast with their favorite drink. Remember. It is OK to laugh, even if laughing and smiling is through tears.
- 3.** If celebrating or observing the holiday with long standing family traditions is just too painful right now, do not be afraid to make changes. For instance, if Thanksgiving is always at your house, let someone else host this year. Another alternative to consider might be going to a favorite restaurant that may be serving Thanksgiving dinner. Or you might choose to go way outside of tradition by taking a mini vacation. There is nothing wrong with doing something different and perhaps even beginning new traditions of your own.
- 4.** There is a huge difference between "celebrating" and "observing". As opposed to celebrating with a lot of people around or otherwise putting yourself in a situation where you feel that you have to paste a smile on your face in order to be social, there is nothing wrong with quietly observing Thanksgiving (or any other holiday for that matter) in whatever that you may wish.

Getting Through the “Giving Thanks”: Four Thanksgiving Tips for Those Who May be Feeling Anything but Thankful

by Carole Brody Fleet

Normally a time for festivity and feasting, your Thanksgiving may instead be filled with dread, gloom, or outright sadness if you are coping with the loss of your loved one. Rather than celebratory, you may be feeling like:

- Going through the motions for the sake of the kids, the parents, the distant relatives you see only once a year and/or the world at large.
- You have nothing to be grateful for.
- Celebrating is pointless.
- Forgetting the whole thing and just staying in bed.

I understand all of these feelings and I would not blame anyone dealing with loss for having any or

all of them. However, attempting to “hide” from a holiday does not make the holiday go away. In fact, attempting to “hide” from this or any holiday can make things worse.

Whether you choose to acknowledge it or not, the holiday is still going to happen - and if you have chosen against being proactive, you may wind up morosely sitting alone, dwelling on the fact that you are without your loved one...still. “Creative avoidance” changes nothing.

Taking control over your approach to Thanksgiving (and the holidays that follow) can help brighten your outlook and bring you a measure of peace.

October Awareness Dates

Breast Cancer Awareness Month

American Pharmacist Month

Physical Therapy Month

Chiropractic Health Month

Health Literacy Month

Ultrasound Awareness Month

Healthcare Supply Chain Week | 10/2 – 10/8

Nuclear Medicine and Molecular Imaging Week 10/2 – 10/8

Emergency Nurse Week | 10/9 – 10/15

Dialysis Technician Recognition Week | 10/16 – 10/22

International Infection Prevention Week | 10/16 – 10/22

Medical Assistants Recognition Week | 10/17-10/21

National Healthcare Facilities & Engineering Week | 10/23 – 10/29

Red Ribbon Week | 10/23 – 10/31

National Respiratory Care Week | 10/23 – 10/28

November Awarenesses Dates

Joint Commission Seal &

National Hospice and Palliative Month

American Diabetes Month

Stomach (Gastric) Cancer Awareness Month

November Awareness dates continued on the last page.

November is National Hospice & Palliative Care Month

by Kristina Nguyen RN, BSN, CHPN, Nurse Practitioner, Hospice Coastal Valleys

It's Silverado Hospice's time to shine as November is National Hospice and Palliative Care Month. Here at Silverado, we strive to provide the best care we can to patients and in the environment, they choose to receive care. This could mean in the hospital under a special level of care, an assisted living facility, in a skilled nursing facility, or in their personal homes.

Silverado is a Joint Commission accredited company. This means the company willingly requests a surveyor to come to our hospice sites and perform an audit to ensure we are maintaining those standards and making corrections, if needed.

As a team, we openly welcome this critiquing of our work as it ensures us to better our team to be one of the best, if not the best, hospice provider in California.

It takes a special nurse, certified home health aide, medical social worker, and spiritual counselor to provide day to day care to a hospice patient. So, I write to my team with a heart filled with gratitude in wishing them a happy National Hospice and Palliative Care Month and a sincere

November Awarenesses Dates *continued*

Stomach (Gastric) Cancer Awareness Month

Epilepsy Awareness Month

Family Caregiver's Month

Alzheimer's Disease Month

National Hospice & Palliative Care Month

National Patient Transport Week | 11/1 – 11/7

Allied Health Professionals Week | 11/6 – 11/12

National Radiologic Technology Week | 11/6 – 11/12

Perioperative Nurse Week | 11/13 – 11/19

National Nurse Practitioner Week | 11/13 – 11/19

International Accounting Day | 11/10

World Pneumonia Day | 11/12

Boss's Day | 11/16

Great American Smoke Out | 11/17

National Mammography Day | 11/21

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**