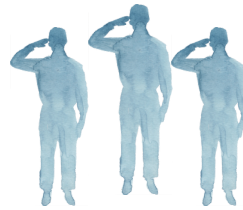


Silverado Hospice Newsletter

Silverado Hospice Los Angeles

Thank You Veterans



We Honor Veterans

At Silverado, we honor those who served in the military with exceptional care and respect. Through our partnership with We Honor Veterans, we are able to provide enhanced resources to meet the unique needs of our veteran patients. We Honor Veterans, a program of the National Hospice and Palliative Care Organization (NHPCO) in collaboration with the Department of Veterans Affairs (VA), allows us to address specific care needs for veterans, such as:

- Specialized care for trauma and experiences related to their service
- Support for issues such as homelessness, substance abuse, PTSD, and more

Our commitment as a We Honor Veterans partner ensures veterans receive the dignified and compassionate hospice care they deserve.

Taking a moment to thank a veteran in your life can be one of the most impactful gestures you can make.

IN THIS ISSUE

Veterans Day - 2
Grief During the Holidays - 3
Supporting the Bereaved - 4
Daily Reflection - 5
Spotlight On! - 6

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(818) 848-4048
(888) 328-6622



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Veterans Day

Each Veterans Day, Silverado Hospice Los Angeles proudly honors the bravery of our patients who have served in all branches of the military. With the support of our dedicated volunteers, we create and gift handmade scarves, bringing warmth and joy to our veterans just in time for Southern California's cooler season. In addition, each veteran is presented with a pin and a certificate of honor, celebrating their service and sacrifice. This year, Juliet, Volunteer Manager, and her son Roman personally delivered these gifts. They had the privilege of presenting a WWII veteran with his certificate, and Roman offered the gift with a heartfelt, "Thank you for your service." The veteran and his family were deeply grateful. He shared with Roman his secret to longevity: "I eat healthy and try to exercise as much as I can."



"Our sweet patient, who passed was in the Army prior to the start of WWII and served in the war. He was on the front line until the end. His son told us stories of his services and other great stories. It is unimaginable what he must have seen in his 108 years. I feel blessed to meet these great families and learn their stories." -Melissa, Admission Nurse



The son of another veteran was deeply moved by the thoughtful gift and the compassionate care provided by Silverado. He shared, "Silverado has been a lifesaver. I cared for my mother before she passed, and now I am caring for my dad. Silverado has been amazing." He spoke highly of the team, saying, "Nina, RN Case Manager, is absolutely incredible. Just before you arrived, she texted me saying, 'I am so sorry, but I forgot to thank your dad for Veterans Day.' He also had wonderful things to say about Lazslo, the Admission Nurse, Ugo, LVN, Karla, Social Worker, and Oscar, Spiritual Counselor. I am the only child, and I don't know what I would do without Silverado."

Thank You Veterans!

Grief During the Holidays

The holiday season is often a time of celebration, but when a loved one has passed away, it can feel difficult to look forward to these events. Give yourself time and remember that the holidays are just another day—allow yourself to say no and set boundaries if needed. Grieving is different for everyone, but know that the feelings you are experiencing are not unique to you. Don't hesitate to ask for support from a friend, family member, religious leader, or Silverado's Social Support and Bereavement Team at (888) 328-6622. It's important to cope with grief in healthy ways. For your safety and well-being, try to avoid overconsumption of alcohol or drugs, and seek help if you have any feelings of self-harm. Also, be mindful of children who may be affected by grief—they may not fully understand or express their emotions in the same way. Communicating openly with them can teach them how to process their emotions in healthy ways.

Everyone faces the holiday season differently, but if you are struggling, it's important to ensure that your feelings are heard and acknowledged. Silverado's Social Support Team and Bereavement Department are here to help you through this time and can offer additional resources if needed.



Supporting the Bereaved

Watching someone you know go through the grieving process can be painful, and it may be difficult to know how to approach them. Since we don't always know where they are in their journey, it's important to be gentle with their emotions. If you are hosting a celebration, kindly extend an invitation and be understanding of their response, whatever it may be. It won't always be easy to know what to say or do, but try to avoid saying the following:



✗ "I know how you feel": Everyone's grief journey is unique, and it can be impossible to know exactly what someone is feeling.

Instead: Acknowledge the grieving person's pain by saying, "I'm sorry you are suffering." Only share your own experience if asked.

✗ "They are in a better place": This cliché should be avoided because the bereaved may not believe or find comfort in it.

Instead: Share a memory you have of the person they lost, or encourage them to share theirs.


✗ "You need to move on": Grief has no time limit, and everyone moves forward at their own pace.

Instead: Continue offering support, and look for signs of deeper struggles like alcohol or drug abuse, neglect of personal care, or major changes in eating habits.

✗ "Let me know if you need any help": While the intention is good, this phrase can be too vague for someone overwhelmed by grief.

Instead: Offer specific help, such as babysitting, doing laundry, or grocery shopping. They may be more likely to accept concrete offers when they realize how much they need the assistance.

Daily Reflection



Can you hear
When everything is still
Do you fear
What emptiness can't fill
Will you see
How darkness might remain
If you flee
For some unknown terrain
Since you dream
Of those whom you have lost
Then you deem
They're always worth the cost
Now you know
That all is all the same
Then you'll grow
In choosing this refrain
Can you hear
When everything is still
Do you fear
What emptiness can't fill
Will you see
That love is in the night
Then you're free
To be within the light.

Spotlight On!

Meet three of our wonderful employees who were recognized as employees of the month in November!



Meet Ugo, LVN

Ugo was selected by his peers through voting. His peers said things like “Ugo is my angel 🙏. Families and facility staff adore and love him. Always has the best attitude and I’m grateful to have him on my team.”



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

Meet Karla, Social Worker

“Karla shows a sense of self-assurance that makes her patients and families feel comfortable. It is that 'I got you' attitude that truly makes one feel held.”



Meet Nikao, Social Worker

“I absolutely love working with Nikao. She creates a calming and supportive environment to not only with our patients and families, but also to the team. She always makes herself available to help as needed and keeps me informed as a case manager. She often checks in on me as a person and encourages me to take care of myself as well. She deserves recognition associate of the month.”

