

Silverado Hospice Newsletter

Silverado Hospice Los Angeles



Celebrating Our Partnership with JoyCatchers



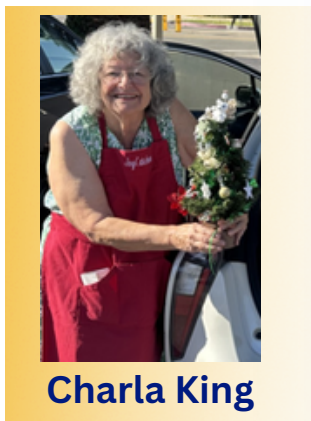
Silverado Hospice Los Angeles has had the pleasure of collaborating with JoyCatchers, led by Charla King, for the past few years. JoyCatchers was created in 2006 by Charla to honor her mother, who shared her love of creativity and the holidays. What began as a simple idea—to volunteer and give trees to people in need of cheer during the holiday season—has grown into a heartfelt mission of spreading joy.

This year, Charla generously donated 80 beautiful trees to Silverado Hospice Los Angeles. Our patients had nothing but wonderful things to say about the lovely trees, which brought smiles and warmth to their hearts during the holidays.

A heartfelt thank you to Charla and all the JoyCatchers volunteers for their kindness and dedication to brightening lives! *For more information on JoyCatchers, please visit <https://joycatchers.org>*

I surprised *patient* with a holiday tree, and she was so happy. She said, "Thank you so much! We didn't buy a tree this year, but this will be our Christmas tree, and I'll place it in the living room for everyone to see."

-Juliet, Volunteer Manager



Charla King

"My *patient* absolutely loved her Christmas tree!! She's a hard lady to please, but this tree brought instant smiles to her face!! ❤️❤️❤️"

-Isabella, RN

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STAY CONNECTED

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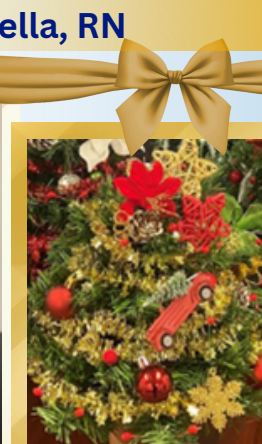


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In Home Supportive Services



The In-Home Supportive Services (IHSS) program is a government-funded initiative designed to help older adults and adults with disabilities afford home services to assist with daily living activities. IHSS allows individuals receiving care to hire their own service providers, which may include family members or friends.



Requirements to Qualify for IHSS:

- + Aged 65 or older OR a person with a disability or blind, of any age
- + MUST be low income AND qualify for Medi-Cal
- + MUST be California resident AND physically reside in the US
- + MUST live at home, facilities are not considered “own home.”

The process begins with completing the IHSS application (SOC 873), which must be signed by a licensed health care professional and submitted to your local county IHSS office. Once submitted, an IHSS social worker will conduct a needs assessment for your case.

Following the assessment, a Notice of Action letter will be mailed to you, indicating whether services have been approved or denied. If approved, you will need to hire a provider and take on the responsibilities of an employer. For more information about the IHSS program in Los Angeles County, please visit

<https://dpss.lacounty.gov/en/senior-and-disabled/ihss.html>

Private Caregiving

Are You Feeling Overwhelmed with Caring for a Loved One? Caregiving can be fulfilling, but it's also a demanding and exhausting task. Many caregivers experience emotional and physical stress, often referred to as caregiver stress. To ease the workload and help your loved one spend more meaningful time with you, consider hiring a caregiver.



Consider the following when hiring a caregiver:

Private caregiving options include working with a home health agency or hiring a caregiver directly. If you decide to hire a caregiver, keep the following in mind:

- **Job Description and Pay Rate:** Clearly define the role and agree on compensation.
- **Paperwork for Pay and Taxes:** Ensure proper documentation for legal compliance.
- **Disability Insurance:** Protect yourself against potential lawsuits if the caregiver is injured on the job.
- **Background and Reference Checks:** Verify the caregiver's qualifications and reliability.

Payment Options:

Caregiving services are typically paid out of pocket, but some expenses may be tax-deductible. Veterans may qualify for caregiver services, so be sure to check with your local VA benefits office for potential assistance. Hiring a caregiver can alleviate stress and allow you to focus on enjoying quality time with your loved one.

HOW TO BE A FRIEND TO SOMEONE IN HOSPICE

1. Be Present

2. Don't Pretend Like Everything is OK

3. Gestures Speak Louder Than Words

4. Avoid Clichés

5. Share Memories

6. Set a Mood

7. Be Hopeful



The Mourner's Code

My 10 Rights During the Holidays



1. I have the right to have unique feelings about my loss.

2. I have the right to think and talk about the loss of my loved one whenever I feel like talking.

3. I have the right to feel a multitude of feelings without the concern of being judged.

4. I have the right to be understanding of my physical and emotional limits.

5. I have the right to have "grief bursts", especially during the holidays.

6. I have the right to make use of rituals.

7. I have the right to use my spiritual beliefs to help me deal with my feelings of grief.

8. I have the right to try to figure out why the person I love got sick or died, but it's okay if I don't find the answer.

9. I have the right to remember and treasure the memories of my loved one.

10. I have the right to move toward and feel my grief, and over time, to heal.