

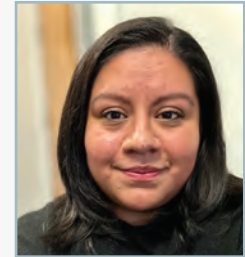
**Dr. Daoud,  
Welcome back to the Silverado Team,  
we are thrilled to have you back!**



**Clinical Liaison**  
Laura Wilcox, LVN



**Team Physician**  
Ronald Daoud, MD



**Social Worker**  
Leticia Castro, 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

SILVERADO FAMILY

**PATIENTS  
OR  
FAMILIES**

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**  
Michael Lalonde, RN



**Spiritual Counselor**  
Gerardo Camarena



**Certified Home Health Aide**  
Joel Lorenzo



**Volunteer/MSW Intern**  
Amy Lanhardt

## My Internship Experience at Silverado Hospice

by Madelyn Martinez, MSW Intern

When I tell others I am interning at a hospice agency, the most common reaction is, “Oh my goodness, that is so sad. How do you do that?” While, yes, hospice is inherently a sad experience, I do also find the beauty in it. Being a part of a team that provides dignity, comfort, and emotional and spiritual healing to patients and their families is an honor. I find it a privilege that I have been able to follow alongside patients and their families through this vulnerable time in their lives.

I experienced a wide array of complicated emotions during this internship. Experiences with patients have ranged from sadness to laughter and joy. I am so grateful for the opportunity to foster a meaningful relationship with each of my patients, and I will take their stories, wisdom (and even the jokes some of them share!) with me for the rest of my Social Work career. Additionally, I have had to do the hard work of facing my own emotions and fears surrounding death and dying. This internship has instilled in me a greater appreciation of life and all the good and bad that may come with it.

Additionally, Silverado has provided me with a deeper understanding of the importance of holistic care in

supporting individuals and their families through the end-of-life process. Collaborating with an interdisciplinary team of nurses, chaplains, and social workers reinforced the significance of an approach that addresses patients’ and their loved ones’ physical, emotional, and spiritual needs.

As I bid farewell to my internship, I am grateful to the individuals who have welcomed me into their lives and allowed me to witness their stories. They have left a mark on my journey as a social worker, reminding me of the power of human connection and the impact of a compassionate presence.

I also want to thank Christine Hernandez, LCSW, and Valerie Lomeli for their guidance. Christine has been a fantastic field instructor who has played an integral part in forming my skills as a future social worker. And Valerie has been an amazing volunteer manager who always keeps me in the loop with news regarding my caseload.

Thank you, Silverado, for such an incredible opportunity.

### Awareness Dates to Remember

Men’s Health Week | June 10-16

Helen Keller Deaf-Blind Awareness Week | June 23-29

National Cancer Survivors Day | June 2

World Brain Tumor Day | June 8

Family Health Fitness Day | June 8

World Blood Donor Day | June 14

World Sickle Cell Day | June 25

World Vitiligo Day | June 25

National HIV Testing Day | June 27

# Alzheimer's and Brain Awareness Month

by **Julia Spiros, RN, BSN,**  
**Patient Care Manager**

June is recognized as Alzheimer's and Brain Awareness Month. Silverado provides extra special care to the those afflicted by Alzheimer's and dementia, and we are known for being Dementia Care Specialists. The Alzheimer's Association states there are more than 55 million people who are living with Alzheimer's or some other form of dementia worldwide. According to the Centers for Disease Control and Prevention (CDC), as many as 5.8 million Americans were living with Alzheimer's disease in 2020. Alzheimer's is ranked as the sixth leading cause of death among U.S. adults and the CDC expects the number of people who live with Alzheimer's to double every five years after the age of 65.

**According to the CDC, the top five signs for Alzheimer's are as follows:**

- 1. Memory loss that disrupts daily life:** forgetting events, repeating yourself or relying on more aids to help you remember (like sticky notes or reminders).
- 2. Challenges in planning or solving problems:** having trouble paying bills or cooking recipes you have used for years.
- 3. Difficulty completing familiar tasks at home, at work, or at leisure:** having problems with cooking, driving places, using a cell phone, or shopping.
- 4. Confusion with time or place:** having trouble understanding an event that is happening later or losing track of dates.
- 5. Trouble understanding visual images and spatial relations:** having more difficulty with balance or judging distance, tripping over things at home, or spilling or dropping things more often.

It is important to know that Alzheimer's disease is not a normal part of aging. As research is ongoing, we already have some insight for how to develop healthy habits that can aid in prevention. There are healthy habits you can adopt now that can aid in Alzheimer's and cognitive decline prevention:

- ▶ **Prevent and manage high blood pressure:** Over time, high blood pressure can cause damage to the brain and make you more susceptible to cognitive decline.
- ▶ **Manage blood sugar:** High blood sugar over can cause damage to the brain and stress on your blood vessels.
- ▶ **Get enough sleep:** A third of American adults report that they usually get less sleep than the recommended amount. Sleep reduces cortisol levels caused by stress which can improve cognition.
- ▶ **Be physically active:** Physical activity can improve thinking, reduce risk of depression and anxiety, and help you sleep better.
- ▶ **Eating a healthy diet:** It's possible that eating a certain diet affects biological mechanisms, such as oxidative stress and inflammation, that underlie Alzheimer's.
- ▶ **Maintain a healthy weight:** Healthy eating and regular physical activity can help you maintain a healthy weight.





## Essential Oil of the Month

### Lavender

Essential oils, formerly known as aromatic oils, have been around for centuries and used by many cultures around the world. They are “highly concentrated natural extracts from leaves, flowers, and stem of plants” (Wilson, 2019) that are known to be used to heal those that are ill. Essential oils can be used in many ways: inhaled, in diffusers and humidifiers, sprayed or directly applied to the skin. It has been shown to promote healthy sleep, relieve headaches, alleviate pain, improve skin conditions, encourage healthy digestion, treat the common cold, etc.

With its many benefits, Silverado Hospice developed the Essential Oils Program as a way to safely and naturally help patients feel more relaxed and comforted. Lavender is the most popular scent when it comes to essential oils. It has been found to possess antimicrobial, preservative, anti-inflammatory, antinociceptive, and anxiolytic properties. Its property allows for “calming both emotions and physical concerns such as minor skin injuries, cramping, and sinus congestion” (Wilson, 2019).

Our Essential Oils program is a safe, natural way to help patients relax, and is available at no cost to patients or their families. The following is the program assessment protocol:

- Nurse assesses if patient is a candidate of Essential Oil Lotion, and inquiries into allergies
- If yes, nurse performs skin allergy test 24-48 hour follow up visit is performed by RN or LVN, and patient may begin program if no reaction occurs

Benefits of using essential oils may include a reduction in agitation, depression, healthy skin, and an overall boost in comfort and relaxation. For more information contact the Volunteer Manager. Call (888) 328-5660.



### Benefits:

- Calming for both emotional and physical concerns
- Antimicrobial
- Anti-inflammatory
- Antinociceptive
- Anxiolytic Properties

## 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**