



Clinical Liaison
Sharon Rascon, LVN



Team Physician
Saif Al Yaseen, MD



Social Worker
Christine Hernandez, LCSW

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

PATIENTS OR FAMILIES

SILVERADO FAMILY

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

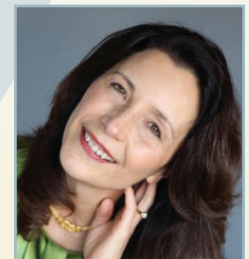
- Assess patient and family spiritual needs
- Develop a plan of care to meet identified needs
- Provide spiritual counseling
- Assist with memorial preparations
- Provide referrals to clergy of all faiths

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
Didi Mpillas, RN



Spiritual Counselor
Gayle Heuser



Certified Home Health Aide
Maggie Hernandez



Volunteer
Smira Sonthalia

The Human Experience of Grief and Loss

by **Kristen Sasse, MSW Former Intern**

Grief and loss are the human experience of sorrow and healing that occurs after the loss of a loved one. It can also be experienced when someone goes through a major life change, due to the end of a relationship, or during the healing process of trauma. However, when it comes to grieving the loss of a loved one who has passed on, there is a common cycle of emotions and thoughts that are normal and even healthy for an individual to experience. A key part of the healing process is acknowledging that it will take time, whether it is hours, days, months, or years. There is no right or wrong way to grieve. It's a personal experience and although it may follow a similar cycle of others, everyone will work towards healing differently and at their own pace. As one works through the journey of grief and loss, an individual may experience anger, sadness and difficulty accepting or even acknowledging that the loved one is gone.

Thoughts of "what if" and "if only" might arise. All these emotions and thoughts are normal. Grief and loss can affect one socially, physically, spiritually, cognitively, and emotionally. The bereaved may find themselves withdrawing from or depending on others more. One may experience tightness in the chest, change in appetite or sleep, and/or increase in fatigue. Those with loss might also have feelings to blame their higher power or briefly lose connection with their faith. Experiencing confusion, poor concentration and memory retention is common. Emotions of sadness, shock, numbness, guilt, anger, anxiety, and indifference, or even the lack of these emotions, can be considered normal.

Just like any emotionally intense experience, there is a time when one's experience with grief and loss may require additional support. Complicated grief is the prolonged and worsening of grief symptoms over time. If a bereaved has been experiencing symptoms, a year or more for adults or 6 months or more for children, one may be experiencing complicated grief. One might likely experience complicated grief if they are exposed to the following risk factors: Unprepared for the death, multiple losses, inadequate finances, spiritual distress, pre-existing and potentially changing health conditions, extreme dependency on others, conflicted relationship with either the person that was lost or with family, isolation or lack of support system, history of mental illness, and extreme feeling of anger, guilt, and fear. A bereaved may also be higher at risk for experiencing complicated grief if...

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August 30th is National Grief Awareness Day

If you are experiencing any of these symptoms, whether it's considered normal or complicated grief, you are not alone. Utilizing your Silverado Hospice support team, adjusting your schedule to accommodate self-care, socialization, and potentially therapeutic help can affectively assist you in working through the intense emotion, thoughts, and experiences of grief and loss. The goal is to remember you're loved in a positive light and be able to continue living your life in a healthy and positive way. For more information, please call Silverado Hospice and ask to speak to the bereavement counselor.

Essential Oils Suggestions When Grieving

Grief is a process as described in the article written by MSW Intern Kristen Sasse. Below is a list of oils recommended because of their calming, grounding and uplifting properties. Lavender, Orange, Ylang Ylang, and Jasmine offer a therapeutic benefits that relax you as you inhale their fragrance. Frankincense's natural properties promote healing physically and emotionally. Try diffusing or topically applying the following essential oils to help you cope with the waves of grief.



August Awareness Dates

Digestive Tract Paralysis Month	National Health Center Week 8/4 - 8/10	World Lung Cancer Day 8/1
Gastroparesis Month	OSHA's Safe and Sound Week 8/12 - 8/18	National Grief Awareness Day 8/30
National Immunization Month		International Overdose Day 8/31
Psoriasis Action Month		

September Awarenesses Dates

Blood Cancer Awareness Month	Prostate Cancer Awareness Month	National Celiac Disease 9/13
Childhood Cancer Awareness Month	Sepsis Awareness Month	Get Ready for Flu Day 9/17
Food Safety Education Month	Sexual Health Awareness Month	National HIV/AIDS and Aging Awareness Day 9/18
Healthy Aging Month	World Alzheimer's Month	World Laz Day 9/21
National Atrial Fibrillation Awareness Month	Malnutrition Awareness Week 9/16-9/20	World Lung Day 9/25
National Cholesterol Education Month	Fungal Disease Awareness Week 9/16-9/20	Mesothelioma Awareness Day 9/26
National Platelet Disorder Month	Falls Prevention Awareness Week 9/23-9/27	Sport Purple for Platelets Day 9/27
National Sickle Cell Month		World Rabies Day 9/28
Ovarian Cancer Awareness Month	World Sepsis Day 9/13	World Heart Day 9/29

The Human Experience of Grief and Loss *continued*

there are children in the home, if the circumstances of the death was traumatic, and if there is current or thoughts of self-harm or intent.

It is important that one knows that they are not doing anything wrong. However, it may be time to seek therapeutic interventions that can assist in working through the cycle of grief and loss. Complicated grief includes all the symptoms of grief and loss along with the inability or struggle to carry out everyday

activities, purposefully isolating from others, as well as canceling plans, increased depression, guilt, or shame including holding on to the belief that the death was their fault, feeling that life isn't worth living now that your loved one is gone, and thoughts associated with wishing that one had died with their loved one. Although these emotions and thoughts are common, it may be time to seek help. Sometimes bereaved need someone to walk with them through the journey of grief and loss.

Shout-outs and Testimonials

Employee Shout-outs

- ▶ “I had the privilege of seeing one of **Laura Cohen’s** patients when she was off. The family loves her so much and said she was everything they needed. Laura does a wonderful job of making the patient and families feel loved and heard.”
- ▶ “Our **Social Worker Leticia Castro** always goes above and beyond for patients and family members. I always hear amazing feedback for her and wanted to recognize it.”
- ▶ “**Robyn Prosser, LVN** has been so wonderful at seeing patients and reporting to me. She is a great addition to our team Facility is also happy when she visits.”

Family Member Testimonial

- ▶ “I want to recognize **RN Jarrod, CHHA Edma, SW Frank** and **LVN Jennifer** for the exceptional care they are providing to my father-in-law who is currently on service. I also want to acknowledge the support they are providing to my mother-in-law. It has been immeasurable and given me and my husband such peace to know they are both being cared for.”

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**