



# Name this Newsletter

Volume 1, Issue 1

November 2007

## This Month's Events

- Birthdays
  - Craig – Nov 6
  - Elizabeth – Nov 14
  - Doris – Nov 22
- Family Choices Support Group
  - Nov 12 5:00 p.m.
- Thanksgiving Day
  - Thursday, Nov 22
- Holiday Family Potluck
  - Saturday, Nov 24
- Resident's Council Mtg
  - Nov 27
- Family Support Group
  - Nov 28 3:30

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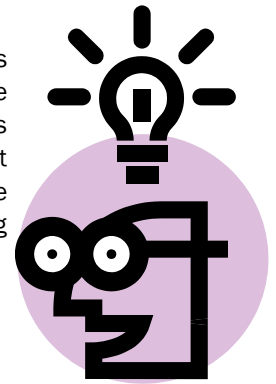
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## Help Us Name the Newsletter

This is the debut issue of our newsletter which will highlight events and the goings-on of the Subacute Unit here at Goleta Valley Cottage Hospital. Everyone is invited to submit ideas for the name of this newsletter. It should be something that reflects the energy of the unit and of the people who make up our community. We will have a vote on the best name and Marietta will award a prize for the winning entry.

So be creative and put on your thinking hats to find the name that is Just Right!!! Jennifer will be collecting submissions for this contest. Next month's issue will include a list of the names submitted and you can vote on what you think is the best choice.



## News Flash: Guess Who's a New Granddad ?

Dale became the proud grandfather of Lucas Michael who was born on October 9, 2007. at the early hour of 7:28 in the morning. "I'm as proud as punch" replied Dale when asked for his reaction to the joyful news. On another note, Dale can be seen zipping about in his brand new high tech wheelchair or using the tilt-back option to catch some warm rays outside.



## How the Garden Grows

Many thanks to Jean McNeil and Margarita Colley for their gardening efforts in the activity area patio. They planted some very colorful flowers. The snapdragons, marigolds and wildflower seeds are beautiful. They spent the day planting them in our new raised garden beds.



The residents really enjoy working in the garden. Already we have had a great tomato and chili pepper harvest.



## Josh Richo – Getting to Know You – Staff



Hello, I am Josh Richo the new Social Worker for the subacute unit. Let me tell you a bit about myself: I was born in Plymouth, Massachusetts, but didn't stay there long. My family moved to Santa Barbara when I was 2 years old to escape the cold winters. I graduated from San Marcos high school, attended City College and graduated from UC

Santa Cruz with a BA in psychology. I wanted to be a therapist/Social Worker because I care a lot about people and I enjoy helping people with their needs. After UC Santa Cruz I traveled through Europe, Israel, Egypt and South America for a full year. I then returned to the States to attend UCLA (go Bruins). After graduating from UCLA with a Master's of

Social Work, I worked with foster and adopted kids for 7 years in Los Angeles. Two years ago I moved back to Santa Barbara. I am very happy to be back and to have a job at Cottage. I love my job and I am eager to get to know everyone here. If you ever need anything, or if you want to talk, please don't hesitate to approach me.

## Charles – Getting to Know You – Resident

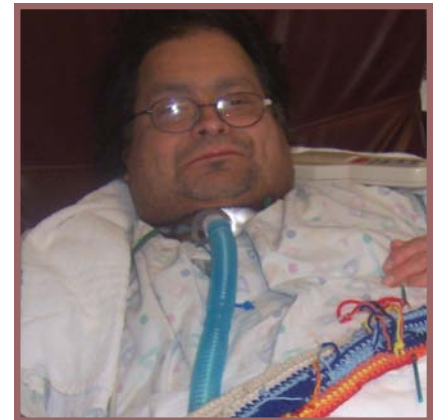
Charles is a proud member of the Chumash Native American tribe and has lived in Santa Barbara all of his life. He graduated from Santa Barbara High with a major in Political Science.

On any given day, you can find Charles sitting in his room creating beautiful blankets and table runners with his crochet hook and colorful yarn. He learned to crochet at the young age of 13 from his mother. He has even been commissioned by the nursing staff

to make a baby blanket for an expectant staff member.

He also enjoys watching TV and the Law and Order series is his current favorite show. His favorite food is Mexican Cuisine.

In 1996 Charles developed a severe case of Sleep Apnea which resulted in his hospitalization. He has been a resident of GVCH subacute for the past six years. He is quick to give a warm smile to all who greet him.



## Ben's Corner



### Trivia Quiz

Can you name 7 Pro Sports Teams that DO NOT end with the letter "s"?

Answers on Page 4

### Did you know?

- The smallest crab in the world is about the size of a pea. They are found in New Zealand and are known as Pea Crabs or oyster crabs.
- In 1913, a Russian Airline became the first to have a toilet on board.

### Karen has a WORD for you



"Kiss"



A kiss is the juxtaposition of two orbicular ors muscles in the state of contraction which may result in the enlargement of the heart.

## October Ice Cream Social Huge Hit with Residents and Staff



Sunday, October 14th, Activities Team, Jennifer, LVN and Amelia, RN put together a special Ice Cream Parlor atmosphere in the Activity Room. The Ice Cream Sundae section had a nice selection of

yummy toppings and ice creams. Of course there was plenty of whipped cream to top off the treats. Wayne's wife, Susan, set up a Faux Starbucks Coffee Shop section where everyone put in their special requests for



fantastic Latte's made to order. Susan and son, David Phillips, brought in the espresso machines along with Starbucks Coffee and all the trimmings. Susan tirelessly stood for 2 ½ hours making all sorts of specialty coffee drinks. Amazingly everyone was moving about the halls with an extra burst of energy later in the day. Ha! Ha!



## Scary Halloween Fun ... Yikes!



Treats and lemonade were offered at the GVCH cafeteria on Halloween. The highlight of the day was the Costume Contest. Our own Noemi and Julio were the big winners!!! Everyone had lots of fun and the majority of the residents were in costume. Thanks to **Carmen, Marietta and Jennifer** for working so hard to make this day special. There was a separate contest held in the Activity Room for the residents. See winners on page 4.



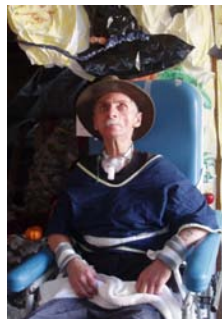
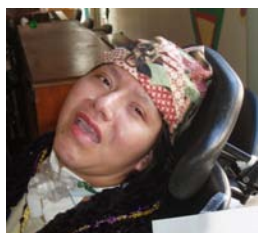
### Halloween Costume Contest



### Congratulations

Noemi 1st place

Julio 2nd place



A warm welcome  
to the newest  
members of the  
CNA staff

David



Treva



Leticia



Michael



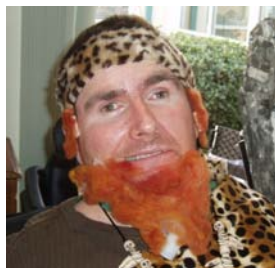
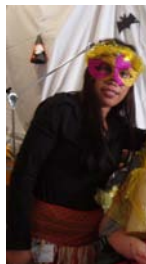
Cecelia



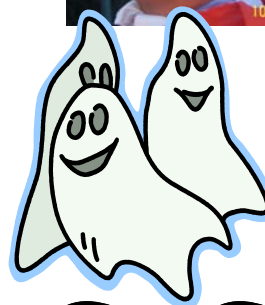
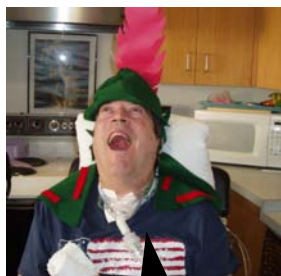
## Dressed Up for Halloween



1st Place Best Resident Costume



2nd Place Best Resident Costume



Ideas—Comments ?

Send to: [subacutenews@cox.net](mailto:subacutenews@cox.net)

Trivia Quiz Answers

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Subacute Unit  
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Miami	basketball	1. HEAT
Tampa Bay	hockey	2. LIGHTNING
Orlando	basketball	3. MAGIC
Utah	basketball	4. JAZZ
Colorado	hockey	5. AVALANCHE
Chicago	baseball	6. WHITE SOX
Boston	baseball	7. RED SOX