



# SUBACUTE

## News & Views

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### Staff Changes in Activities & Physical Therapy

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Shelly with Jason C. enjoying Halloween fun

The residents at our GVCH subacute unit are happy to have **Shelly Hines** added to the Activities Team with Marietta and **Juanita Lopez** moved up to a new position as RNA, *Restorative Nursing Assistant* as part of the Physical Therapy team with Wieke.

Shelly’s addition to Activities makes for more time to enjoy the activities that residents participate in while at the unit. Monthly activities can now include small group outings such as the one to the Paseo Nuevo Mall recently. Each day you can find the residents playing card games or enjoying outdoor times. Movies of course have always been a longtime favorite here and are well attended in the Activity Room where new releases are usually watched.

Juanita, a former CNA, is now working with Wieke as part of the physical therapy team. Residents now get to enjoy more frequent attention to the physical therapy side of their treatment and healing plan. The duties of the RNA include:

- Identifying, observing and setting up a restorative program for each resident.
- Helping residents maintain or regain the highest level of independence and function.
- Preventing avoidable declines.
- Also to coordinate and document each residents’ progress.

This regime is done to improve the resident’s quality of life, improve quality of care and also to improve staff morale and teamwork. This gives our resident’s what they deserve; dignity, self-esteem, comfort, and happiness.

Juanita is a dedicated employee who is always ready to offer her cheerful expertise to all residents.



## Liz McNeil — Getting to Know You — Resident

Liz was born on November 14, 1964 in Milwaukee, Wisconsin. Her family moved to Santa Barbara in 1966. She attended Hope School, La Colina Jr. High and San Marcos High School, where she was on the dive team. Liz later worked for Motel Six and when the company headquarters moved to Dallas, Texas so did she. She loved camping, skiing at Telluride, jet skiing and going on cruises. With the move to Texas, she was able to fulfill her childhood dream of being able to have a horse of her own. She enjoyed riding and did 25 and 50 mile endurance rides. Her favorite color is turquoise, favorite scent is Happy Clinique, favorite drink is Moet Chandon White Star Champagne, favorite sport to watch was hockey and her favorite food was dessert or anything someone else was cooking. An unfortunate accident in 2001 brought her back to Santa Barbara and into the capable hands of the staff at Goleta Valley Cottage Hospital. You are welcome to stop by her room #48 and say "Hi" to her and her roommate Doris and be sure to have a piece of candy from the basket in her room. You can usually catch her parents, Jean or Jim around the unit showing her the sights around GVCH.



## Carmen — Getting to Know You — Staff



When you are in the subacute unit of the hospital you know when Carmen is on duty. Her positive aura permeates the unit when she is on the job. She is a 46 year old Buddhist who is a combination of Native American Chumash, Hungarian, Mexican and Spanish descent. She always likes to cheer people up and help them in their healing and is quite the creative person. She is very interested in Holistic Health and loves animals and laughter. Other interests include gardening, jewelry making, chanting, hotrods, motorcycles

and rock n' roll. Did I mention she is creative? Carmen has been an LVN for 10 years and has worked for Cottage Healthcare for nearly 5½ years. She is also a massage therapist and is certified to do laser tattoo removal. She is a single mother of two girls, Mariska and Sienna Rose. She raised them single-handedly while going to school to get her nursing license. Her first job in the nursing field was as a "float nurse" in Valencia. She says this gave her a broad and diverse experience in healthcare. Dr Padilla, the late plastic surgeon, was her mentor for the tattoo removal skills and she misses him to this day. She strongly believes in equality of care for all patients and always maintains a cheerful disposition. She loves her work and enjoys working with her co-workers and residents. She was raised in Santa Barbara, then lived in Paso Robles where she attended school and had her 1st daughter. She went to work at Atascadero State Hospital as a "Side Tech" for a year before completing her nursing license. On a personal side, she was able to care for her mother as she went through the last stages of lung cancer and also her little brother Billy who passed away in September of 2007. Through it all she is able to keep going and is always ready to go on with life.



*A poem dedicated to and written for Carmen*

When I First Met Carmen  
 She's this Indian gypsy chick.  
 She has dream catchers,  
 But they're not just models;  
 She really catches dreams.  
 She's my girlfriend's sister, and she burns sage.  
 She's some kind of ferryman on the river  
 Between this and the next world.  
 Yet she's firmly planted in our world...  
 Or is she?  
 Her laughter is the angels and the coyotes.  
 She is with us, but she's a spirit woman  
 Comfortable on the thresholds between worlds.  
 She's stronger than I'll ever be,  
 With an iron sense of duty,  
 And she'll kick your ass or kiss you –  
 Whichever you deserve.  
 Wild?  
 No, Human, civilized in the most earthly civilized  
 way.  
 Grounded and celestial she is.  
 A contradiction.  
 Holds lives in her hands daily like a goddess  
 Too much full of love.  
 She doesn't know what to do with it,  
 So she directs it towards those in most need,  
 Like life vests.  
 You're lucky if you know her.  
 ... Danny Fahye



What would the Holiday Season be without the Christmas Tree? Here is a winter scene

*...from Kim's Easel*



## "Quantum of Solace"



### Dwayne's Movie Reviews

This movie starts off where the last Bond movie "Casino Royale" left off. James Bond is trying to figure out who murdered his girl friend in this action packed movie. When Bond seems to start taking matters into his own hands and making it a personal issue, his boss, "M" starts having her concerns. This movie introduced a new "Bond Girl", Camille, who is played by Olga Kurylenko and has the part of "M" played quite well by Judi Dench. However, I felt this movie didn't live up to previous Bond thrillers and I was left feeling it needed "something" more. The plot was a bit hard to follow as the story unfolded. If you are a die-hard Bond fan then definitely see this movie. But be forewarned... it is not one of the better ones.

### Robbie's Farewell Web/Tech Pick



### "www.HipHopdx.com"

If you enjoy music and you like "hip hop", check out my favorite site for this music. This is a great site with lots of music to listen to and enjoy.

Well, it was a pleasure getting to know everyone at the subacute. It was nice getting to know the good people of the subacute and I enjoyed meeting the CNAs, nurses, other staff and all those who volunteer here also. I had a good time here and lots of fun moments. Even though I will miss all the good people who made my stay here feel enjoyable it is time for me to start a new adventure. "Hasta La Vista !"

### About that "Patient Survey"...

As you may have already noticed, the monthly patient survey questionnaire is now being sent only a few times a year. That is why it is especially important to take a few minutes to fill it out. It comes with a prepaid envelope to mail it back and the small amount of time it takes is well worth the effort. This is a way to let administration know about any concerns or questions you may have regarding the unit and its management. If you have questions regarding some of the policies, or want to make a suggestion or just want to lodge a complaint about something; this is a good way to be heard. It is then documented and submitted by our Social Worker, Josh, to management for their handling. They do read it and try very hard to deal with all concerns and inquiries. So, mail it in—it only takes a minute or two.

Karen has a  
WORD for you



## Smile

A smile costs nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. No one is too rich or mighty that he can get along without it, and no one is so poor but that he can be made rich by it. A smile creates happiness in the home, fosters goodwill in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give a smile. Give them one of yours, as no one needs a smile so much as he who has none to give.

# LAKERS Still on Top

# Dale's Scoreboard

The Lakers as a team have always had a "Spirit of Solidarity" and work well together to keep on top of the game. They have a new player in Trevor Ariza as a starter and Andrew Bynum is returning from a knee injury. Of course, Kobe Bryant is still looking great as is Pau Gasol.



### Current Scoreboard as of 12/30

#### Eastern Division:

- Atlantic—Boston 28-4
- Central—Cleveland 28-4
- Southeast—Orlando 24-7

#### Western Division:

- Northwest—Denver 20-12
- Pacific—Lakers 25-5
- Southwest—San Antonio 20-10

As a sideline, I would like express my appreciation to the staff and administration. Things are really coming together in the subacute unit. The teams of Marietta with Shelly and Wieke with Juanita are really being felt in the unit. We are enjoying the extra range of motion from Physical Therapy and enjoy more games and room visits from the Activities Team. I actually feel I am actively participating in activities.

## 'The Diving Bell and the Butterfly'

Book Review by Jennifer Howell

This book is a true story as told by the editor of the French magazine "Elle". Jean-Dominique Bauby suffers a massive stroke of his brain stem, leaving him paralyzed and unable to communicate or speak. Hospitalized, a speech therapist eventually discovers he can communicate by blinking his left eye. He is painstakingly able to write this book with his therapist. The title of the book describes that his head feels like it is inside an old fashioned diving bell and he can become a butterfly able to fly to freedom in his dreams. His descriptions of how every voice and sound he hears is amplified to the point of making him feel crazy, to how he feels the first time the staff dresses him in his own clothing, to being unable to hug or kiss his family when they visit, and to listen to what the doctors and nurses say when assessing him is truly amazing. The relationships he forms with the staff members is very moving. This book has been made into a motion picture.

*Shelly's Giggles*—**Football FINALLY makes sense**..... A guy took his blonde girlfriend to her first football game. They had great seats right behind their team's bench. After the game, he asked her how she liked the experience. "Oh, I really liked it," she replied, especially the tight pants and all the big muscles, but I just couldn't understand why they were virtually killing each other over 25 cents." Dumbfounded, her date asked, "What do you mean?" "Well, they flipped a coin, one team got it and then for the rest of the game, all they kept screaming was: "Get the quarterback! Get the quarterback!" Helloooooo? It's only 25 cents!"



## A new Volunteer in the Subacute

**Eve Giroux** has started to volunteer as a reader in the Subacute Unit. She will be doing this on Sundays and gets around to various residents to read to them. She is also a cub master at a local Cub Scout troop in Santa Barbara. She talked to Shelly from Activities and found that an opportunity was present for her to share her time with others who are hospitalized and often bed-bound. We welcome her visits and the residents like to have her read to them.



Ideas— Comments?

Send to :

subacutenews@cox.net

GOLETA VALLEY  
COTTAGE HOSPITAL  
SUBACUTE UNIT  
351 S PATTERSON AVE  
GOLETA, CA 93111  
805.681.6455

