

WHAT'S YOUR PICK FOR THE NEWSLETTER?

This Month's Events

- Birthdays
 - Dwayne Jan 13
 - Barbara Jan 14
 - Gloria Jan 23
 - Jerry Jan 28
 - Todd Jan 31
- Resident Birthday Party
Jan 14 @ 12:30 p.m.
- Resident's Council Meeting
Jan 23
- Family Council Meeting
Jan 23 — 3:30

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Nicky Brightens Wednesdays at GVCH

Nicky is a miniature poodle who is very happy to visit and bring smiles to residents and staff of the subacute unit. He is almost 6 years old. He and his owner Norma Shinoda visit each Wednesday and make the rounds to visit everyone. Nicky especially enjoys visiting the residents in the Subacute unit. He likes to do tricks for Steven and give kisses to Juliana. He appreciates the attention and strokes from the staff also. Nicky has the personality and temperament to relate to patients. It is a rewarding experience and he likes to go to "work". He takes his "job" very seriously and knows that he will be going to GVCH when he wears his colorful bandana and puts on his ID badge. He has been a therapy pet since 2003. Norma frequently visited patients as a deacon in her church and thought that Nicky would be a great addition to her visits. Nicky also visits the Buena Vista Care Center. The visits are limited to once a week because Nicky gets a bath before each visit.



Bathing him more than once a week would be too harsh for his skin. In order to participate in the pet therapy program a dog must pass the canine good citizen

test for obedience and be evaluated for an even temperament. All vaccinations must be current, he must be well-groomed and wear a photo ID. Norma and Nicky belong to *Love on a Leash* which also provides



insurance. Nicky is well-behaved, sweet and a lot of fun. He initiates play and likes people and other dogs. He likes to perform tricks, especially if he is rewarded with praise and treats. He sits, shakes his paws, gives high fives, bows, wags his tail on command, crawls, rolls over, performs simple dance steps and yoga poses and puts his toys away. Nicky's favorite treat is cheese and also loves the liver flavored Charlie Bear treats from Trader Joes. He is a finicky eater so she cooks his food. Nicky loves to play at the beach and will fetch his ball over 100 times. He likes to go on long walks and plays with other dogs everyday. He likes music and sits on the recliner in the living room whenever Norma is practicing the harp or piano.

Thanks to Charles and his crochet hooks, the kittens and cats at the local animal shelter have nice, snuggly warm mats to rest and sleep on. Kathy approached Charles with the idea for crocheting colorful mats to donate to this worthy cause. Kathy supplies the yarn and delivers the mats to the shelter. Their staff is very pleased to accept these useful gifts. Thanks Charles and Kathy!!!

Mats for Cats



Celina — Getting to Know You — Staff



My name is Celina Ornelas and I am an LVN. I am 33 years old, married with a 5 year old daughter, Alexandria, who is in kindergarten. I was one of 7 children raised by my mother who is an RN. I became an LVN 12 years ago and have worked in various hospital settings. In August 2000 my 30 year old brother-in-law had a terrible accident and instantly became a quadriplegic. He was hospitalized for several months

before my sister and her 2 young children were able to bring him home. They received a tremendous amount of family support and he is doing well with their loving care. In April 2002 I was hired by Monica Fisher RN to work on the Subacute Unit of GVCH. Through the years I have seen many residents come and go and many who stay. Even though there are many challenges we face as staff, I enjoy working here in Subacute because it is a family oriented unit. A wise nurse named Trudy King once told me, "yard by yard is hard, but inch by inch is a cinch". I am currently enrolled in the SBCC RN program and look forward to completing the program in April 2008.

Ben — Getting to Know You — Resident



Ben has been a resident of the subacute unit at GVCH for 6 years. He is 31 years old and was born in La Mirada, CA with muscular dystrophy. However, that has not stopped him from enjoying life. He lived in

Reno, NV finally arriving in Santa Barbara in 2001. His mother, Becky, is often seen visiting in the unit and brother Ralph and his family also come to visit. His interests are many and they include music, cars, movies, and outings. He also uses his PC for web surfing, chatting with online friends or googling information on the many topics that draw his interest. His tastes in music include R&B, Old School, hip hop and oldies. He has built up quite a collection of CDs which he enjoys playing and sharing. He enjoys all types of movie genres. He often goes on outings

with his mom who has a ramp fitted van. He goes to movie theaters, restaurants, shopping trips, the beach or to his mom's home. He also goes to family gatherings on the holidays. He and his best friend, Dwayne, like to meet up in town to catch a movie and perhaps go out to eat. He says that Halloween is his favorite holiday because he can put on a creative costume.



Ben with members of Los Lobos Band

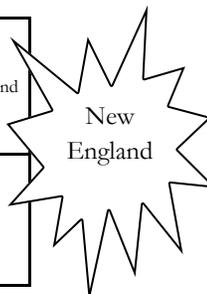
Another favorite is participating in the potlucks in the unit. He enjoys sampling the different homemade dishes that everyone brings. He enjoys visiting with other residents/friends about the unit to watch TV or just shoot the breeze. Being the night-owl that he is; he can be seen cruising the halls of the entire hospital late at night visiting all of his friends at GVCH.

Dale's Scoreboard



The New England Patriots have had a PERFECT year with a 16-0 record. The Super Bowl will be played in Arizona on 02-03-2008. Let's see if New England has a perfect year. There hasn't been an undefeated team since 1972 when Miami won the SuperBowl.

Playoffs	When	My Picks
Jacksonville at New England	Sat. 8:00 pm 1-12-2008	New England
San Diego at Indianapolis	Sun 1:00 pm 1-13-2008	Indianapolis
NY Giants at Dallas	Sun 4:30 pm 1-13-2008	Dallas
Seattle at Green Bay	Sat 4:30 pm 1-12-2008	Green Bay



Dwayne's Movie Review

"I Am Legend"

This is a story about the last man on earth, played by Will Smith. He is trying to kill the virus that affected all humans except himself. He is searching to find other survivors that are not infected and is trying to find a cure. It is a suspenseful tale with a surprise ending. The infected beings only come out at night so he locks himself in his house to avoid them. If you like suspense movies with a touch of sci-fi I recommend it.



The Respiratory Technicians at GVCH Subacute

David N — "I've been an RT for 22 years. In 1985 I got my first job as an RT at St Francis Hospital on the day shift. Six months later I got a job on the night shift which was the only 12 shift then. I was happy with that because I worked Wed, Thur and Fri nights and was off from Sat to Wed. I also got a lot of experience because I was the only one working from about 9 at night until 7 am. In those days we saw a lot of different cases. Since then I've worked mostly day shift. I enjoy cycling, surfing, gardening and hanging out with our dog Zoey. I've worked in the subacute for 8 years and enjoy it very much."



Rita — "I've been an RT for 4 years and enjoy every minute of it. I have always been interested in the medical field with all kinds of opportunities that it offers. I enjoy working with people, I feel the reward every time I receive a smile or a word of thanks. My hobbies include dancing, playing my guitar, singing and laughing. I have two beautiful children who understand the benefits of education and hard work. This is where I see myself for a while."



Jason — I became an RT to help serve an important role and to be part of a team. I have been an RT for 7 years and currently work the day shift. I enjoy the work because it allows me to meet new patients who come through the ER and know that they are relying on me for their care. I live in Ventura and enjoy music, guitar and traveling to new places such as Europe. I love to spend quality time with my lady, eating good food, joking and laughing. Oh yes, don't forget the Heineken!

Victor — I was a flight medic in the Air Force and wanted to continue in the medical field helping patients as a civilian. I have been an RT for 14 years and work the day shift. I enjoy being able to get to

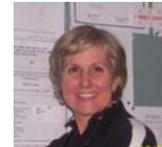


know the residents. It is nice to come to work to familiar faces every week. My hobbies are old cars, football and spending time with family. I have an English Bulldog named Abby. I am also father to 3 sons, Dominic (1 yr), Daniel (4 yrs) and Alex (8 yrs).

Glenn — I have been an RT for 14 years. I became interested after watching my best friend get the care and attention he needed and received. He broke his neck in a diving accident and was ventilator dependant for quite sometime at Rancho Los Amigos. I visited him at least four days a week after work. I enjoy helping patients and their family members. All of the staff are friendly, nice people and great to work with. I work at 2 facilities, some days at GVCH from 6:30 am to 7:00 pm and at another hospital from 5:30 am to 6:00 pm. on the other days. My home town is Camarillo, California and my hobbies are working out at the gym, playing bass guitar and going to concerts. I have a miniature Australian Shepherd named Skylar.



Pat — I have been an RT since 1974. I have worked at St Francis Hospital here in Santa Barbara and Midway Hospital in L.A. I am married with 4 children, 2 macaws and a standard poodle. I have worked here in GVCH at different times and find that working with the staff and patients is enjoyable.



Lillian — I became an RT in 1971 and worked at St Francis Hospital until 1983. Then I came to GVCH and have worked here since. I became interested in this type of work because my family has a history of pulmonary problems including myself. I wanted to be able to help people feel better. I also have a son with asthma so it came in very helpful in dealing with his disease. I enjoy the family atmosphere of the subacute and the acute care unit of the hospital. My hobbies include traveling, creating miniature dollhouses, reading listening to classical music, jazz and music from Broadway shows. I also enjoy singing with a local choir.



Ben's Corner



One evening a family brings their frail, elderly mother to a nursing home and leaves her as planned, hoping she will be well cared for. The next morning, the nurses bath her, feed her a tasty breakfast, and set her in a chair at a window overlooking a lovely flower garden. She seems OK, but after a while she slowly starts to lean over sideways in her chair. Two attentive nurses immediately rush up to catch her and straighten her up.

Again she seem OK but after a while starts to tilt to the other side. The nurses rush back and once more bring her back upright. This goes on all morning. Later the family arrives to see how the old woman is adjusting to her new home. "So Ma how is it here? Are they treating you all right?" they ask. "Its pretty nice," she replies. "Except they won't let me fart."



Blogging is the act of keeping an online diary for others to read. Many use it to let readers know what they are up to and how they are feeling. This has become a very popular thing to do on the web.



Karen has a WORD for you



The names are in !!!!

What's your pick?



We have some creative names for the newsletter. Now the hard part is to chose your favorite. **Marietta & Jennifer** will be collecting your picks.

- The Sub
- Life & Times in the Subacute
- The Acute News
- Subacute Voice
- What's News in Subacute
- Subacute News & Views
- Our Gang
- Subacute Herald
- The Grape Vine
- Subacute Chatter

Ideas—Comments ?

Send to: subacutenews@cox.net

Name this Newsletter

Christmas Photos



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

