

Subacute News & Views

Volume 1, Issue 2

March/April 2008

Upcoming Events:

- St Patrick's Day 3/17
"Go Green"
- Easter Sunday 3/23
- Resident Council Meeting
3/25
- Family Council Meeting
3/26 3:30 – 4:30 pm
- Family Choices Meeting
4/14 5:00 – 6:00 pm

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WE HAVE A WINNER!

Margarita Comes Up with Winning Newsletter Name

Margarita's winning entry "Subacute News & Views" won the most votes as the newsletter's new name. With so many great suggestions turned in for the newsletter name, many had a hard time picking a favorite. Since there were many excellent entries. Margarita, who is Jason's Mom, received her prize money Friday on February 29th from a generous donor. Many thanks to all of the residents, family members, and staff who participated in the contest.



The Subacute Activities Coordinators



Marietta hails from the Philippines and started working for the Cottage Healthcare System in 1998. She has been married for 15 years to James Syers and has three daughters, Kimberly, Jacqueline and Suzanne. Her first position was as a CNA which she kept for two years. An injury caused her to make a shift in duties and so she started working with Willie as a Unit Coordinator for six months. After completing an Activities Director Certificate Program she started working as a GVCH Subacute Activities Coordinator. She enjoys working with the residents and is always thinking of activities that the residents would enjoy. She has a cheerful disposition and is always seen helping residents in the unit. She enjoys participating in the activities as much as the residents.

Carlos was born in Mexico City and came to the USA in the mid 1980s. He has two daughters, Bridgett and Jasmine. He has worked with the residents as an Activities Coordinator since 2000 in the GVCH Subacute Unit. He is ideally suited for this work because of his easy going style and ability to stay calm no matter how busy the unit becomes. He has the gift of patience which is very useful in this line of work. He is also the person to see if you need a haircut or shave. He provides a barbershop day each week and gives excellent haircuts. He is always ready to help residents with their computers, mp3 players or just about any item needing some adjusting or setting up.



Christa — Getting to Know You — Staff

A few insights about Christa Brown

I have been working at the GVCH subacute since August 2002. First I worked as a CNA, then as an LVN for several years and in April 2007, I became an RN. I was born in Switzerland in 1961 and lived there until 1987. I have six siblings who live in Switzerland as well as my parents. I married Bobby Brown twenty years ago and we have two children. Benjamin is 19 years old and is a SBCC student. Geneva is 17 years old and is a Junior at Dos Pueblos High School. I was a school teacher in Switzerland for several years. When I immigrated into the U.S. through marriage, I could no longer be a teacher since English was my second language. I

searched for another professional option. I knew whatever profession I chose it had to have a heavy social aspect. I've always loved science as well so nursing seemed to combine these two fields beautifully. I received all my nursing education at SBCC. On my days off I like to spend time with my family, take my dog on beach walks and tend to my garden. I've enjoyed working in subacute. I feel my job has meaning, is challenging and most of all, is very rewarding.



Viola — Getting to Know You — Resident



Viola was born in Mercedes, Texas on April 2, 1941. Viola and Hector were married in the city of San Benito, Texas on June 30, 1958. They worked hard as a team at the Bien Nacido Vineyards in Santa Maria, picking grapes, tying vines and pruning crops. In 2003 she was diagnosed with Transverse Myelitis which eventually led to her stay at the GVCH subacute unit. This year the couple will celebrate their 50th wedding anniversary. Viola is the proud mother of six children. They are Yolanda, Linda, Lupe, Debbie, Lisa and Hector Jr. She is also a grandmother to seven children, Brenda, Christina, David, Samantha, Joseph, Matthew and Ashlee.



Her hobbies before her illness were sewing, cooking, puzzles and attending church. Currently, she enjoys visits from

her family and watching television. She likes watching TV shows such as Home Makeover, the news, the Food Channel and



TBN. Her music favorites are Praise & Worship songs and church hymns. Her children always fondly remember their mom being in the kitchen cooking great meals. She made home-made flour tortillas everyday. *"She was the best cook."* says daughter Debbie. Viola's favorite activities at the subacute are going to potlucks, celebrating holidays and birthdays. She especially enjoys the days when all of her family can come to spend time with her.



Focus on *Activities*

Marietta and Carlos Keep Residents Busy



For the residents in the subacute unit, things would turn boring very quickly if not for the Activities Team of Marietta and Carlos. They keep residents busy and try to help them enjoy a variety of interests during their residency here at GVCH. Some of the favorite pastimes are card games, dominoes, birthday celebrations and potlucks. Of course for those who enjoy belting out a song there is Karaoke which is always a hit. The outdoor walks to the Koi Pond is always relaxing and provides a chance to enjoy the outdoors. The activities team also make sure that holidays are always celebrated and make sure that all are included in the festivities. Everyone enjoys the musical talents of Papa Heinz, Mildred Hoyt and Joe the Piano Man presentations each month. They really get the subacute jamming. As the weather gets warmer some residents are looking forward to beach outings and tending the outdoor patio garden which was started last year. Twice a week you can find residents enjoying a new movie (or an old goodie) along with some yummy snacks to munch on.



Mildred playing the organ



Joe the Piano Man



Yummy Potluck!



...from Kim's Easel
Starting with the next issue of Subacute News &

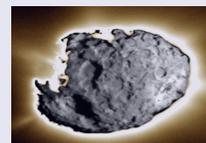
Views we will be featuring an artistic sketch or painting created by one of our resident artists, Kim. She sustained a spinal cord injury 19 years ago which left her completely paralyzed but that certainly doesn't stop her from being creative.. She is a very motivated cheerful person and we look forward to seeing her artistic creations.



Karen has a WORD for you

Aerolith

“An object that falls from the sky such as a meteorite”



Caught by the Camera!



Ideas—Comments ?

Send to:
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Dale's Scoreboard



Position Forward Center

Height 7 ft

Weight 260 lbs

Points per Game 19.4

Assists per Game 3.1

EFF % +23.52

RPG 8.70

Newly acquired **Laker** forward center, **Pau Gasol** from Spain, is someone to keep an eye on this season . Although this is his first season game for the Lakers, he has shown much promise. He is an aggressive player, great forward center and an all around excellent team player. It is always nice to see a player with a good attitude and a friendly manner. I believe he will be a good asset to the team. One can't help feel that Pau is having lots of fun while playing the game.

Dwayne's Movie Review



“Fool’s Gold”



This movie is a romantic comedy about a couple in the middle of a divorce played by Matthew McConaughey and Kate Hudson. After finding a piece of a plate with the Royal Crest on it, they decide to go on a treasure hunt for what they believe is the Queen’s Dowry. The couple encounter lots of obstacles along the way. Do they find the treasure? I recommend you see this movie to find out. This movie has comedy, action, romance, drama and a bit of suspense.

Ben's Yokes



Late Bus

Two old women were sitting on a bench waiting for their bus. The buses were running late, and a lot of time passed. Finally, one woman turned to the other and said, "You know, I've been sitting here so long, my butt fell asleep!". The other woman turned to her and said "I know! I heard it snoring!"

Ice Cream Parlor

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool. After catching his breath he ordered a banana split. The waitress asked kindly, "Crushed nuts?" "No," he replied, "arthritis".



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