



Subacute News & Views

Volume 1, Issue 3

May/June 2008

Upcoming Events:

- Resident Council Meeting
5/21 & 6/25
- Family Council Meeting
5/28 & 6/25
3:30 – 4:30 pm
- Family Choices Meeting
5/12
5:00 – 6:00 pm

Table of Contents:

Mother's Day..... 1

“Partnered Care” 1

Getting to Know You—
Staff.....2

Getting to Know You—
Resident.....2

Robbie's Web Pick2

From Kim's Easel.....3

Dwayne's Movie Review.3

Karen's Word.....3

Dedicated Volunteer3

Kid's science exam3

Dale's Scoreboard.....4

Ben's “Yokes”4

Caught on Camera.....4

Mother's Day is Celebrated at Subacute



As usual the Mother's Day Potluck was enjoyed by all. There were hors d'oeuvres, main dishes, and many delicious desserts along with salads and lots of fresh fruit. Joining in on the feast were staff, residents and family members who all brought in their special dishes so there was plenty for everyone. A special thanks to Lucia for her hard work in making sure the potlucks are a success.

“Partnered Care” system wins Award

Partnered Care: A system of working in partnered teams providing a better and more efficient system of care to the residents . The California Hospital Association's Hospital Services for Continuing Care awarded the Subacute Unit with the **“Best Practice Award”** for developing and implementing this system which helps to give residents a better quality of life.



CNAs Ana and Juanita providing partnered care



Adriana — Getting to Know You — Staff

I have been working at GVCH Subacute since December 2005. I work as a CNA and my goal here is to become a Patient Care Technician, PCT. I was born in 1975 in Mexico City and lived there until 1994. I have two brothers who live in Mexico and one sister who lives in Santa Barbara. I got married 14 years ago and we have two beautiful girls. They are Arely who is 13 years old, who is a Santa Barbara Senior High School student and Roxy who is 4 years old and in pre-school.

When I came to the United States my first job was at a thrift store in Santa Barbara where I was employed for three years. On my days off from

GVCH I attend school during the week. One of my favorite activities is walking on the beach and bicycling with my daughters. We enjoy watching movies and eating popcorn together on my weekends off.

Overall I enjoy working here at the subacute unit and getting to know all of the residents and their families.

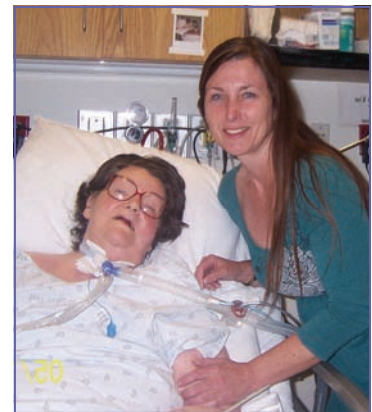


Barbara — Getting to Know You — Resident



Barbara Perry was born in Burbank, California on January 14th, 1938. She met her husband, George, at her cousin's house in 1955 and was married on March 24 1956. They went to Santa Barbara for their honeymoon and moved into a family owned ranch near Morro Bay. She

was a homemaker for most of her life and worked as a housekeeper for 12 years at the Casa de Flores Convalescent Home. She likes to do crossword puzzles, crochet, knit, garden and is a great cook. She has 4 children, 12 grandchildren (with another one on the way in September) and 6 great grandchildren.



Robbie's
Web/Tech Pick

www.lifehacker.com

Lifehacker is a great site for tech tricks, tips, and downloads for getting things done. Lifehacker posts a lot of articles and the site has really good content, such as articles about programs or applications for the Mac or PC/Windows. It also gives tips for improving

your life with technology, and keeps you informed on good web sites to check out, especially web services like free faxing with drop.io/fax. Lifehacker is one of my favorite sites that I visit on a regular basis. I highly recommend everyone check it out. This site is not just for computer geeks, many people would find the content interesting and informative.



...from Kim's Easel

A gorgeous red and yellow flower for us to enjoy.



Now this is one talented artist!



Dwayne's Movie Review



Iron Man

Iron Man starts out as a genius billionaire weapons industrialist who gets abducted by evil terrorists. They want him to make a missile that Iron Man has invented and turn it into a weapon for them. Can he find a way to escape? He started out as a business man who was only interested in making his fortune. He didn't care what the results of his weapons manufacturing did to humanity. As he becomes aware of what the terrorists want, he realizes how his products can be used for much evil doing. He quickly realizes that with his abilities his life's work should be to help humanity. He develops a special iron suit that he uses to help make the people safe, and so "Iron Man" is born!

Tony Stark who becomes Iron Man is played by Robert Downey Jr. This is an action packed, suspenseful movie with a bit of comedy and lots of fight scenes between Iron Man and his nemesis. This story is based on the comic book character "Iron Man".



Karen has a WORD for you

Vociferous

"Loud, noisy, or vehement in making one's feelings known; clamorous overly talkative."



A Dedicated Volunteer



Brother David

The subacute unit has quite a few volunteers who give of their time to visit and provide activities to the residents. Among these is Brother David who visits each month to provide a spiritual conversation with those who wish to participate. He is an Episcopalian Priest and enjoys ministering to others. Brother David has been married to Mary Alice for 56 years and have three children and four grandchildren. He is a retired urologist who now calls the Samarkand area in Santa Barbara home. His visits are truly appreciated.

Kid's Science Exam

1. What is a fibula?
2. What does the word "varicose" mean?
3. How do you keep milk from turning sour?
4. What does the word "benign" mean?

Answers on page 4

Caught by the Camera!

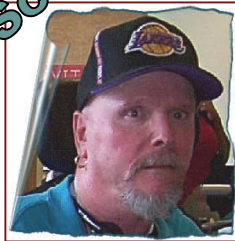


Ideas— Comments?

Send to :

subacutenews@cox.net

Dale's Scoreboard



Kobe Bryant
2008 MVP

Position	Guard
Height	6' 6"
Weight	205 lbs
Points per Game	34.3
Assists per Game	6.4
EFF %	+ 32.71
RPG	5.90

The NBA playoffs are in full swing and things are getting exciting. The Lakers have many local fans following the playoffs including myself. The big news, although it came as no surprise, was Kobe Bryant's MVP award. The Lakers needed to win 4 out of 7 games against the Jazz team in order to advance to the finals. Winning 4 games after 6 games puts the Lakers in the Western Conference finals for the 1st time in 4 years. The Lakers are my pick to win the NBA playoffs but the Boston Celtics also have a good chance to win. Detroit and New Orleans are also worthy contenders.

Game	1	2	3	4	5	6
Lakers	109	120	99	115	111	108
Jazz	98	110	104	123	104	105

Ben's Yokes



The Genies:

A guy is walking along a beach when he comes across a lamp partially buried in the sand. He picks up the lamp and gives it a rub. Two genies appear and they tell him he has been granted three wishes. The guy makes his three wishes and the genies disappear. The next thing the guy knows, he's in a bedroom, in a mansion surrounded by 50 beautiful women. He makes love to all of them and begins to explore the house. Suddenly he feels something soft under his feet, he looks down and the floor is covered in \$100 bills. Then, there is a knock at the door. He answers the door and standing there are the two genies. They drag him outside to the nearest tree, throw a rope over a limb and hang him by the neck until he is dead. As the genies walk off, one genie says to the other one,

"Hey, I can understand the first wish having all these beautiful women in a big mansion to make love to. I can also understand him wanting to be a millionaire. But to be well hung is beyond me!"

Pirate in a Bar:

A man was sitting at a bar when he noticed a pirate walk in the front door. The pirate had a peg leg, a hook for one hand, and a patch over one eye. Feeling sorry for the pirate, the man said, "Come over here friend. You look like you've had a hard life and I'd like to buy you a drink." The pirate came over and ordered rum. "Arrrgh!" said the pirate, "I lost that timber to a tiger shark in the Caribbean when I was thrown overboard for stealing a man's rum." "That's just terrible. How did you lose your hand?" the man said. "Arrrgh!" said the pirate, "I lost that fighting cannibals off Madagascar under Admiral Hawk." "Oh my!" the man said, "I can't even imagine! How did you lose your eye?" "Arrrgh! A seagull pooped in it!" said the pirate. "A seagull!" the man exclaimed. "Is seagull poop dangerous?" he asked. "Nay, matey, it was me first day with the hook



Kid's Science Exam Answers

1. A small lie
2. Nearby
3. Keep it in the cow
4. Benign is what you will be after you be eight

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

