

Subacute News & Views

Volume 1, Issue 5

July/August 2008

Upcoming Events:

- Resident Council Meeting
7/22 & 8/26
- Family Council Meeting
7/23 & 8/27
3:30 – 4:30 pm
- Family Choices Meeting
7/14
5:00 – 6:00 pm

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The Subacute Therapists

This issue we would like to spotlight the therapists who work so hard with our residents. Recovery is usually a slow, tedious and sometimes even downright painful experience. Yet it remains one of the most critical areas for recovery. With the help of these wonderful people who add encouragement and support to the therapy, life for the residents can often be made more comfortable and enjoyable.

Sally Faulstich is our speech-language pathologist. She received her B.A. from UCSB in 1970 and her M.A. in 1972, both in Communication Sciences. She has worked with speech/cognitive/swallowing impaired patients in hospitals for 36 years. She loves working in the sub-acute unit at Goleta Valley Cottage Hospital because of the inspired and interesting residents, who work so hard every day, and the dedicated staff. It's such a welcoming environment to come into. Sally has been married to her husband, Steven, for 27 years. She has a 25 year old daughter, who lives and works in Los Angeles. Since speech therapists are on a rotation basis from SB Cottage Hospital, Sally's current rotation at GVCH will end on July 31.



Barbara Hajic: "I have been working as an occupational therapist at Santa Barbara and Goleta Valley Cottage hospitals for the past 10 years. I enjoy treating patients of all ages. I help them with the ability to complete their daily activities so that they can become as independent as possible. The subacute unit is a special place because the residents live here for a long time. They become like family. I try to help them be comfortable in bed and the wheelchair and engage them in daily or purposeful activities."



Hi, my name is **Wieke** (pronounced "Vica") and I'm the physical therapist on the subacute floor. I was born in The Netherlands and lived there for 29 years before I came to the U.S. for some traveling experience. My plan was one year East coast and one year West coast. I ended up in Santa Barbara and have been in America for almost 19 years. I have two daughters and live in the mountains of Santa Barbara. My favorite things to do are; dancing, gardening, sculpturing and hanging out in nature. My goal at work is to make all residents function at optimal level and be as comfortable as possible. Let me know if I can help you, thank you.

Barbara Urbonas: I am married and have a 12 year old daughter as well as 2 cats. I used to be active in community theater in Wisconsin and Santa Barbara but now I stick to singing and dancing at home. I love to cook, read, and explore the beauty of Santa Barbara. I'm the youngest of 10 children from northern Wisconsin and moved to Santa Barbara in 1987. I've been a Speech/Language Pathologist for over 24 years with over 16 of those at Cottage Health System. I started working in the public school system in Wisconsin and then for a private practice firm in Lompoc. In 1991, I made the transition to the home health agencies and all 3 hospitals in Santa Barbara. In 1992, I became Cottage Hospital's first Speech/Language Pathologist employee. I have loved working with all age levels from the NICU babies to geriatrics and all acuity levels from Subacute to outpatients.



Ted Mink: "I came as an intern and never left!" Ted has been an Occupational Therapist for 25 years. He started out by getting his degree at San Jose State University and then did his internship at the Rehabilitation Institute of Santa Barbara from 1982 to 1997. Ted then started working for the Cottage Healthcare System and has been with them for the last 10 years. Ted does rotation between working here at GVCH and at the downtown Cottage facility also filling in when needed. He originally started out to become a physical therapist but became interested in OT when he saw the many opportunities in that vocation. "I would be able to help people regain cognitive and motor skills in order that they might lead fulfilling lives which otherwise would be lost to them due to injury or disease." says Ted. "There is nothing better than seeing someone successfully return home after an injury and retain joy in life." He also invented the "Bottom Buddy" adaptive device, which though now on the market was not patented by Ted. He is always looking for ideas that can make life more manageable for residents. He is originally from the Bay Area but now loves living in the Santa Barbara area. He and his wife of 8 years enjoy riding their Harleys, and this August they will be celebrating a friend's 50th birthday by riding in the Sturgis, South Dakota Harley Run. Their household includes the following pampered pets; a Cavalier King Charles, a Border Collie, a rescued Rottie, and an assortment of fish and birds.



Jennifer Howell — Getting to Know You — Staff



Jennifer is an LVN who always has a kind word and a ready smile for everyone she meets. She was a CNA for 9 years before being invited to join the LVN program at the College of the Redwoods in Eureka, CA where she received her CNA license. She then worked helping the elderly at Sunset Convalescent before coming

to the Cottage Healthcare System on a Nursing Registry Assignment. Shortly thereafter, she was hired as a full time employee. She has worked as an LVN since 1993. She was born in Castro Valley in 1956 on September 8th. Her parents, Charles and Beverly Harper, raised

Jennifer in Solvang where her father was stationed as an officer for the California Highway Patrol and her mother worked as a bank loan officer. Jennifer has been married for 10 years to Gary who has 4 grandchildren. Jennifer and Gary especially enjoy spending time with the grandkids. They live in Santa Inez but also enjoy spending time at their house on Lake Nacimiento. Jennifer also loves gardening, sewing and camping. In fact, she and Gary spent their 10th anniversary at Refugio Beach to celebrate. Her brother and sister-in-law, Reid and Khandee live in the Bay Area where Reid is an MFCC. She absolutely loves working at the subacute where she is able to work with residents and gets to help them in dealing with their lives. *On a side note, Jennifer is also responsible for coming up with the newsletter idea for Subacute. Thanks, Jennifer! (ed.)*

Jason Colley — Getting to Know You — Resident

Jason was born on June 12, 1971 to Margarita Colley in Los Angeles, CA. When Jason was 10 years old he acquired a friend and mentor, Gordon, through the Big Brothers program. Gordon introduced Jason to snow-skiing, off-road and water sports. He also became very fond of golfing. Gordon **remained a loyal and fast friend throughout Jason's life.** According to his mom, Jason is headstrong, manipulative yet a very loving person. He had quite a time as a youth, what with being busy driving **about in his new truck and all. (and no, Mom didn't buy it)** This caused him to be kicked out of high school just prior to graduation. Mom was devastated at this turn of events but Jason said **"Don't worry Mom, I'm street smart. I don't want to sit around talking about when Kennedy met Khrushchev."** He was more interested in getting a

job and making some money. He worked at **Gelson's Market in L.A. for 3 years.** Then in 1991 after having thought about his life goals, he **announced, "Mom, I'm going to sell my fast car, buy a truck and go to ITT Tech."** Alas, he had his accident right after this. He recovered significantly but was left with behavioral problems due to the brain injury. Then in 2002 he was yet in another accident which caused Jason to be admitted into the subacute unit. His mother, Margarita, is a constant visitor to the unit and is always encouraging and providing support to her son. It is very apparent to all that Jason truly loves his mom and that she loves him.



Robbie's Web/Tech Pick

"www.digg.com"

Digg is a social news site where the articles and content are submitted by the users and the users vote for the best content by the popularity of how many diggs (votes) an article submission receives. Digg is my favorite site to go to for news and interesting content. I do not go to many other sites for news because I am mainly interested in technology related news and you can view the best articles in one place at Digg.com. There are many other categories to view, such as Technology, World & Business, Science, Gaming, Lifestyle, Entertainment, Sports,

Offbeat, News, Videos, Images, Podcasts. You can sort the news by Popular, Upcoming, Most Recent, Top in 24 Hr, 7 days, 30 days, and 365 Days. You can also view the Top in All Topics where you can see what the top 10 most popular articles that have the most diggs (votes). You can also add friends to your Digg profile where you can view their activity of the stories they dugg (voted for) and you can also view and send shouts (articles they find interesting) to your friends. Everyone should check out digg.com because it takes the boring pain out of reading the news.



...from Kim's Easel

This month Kim is showcasing her gorgeous vase filled with summer flowers. Kim has truly outdone herself with this colorful painting.



Karen has a WORD for you

"Career"

You probably know the word as meaning "a profession". But did you know that it got its start in the world of medieval tournaments? Jousting required knights to ride at full speed in short bursts. Thus the term in the 16th century meant "go fast". It didn't acquire the meaning as it is known today until the 19th century. And in case you are wondering, it is not related to the term "careen" which also means "to move at high speed". That word is derived from the Latin for "hull".



Dwayne's Movie Reviews

Incredible Hulk



This story from the comic book classic of the same name was exciting and enjoyable. The movie starts with Dr. Bruce Banner doing medical research and things go wrong when an experiment causes him to transform into a huge green monster whenever he is under a stressful situation. When his nemesis Tony Stark and the military start pursuing him he then starts fleeing.

There is also a rival monster who is known as the Abomination. The movie has lots of action when he turns into the Hulk and becomes dangerous. The movie also has a bit of romance since his love interest is the daughter of the military general who is out to get him. There is a surprise twist at the end of the movie. This movie is great for those who love to see monsters battling it out with a good story line to boot.

Bringing Imagination to the Residents

It seems that everyone loves a good story read to them. And this is where Diane comes in to save the day. Fortunately the residents of the subacute have Diane, a Pink Lady Volunteer, who cheerfully reads to them. She brings her bag of books and goes individually to each person to read to them. She takes the time to find out what type of stories they like and **tailors the books she brings to each residents' taste.** We appreciate having such a caring and dedicated person come in on a regular basis. All of the residents certainly look forward to her visits and to the story time.



Perla Diaz=Hero

CNA Elvia is grateful that her 13 year old daughter, Perla, was quick to act when fire struck their home on April 26th. An electrical short caused their refrigerator to catch fire and tuned the house into a flaming disaster. Quick thinking Perla, got her younger brother and sister safely out of danger before the house was completely destroyed. For her actions the city's Fire Department awarded Perla a plaque honoring her heroism and bravery. The family is still struggling with the loss of their possessions and home. There has been some help provided but there is still much more needed.



Spiritual Care

Suzanne Malloy comes every 1st Wednesday of the month to present the residents with a spiritual service in the Activity room. She is a Presbyterian intern/pastor who has been on the Cottage Spiritual Care team for 3 years.

Suzanne is the single mother of son, Garrett, who is 15 years old. The residents look forward to listening to her on her visits and the service is always well-attended.



For Good Measure

- 1 Eskimo Pi** = Ratio of an igloo's circumference to its diameter
- Won ton** = 2000 pounds of Chinese soup
- 1 Rod Serling** = 16.5 ft in the Twilight Zone
- 1 lite year** = 365 days of drinking low-calorie beer because it's less filling
- 1 demijohn** = half a bathroom

Dale's Scoreboard

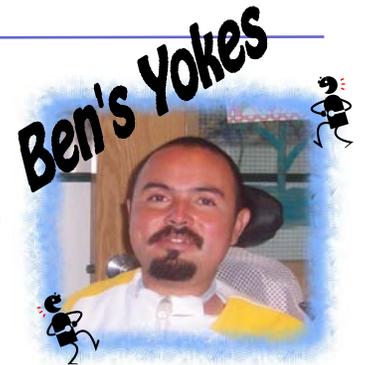
Kyle Busch Passes Jimmie Johnson To Win Chicagoland

This month had some exciting news in the car racing circuit. Kyle Busch passed Jimmie Johnson with one lap to go to score his seventh Sprint Cup win of the season and a sweep of the Chicagoland Speedway weekend with his victory in Saturday night's lifelock.com 400. Busch worked his way around Johnson on the second-to-last lap of Saturday's first Sprint Cup night race at Chicagoland Speedway to notch his



14th victory in NASCAR's top three circuits this season. Johnson hung on for second followed by Kevin Harvick, Gerg Biffle and defending race winner Tony Stewart rounded out the top five: .Brian Vickers, Matt Kenseth, David Ragan, Martin Truex, Jr. and Ryan Newman completed the first ten finishers. The Sprint Cup Series now takes the weekend off before returning to action on Sunday, July 27th with the Allstate 400 at the Brickyard at the Indianapolis Motor Speedway.

No Dogs Allowed: A man goes to a bar with his dog. He goes up to the bar and asks for a drink. The bartender says "You can't bring that dog in here!" The guy, without missing a beat, says "This is my seeing-eye dog." "Oh man, " the bartender says, "I'm sorry, here, the first one's on me." The man takes his drink and goes to a table near the door. Another guy walks in the bar with a Chihuahua. The first guys sees him, stops him and says "You can't bring that dog in here unless you tell him it's a seeing-eye dog." The second man graciously thanks the first man and continues to the bar. He asks for a drink. The bartender says "Hey, you can't bring that dog in here!" The second man replies "This is my seeing-eye dog." The bartender says, "No, I don't think so. They do not have Chihuahuas as seeing-eye dogs." The man pauses for a half-second and replies "What?!?! They gave me a Chihuahua?"



Red Neck Truckers: Zek and Luke went to a trucking company to apply for a "Team" truck driving job. The personnel manager decided, after talking to them both that they weren't the sharpest knives in the drawer. He decides to interview them separately. He first interviews Zek. After 15 minutes he completes the interview. Zek barely passes. Next he interviews Luke. He begins by asking the usual transportation related questions. Luke also barely passes. The personnel manager next interview them together. He presents them with this potential problem: Now Zek and Luke, lets say that you two are a driving team. One of you is driving the rig and the other is asleep in the back. You are going down this very steep hill with sixty thousand pounds of steel on the truck. All of a sudden your breaks go out and your speed is increasing. What would be the first thing you'd do ? About a minute passes and there was no answer. Then, all of a sudden Luke spoke up. "I know, I know, I know the first thing I'd do". The personnel manager says "yes Luke, what is the first thing you'd do?" Luke says, "I'd wake Zek up." The personnel manager replies, "WHAT ! "Why would you wake Zek up ?" "Coos", says Luke, "He ain't never seen no big accident before!"

A blind man walks into a store with his seeing eye dog. All of a sudden, he picks up the leash and begins swinging the dog over his head. The manager runs up to the man and asks, "What are you doing?!!!" The blind man replies, "Just looking around."

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Ideas— Comments?

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