



Subacute News & Views

Volume 1, Issue 6

September/October 2008

Upcoming Events:

- Resident Council Meeting
9/24 & 10/22
- Family Council Meeting
9/24 & 10/29
3:30 – 4:30 pm
- Family Choices Meeting
10/13 5:00 – 6:00 pm

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Subacute Charge Nurses

Have you ever wondered what a “Charge Nurse” is? Do you know what their duties are and how are they selected? Who are the charge nurses of the Goleta Valley Cottage Subacute?

To qualify for the position of Charge Nurse you must be an RN (Registered Nurse), and have extensive experience working at another facility. Another option is to have worked for an extended period here at at Goleta’s Subacute unit. The nursing station is where they carry out the majority of the tasks that are needed. The nursing station is a hub where there is always something going on. The station has computer screens which allow the charge nurses to monitor the status of all patients. Just by stepping out of the doors they can also visually see each of the hallways and can see the call lights from there.



The charge nurses can perform any of the tasks of all nurses and also in an emergency that of the CNAs. Only charge nurses are the only ones qualified to deal with IV insertions and adjustments. They are constantly overseeing the unit activity as a whole and make sure that the unit is running smoothly. If there are any special needs or emergencies the charge nurse will always respond quickly and make sure that the resident is given proper care. The charge nurse will make the decision whether an emergency call to the doctor is needed for a resident undergoing a critical emergency. If it is not critical, then the charge nurse will make a record of the situation and bring the matter up during shift-change reports. The charge nurse will maintain a daily list of problems so that the doctor is kept up to date on the daily issues of the unit. The incoming shift will be informed of situations / updates which occurred during the prior shift. The charge nurses spend about two hours preparing the paperwork for off-site procedures and a minimum of one hour for on-site procedures.

Rounds are performed every two hours which means the charge nurse physically walks throughout the unit to monitor the residents. Each day the lab results are reviewed and the charge nurse makes certain that all the correct lab procedures were performed and that they occurred in a timely manner. The pharmacy orders and medical supplies/medications are delivered several times a time. It is the duty of the charge nurse to insure that all needed prescriptions are ordered as prescribed by the doctor. When they are delivered to the unit, the charge nurse goes through the order and makes sure that all medicines and supplies ordered are correct. The orders are then distributed to their correct locations and secured. The charge nurse is also responsible for making sure that the subacute unit is staffed properly. Whenever there is a shortage of staff it is their responsibility to make calls to find replacement staff.

The charge nurse will be the one to contact family relatives to inform them of any changes in their condition. They will explain to them any changes of medication and/or procedures that will be taking place if needed. The charge nurses also prepare reports for the monthly team conferences with staff and resident and/or family members. Many family members and residents are very capable of engaging in advocacy for their situations. However if requested, the charge nurse can also aid in research on medical subjects for them.

The Day Shift Charge Nurses are Christa Brown, Roberta Gilbert, David Holt, Kenya Jimenez-Lopez, Maria O’Byrne, Mila Richard, and Gina Young. The Night Shift Charge Nurses are Nancy DaProza, Jorgene Gaunia, Chris Genge, Trudy King, and Zaida Pascual.

Helping a Worthy Cause...



This quilt was handmade by our own LVN Jennifer Howell for a fundraiser dinner and auction to benefit the Susan G. Komen Breast Cancer walk. The walk is a 3 day remarkable journey designed to raise funds and awareness for the Cure & National Philanthropic Trust. Jennifer’s daughter-in-law, Terra, is very active in breast cancer fundraising. The quilt raised a whopping \$425.00 for the cause.



Reiko Nagao — Getting to Know You — Staff



Reiko Nagao came to us from a small town in Japan named Wakunishi when she was nine years old. She graduated from SBCC as an RN. She also attended Cal State Fullerton where she earned her Public Health Nursing License. She started working at her 1st job in a nursing home in 1976 in Pinecrest at the "Life Acceptance Ward". They helped residents with innovative techniques for that time. They utilized ground-breaking palliative care approaches to alleviate the suffering of patients which were most often ignored in those days. Now medical care is understanding the importance and necessity of addressing these concerns.

She has worked for Alcohol & Drug Treatment and Eating Disorder medical treatment units. Reiko is also a qualified Parish Nurse. She started working here in the subacute unit about five years ago and is very comfortable with the unit. She is known for being quiet and reserved but her expertise and skill as an RN are apparent to all. She enjoys working with the residents and is an advocate for proper pain management for **those who are suffering**. Reiko's long-time husband, David, is very supportive of her work. He is happy to help with the cooking and prepares health conscious meals for them. She has two sisters, one in Santa Cruz and the other in Twin Falls, Idaho. Her off-duty interests include gardening and composting at their Carpinteria home. She was raised in Carpinteria since she was a child and enjoys living in the coastal community with a small town atmosphere.

Wayne Phillips— Getting to Know You — Resident

I'm the guy with Lou Gehrig's disease (ALS) in room 74. I was born in San Diego and my family moved a lot until we settled in Fullerton when I was 8. I came to UCSB in 1977, got a degree in computer science, met and married my wonderful Susan here, and we've been living in the county ever since. Amyotrophic Lateral Sclerosis is a disease that kills motor neurons in the brain and spinal cord, causing gradual paralysis, including muscles that control speaking, swallowing, and breathing and it also affects other parts of the brain, causing problems with inappropriate laughing and crying, spelling, and making and carrying out plans (executive function). At some point getting a feeding tube, trach, and vent become life-and-death decisions, and without them, life expectancy is only 3 to 5 years from diagnosis. I was diagnosed in 1989, just 2 years into our marriage when Susan was pregnant with David, so I've outlived all the predictions. I'm glad I've made the decisions I have, and I expect many more good years. I'm not out of my room much because I need equipment to communicate and moving it and me is a big job, but I'm blessed I live at a time when it's available. I first got interested in computers through the computers merit badge in Boy Scouts and had some other computer programming experience in high school. Programming came easily for me. My degree from UCSB gave me a good science, hardware and software background. I worked doing microprocessor programming and customer service, and later for a small startup Goleta company which made infrared detectors. I enjoyed that job a lot because the company was managed well, and it used what I'd learned in science classes, and not just software classes. The internet and email came along about the time I started losing my voice and sounding drunk (which doesn't promote good customer relations!). State Rehab funded my adaptive computer equipment, which I'm still using now, so I could keep working. My company made it easier for me, letting me work some from home in Lompoc. I kept supporting my family until a bout of pneumonia weakened me. Susan's kindness and devotion took her far beyond her comfort zone. In spite of generous help from family, friends, and church, we became zombie-like from respiratory crises and the stress of knowing the next crisis could happen any time. I was trached and came to Subacute in November, 1998. Even with ALS I

could still be a husband, dad, and friend. My priority is my family. We have 2 great sons, Dan and David, and portable equipment and lots of help allowed me to go to their sports and other events. I was able to go to Michigan twice - to take Dan to college and to see him graduate - and see his marriage

to our wonderful daughter-in-law Christen. Dan is now a Starbuck's manager in Del Mar, and David is a freshman at Pepperdine. We homeschooled David partly so we could stay connected as a family. I enjoyed being able to have learning be a part of our everyday life. Now Dan wishes we had homeschooled him! How do I handle my illness? Soon after I was diagnosed someone told me it was ok for me to be angry at God. It wasn't a new idea to me because I had plenty of things I could have been angry at God about before ALS. I was already at peace with whatever God would allow, and knew that a victim viewpoint implies something untrustworthy about God and corrodes the soul. And I know that God brings good things from "bad" situations, and count on his continuing that. But I can lose the

big picture as easily as anyone, and my growth continues to be rooted in the God who is there and who is good, and the knowledge of my own need for grace. I did swimming, diving, and water polo in high school. I camped and backpacked with my Scout troop, earning Eagle Scout my senior year. My focus became growing people, including me, and serving others. Now that the taxpayers are supporting me (thank you all!) I'm doing public service by using our family's experience to help other ALS families online. I'm curious about everything. I enjoy sci-fi, many kinds of music, and quirky Far Side humor. I also enjoy doing genealogy with my dad, and we've met over 50 distant cousins online.





...from Kim's Easel



In the spirit of getting ready for the holidays. Kim has painted a lovely nativity scene.

Daffynitions

- | | |
|---------------|----------------|
| 1. Arbitrator | 10. Paradox |
| 2. Avoidable | 11. Pharmacist |
| 3. Bernadette | 12. Relief |
| 4. Control | 13. Rubberneck |
| 5. Eclipse | 14. Selfish |
| 6. Eyedropper | 15. Sudafed |
| 7. Heroes | |
| 8. Left Bank | |
| 9. Misty | |

Submitted by Jean McNeil
answers on Page 4

Dwayne's Movie Reviews



Top Movie List



This issue I will present some of my *"I really liked this movie!"* list. If you are at a movie rental, ordering from Netflix or watching movies on TV; try one of these for a good story.

1. Righteous Kill— Al Pacino & Robert De Niro in a New York City crime thriller
2. Traitor— Guy Pearce and Don Cheadle in a spy thriller dealing with terrorism
3. The Prestige— Michael Caine, Scarlett Johansson and David Bowie in a deadly feud between magicians
4. "88" Minutes— Al Pacino in a race against time to track down his would-be killer within 88 minutes

Robbie's Web/Tech Pick

"www.last.fm.com"



Last.fm is a music recommendation service, music charting system based on your personal music preferences, and social network. Last.fm is a great site that I look at regularly and it is worth checking out. When ever I listen to music on my computer, there is a last.fm application that keeps track of what music tracks I listen to in iTunes and on my iPod and records them in a charting system. The charting system records Recently Listened Tracks, Top Artists, and Top Tracks. You can view the charting system from the last 7 days, 3 months, 6 months, 12 months, and overall. You can view what friends

and other people are listening to find other good music to listen to and view artists pages where you can also view similar artists and top albums. The site does not have a lot of social networking type features, it mainly allows you to add friends so that you can easily view their profiles by the click of a button. Another thing you can do on the profile page is to tracks in friends and other peoples library and view artists in the library of yourself or others.

Karen has a WORD for you



Scrub

In the subacute **scrub** is better known as the apparel that is worn by many people in their jobs such as in the nursing field. Another definition is to clean hardily or roughly, to scour something in order to make it sparking and fresh. A new definition among young "hip" folk is to define a person who is below par in appearance and worthiness. Such as in "My friends think I should avoid him because he is such a lowly **scrub** and won't amount to anything.

New Staff Caught by the Camera



Carol -CNA



Shelly -Activities



Chrystal—CNA



Rebecca-CNA



Maity—Respiratory



Carina-CNA



Diana -CNA

Todd Rogers—Olympic Gold Medalist, Professional Beach Volleyball Player

I have the privilege of knowing Mrs. Rogers, Todd's mom. We both attend the same church and she is a wonderful lady. Her son, Santa Barbara native, Todd Rogers, was a huge sensation in the 2008 Olympic Games in China. We were all excitedly cheering him on as he competed for the USA in the competitions to become a **Gold Medal Winner**. Todd has had a



Autographed by Todd Rogers for Dale

great career in Pro Volleyball and is a world class athlete. He attended UCSB where he earned All -A -American volleyball honors and San Marcos

Dale's Scoreboard

High School here in Goleta where his



athletic skills were quickly



recognized. He has earned titles such as "Rookie of the Year", "God of the Beach", "Best Defensive Player", and "Most Valuable Player". His nickname is "The Professor" and he plays with his teammate Phil Dalhausser. You can learn all about him by going to his website <http://ToddRogers.com/> on the internet.

1. A cook that leaves Arby's to work at McDonalds
2. What a bullfighter tries to do
3. The act of torching a mortgage
4. A short, ugly inmate
5. What an English barber does for a living
6. A clumsy ophthalmologist
7. What a guy in a boat does
8. What the robber did when his bag was full
9. How golfers create divots
10. Dr Mesipam and Dr Feuer
11. A helper on the farm
12. What trees do in spring
13. What you do to relax your wife
14. What the owner of a seafood store does
15. Brought litigation against a government official



Ben's Yokes

It was mealtime during a flight on Blonde Airlines. "Would you like dinner?" the flight attendant asked John, seated in front. "What are my choices?" John asked. "Yes or no," she replied.

A little girl and her mother were out and about. Out of the blue, the girl asked her mother, "Mommy, How old are you?" The mother responded, "Honey, women don't talk about their age. You'll learn this as you get older." The girl then asked, "Mommy, how much do you weigh?" Her mother responded again, "That's another thing women don't talk about. You'll learn this, too, as you grow up." The girl, still wanting to know about her mother, then fired off another question, "Mommy, why did you and Daddy get a divorce?" The mother, a little annoyed by the questions, responded, "Honey, that is a subject that hurts me very much, and I don't want to talk about it now." The little girl, frustrated, sulked until she was dropped off at a friend's house to play. She consulted with her girlfriend about her and her mother's conversation. The girlfriend said, "All you have to do is sneak a look at your mother's driver's license. It's just a like a report card from school. It tells you everything." Later, the little girl and her mother were out and about again. The little girl started off with, "Mommy, Mommy, I know how old you are. I know how old you are. You're 32 years old." The mother was very shocked. She asked, "Sweetheart, how do you know that?" The little girl shrugged and said, "I just know. And I know how much you weigh. You weigh 130 pounds." "Where did you learn that?" The little girl said, "I just know. And I know why you and Daddy got a divorce. You got an 'F' in sex."



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



Ideas— Comments?

Send to :

subacutenews@cox.net