



# The Pulse



Winter 2007

## Our Team

**Kelley Rice-Schild**  
Executive Director  
kschild@floridean.com

**Amina Dubuisson**  
Director of Nursing  
adubuisson@floridean.com

**Romeo Rojas**  
Medical Director

**James Hutson**  
Medical Director Emeritus

**Barbara Dreyer**  
Administrative Assistant  
bdreyer@floridean.com

**Luis DeSocarras**  
Director of Environmental Services  
ldesocarras@floridean.com

**Carol O'Dell**  
Director of Social Work

**Carol Grant**  
Director of Activities  
cgrant@floridean.com

**Susanmarie Prado**  
Director of Case Management  
smprado@floridean.com

**Evangelina Viguera**  
Directory of Dietary  
eviguera@floridean.com

## **Top Docs** *Miami has the best physicians, here are just two.*

### **The Family Business** **Romeo Rojas, M.D.**

Dr. Romeo Rojas grew up in the medical field, with both of his parents practicing obstetricians in his home of the Dominican Republic. Dr. Rojas followed in his parents' footsteps, attending medical school at P.U.C.M.M. SANTIAGO, graduating in 1990. He completed his residency in internal medicine at Woodhill Medical and Mental Health Center.

The Floridean is pleased to have Dr. Romero Rojas serve as our Medical Director. As Medical Director, Dr. Rojas is responsible for the medical care provided, including; physician leadership, patient care, clinical direction and ethical concerns.

Dr. Rojas is board certified in Internal Medicine and has staff privileges at many local hospitals including Coral Gables Hospital, Doctors Hospital, South Miami Hospital, Pan American Hospital, and Cedars Medical Center.



*Romeo Rojas, MD,  
Medical Director at  
The Floridean Nursing  
and Rehabilitation  
Center*



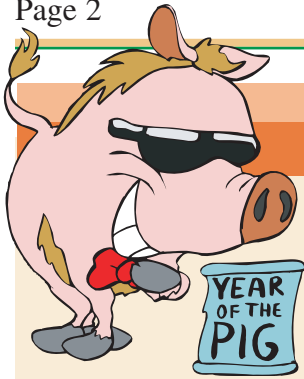
*Claudia Penalba, MD,  
Director of Physical  
Medicine and  
Rehabilitation at  
South Miami Hospital*

### **Botox – A new use for a popular drug** **Claudia Penalba, M.D.**

Dr. Claudia Penalba is excited about Botox, and not because it is the newest way to regain your youthful appearance. She recommends the injections to treat her patient's painful contractures. Botox can be used for those who are recovering from a stroke and show signs of muscle spasms. When range of motion exercise are painful because of spasticity, the injections block the motor contraction, allowing the muscle to relax.

This use of Botox has recently been approved by Medicare and has many advantages. The local injection is given in your doctor's office, is reversible, has practically no side effects and is painless. Dr. Penalba explains the breakthrough treatment, "When there are not many options in the case of stroke, the goals of Botox are successful in the prevention of contractures and pain relief." Many times this allows the patient to continue physical and occupational therapy, and progress further in their recovery.

Dr. Penalba has been practicing medicine for eleven years, serving the past five years as the Medical Director of South Miami's Physical Medicine and Rehabilitation. She is board certified in Internal Medicine and Physical Medicine and Rehabilitation.



## ACTIVITIES HEARTBEAT

*2007 is the Year of the Pig and is associated with fertility and virility. To bear children in the year of the pig is considered very fortunate, for they will be happy and honest.*

*It is also the year that the 110th United States Congress will be sworn in. The Democrats will control a majority in both chambers for the first time since 1995. And, Democrat Nancy Pelosi will be the first woman to serve as Speaker of the House.*

### Special Events for January

**January is named for Janus, a Roman god.**

**National Activity Professionals Week  
January 21st – 26th.**

- Monday, January 1st at 12pm **New Year's Celebration** We are going to ring in the Year with a countdown, lunch and a party complete with noisemakers, hats and confetti.
- Tuesday, January 2nd at Noon **Outing Lunch at The Red Lobster**

- Tuesday, January 16th at 10:30am **Outing to Bayside Marketplace** Exciting dining and attractions in the heart of Downtown Miami directly on the bay.
- Wednesday January 17th at 12:00 pm **Chinese New Year Luncheon** – 2007 is the Year of the Pig. If you were born in 1923, 1935, 1947, 1959, 1971, 1983 or 1995 – you were born under the sign of the pig. Like the pig, you are highly regarded for your chivalry and pureness of heart, and you often make friends for life. For pigs in 2007, any recent setbacks or obstacles can be overcome so look forward to a year in which to really shine, either personally or profession.



- Friday, January 19th at 2:15 PM **Birthday Bash** with the music of Chuck Palamera.

### WORD SEARCH BRAIN TEASER

If the “Commander in Chief” word search (on page 7) listed all 43 Presidents, six names would be listed twice. What are the names?



#### Solution

ADAMS – John Adams (2nd) and John Quincy Adams (6th)  
 HARRISON – William H Harrison (9th) and Benjamin Harrison (23rd)  
 JOHNSON – Andrew Johnson (17th) and Lyndon B. Johnson (36th)  
 CLEVELAND – Grover Cleveland (22nd), elected for 2nd term (24th)  
 ROOSEVELT – Theodore Roosevelt (26th) and Franklin D. Roosevelt (32nd)  
 BUSH – George H. W. Bush (41st) and George W. Bush (43rd)  
 CLINTON – Bill Clinton (42nd) and Hillary Rodham Clinton (44th) – just seeing if you were reading!

### Special Events for February

**February is taken from the Latin word “februare” meaning “to purify”.**

**Pride in Food Service Week Feb 5th – 11th**

- Sunday February 4th **Superbowl XLI** Miami is a popular vacation spot in early February. But for two NFL teams, their trip to South Florida will be all business when they meet in Super Bowl XLI Join us at our Tailgate Party.

*continued on next page*

**EMPLOYEE MILESTONES**

**Birthdays**

**JANUARY**

- Stanley Fleury 1-01
- Evelyn Ramirez 1-04
- Mmarie Odige 1-06
- Nadine Bailey 1-07
- Louis-Jean Yanick 1-10
- Virgilio P. Panizales 1-08
- Faustina Gonzalez 1-12
- Miriam Perez 1-12
- Ruby Lawrence 1-13
- Isaura Gonzalez 1-28

**FEBRUARY**

- Marie Botero 2/27

**MARCH**

- Luz Oronea 3-06
- Aliette Saint-Aime 3-08
- Ledese Jasmin 3-13
- Patricia Marrero 3-17
- Violeth Sanchez 3-18
- Esther Altidor 3-18

**Anniversary**

**JANUARY**

- Nohora Cely 1-12-01
- Marie Calixte 1-09-99
- Robin Spaulding 1-24-91
- Tania Pelaez 1-25-05

**FEBRUARY**

- Isaura Gonzalez 2/01/93
- William "Bill" Vigoa 2/6/95
- Faye Jacques 2/26/71
- Ruby Lawrence 2/09/00
- Yurly Estrada 2/27/06

**MARCH**

- Stacy Whitters 3/3/03
- Estrella Jimenez 3/13/00
- Argenta Medina 3/13/00
- Ema Avendano 3/28/96
- Marie Auguste 3/30/95
- Susan Prado 3/20/06

- Tuesday, February 6th at 11:30am **Outing to a BBQ Rib Lunch at Uncle Toms Cabin**
- Wednesday, February 14th **Sweet Hearts' Candlelight Dinner** It is the traditional day on which lovers express their love for each other; sending Valentine's cards and candy, often anonymously.
- Tuesday, February 20th at 10:30am **Outing to Pinecrest Gardens** The original Parrot Jungle first opened on December 20, 1936, about 100 curious visitors paid 25 cents admission to see and hear Scherr describe his birds, trees, and flowers. Pinecrest Gardens was dedicated by the Village Council on March 8, 2003 and officially opened to the public as the Village's newest municipal park.



**Black History Month** is the reaffirmation of struggle and determination to change attitudes and heighten the understanding of the African experience. In the words of Ralph Crowder, "the observance must be a testimony to those African pioneers who struggled to affirm the humanity of African peoples and a challenge to the present generation to protect and preserve the humanity of all peoples of African descent."

- Friday, February 23rd at 2:15 PM **Birthday Bash** will be held with the music of Chuck Palamera.



**Special Events for March**

**March was named in honor of the Roman god of war and agriculture**

**March is National Nutrition Month**

**National Doctors Day is March 26th**

- Wednesday, March 14th at noon **Luck O' The Irish Luncheon** St. Patrick's Day is the feast day which annually celebrates Saint Patrick (386-493), the patron saint of Ireland, on March 17. It is a national holiday in the Republic of Ireland.



- Saturday, March 10th at 10:30am **Coral Gables Farmers Market.** In its 16th year, takes place from 8 a.m. to 1 p.m. every Saturday, from January through March in front of City Hall. This European-style green market offers the freshest produce, flowers and plants directly from Florida growers, along with specialty gourmet foods, prepared foods, fresh fish and baked goods



- Tuesday, March 20th at 11:30am **Outing to Hooters Restaurant.**
- Friday, March 3rd at 2:15 PM **Birthday Bash** will be held with live entertainment.

## A LOOK INTO THE FUTURE

**F**or over 60 years, The Floridean has been serving Miami and Coral Gables communities by providing unmatched, first class nursing care. Through the years we have grown and expanded and set the standard for quality rehabilitative services.

The next phase of expansion and improvement is the construction of The “Butch Rice” Wellness and Rehab Center at The Floridean. This new addition has been designed specifically for adults recovering during the post-hospitalization period and to restore each patient to their optimal level of wellness. A high concentration of rehabilitation therapy will be given to patients with the single goal of returning them to an active and independent lifestyle. The Wellness Center will feature twenty-two private rooms and cater specifically to those who wish to regain or improve upon their prior level of functioning.

The Wellness Center is named for Butch Rice. After his lifelong career as a commercial airline pilot, Butch was administrator of The Floridean from 1997 until 2000. He then continued to serve as Chief Executive Officer, and was responsible for all the major construction and renovation projects over the years. He even was working on the plans for the current addition at the time of his death in 2002. Butch was the son of founder, Julia Rice and father of current administrator Kelley Rice-Schild. He was a lover of an active life that included fishing, boating and snow skiing and therefore the Wellness Center is aptly named.



**2001**  
Palm  
Dining Room

2001 Palm Dining Room, Library addition

**1944**  
Original  
Building

**1990**  
34-bed addition

**2001**  
Butch Rice Wellness

**The Floridean Nursing and Rehabilitation Center**  
These floorplans give you an idea of how we have grown since 1944

# OF FLORIDEAN REHAB CENTER



Frank "Butch" Rice pictured in 2001 for whom the new Wellness Center is named.

44 Original Building



Rehab Center

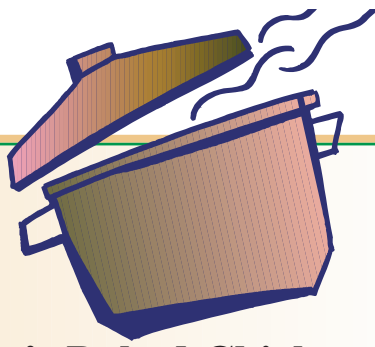
ampus  
how we



2007 The "Butch Rice" Rehab and Wellness Center at The Floridean. Construction to begin early 2007.



1990 34-bed addition



## Ruby's Baked Chicken

*A favorite comfort food of The Floridean and Kelley Rice-Schild and her family for many years.*

### Ingredients

Whole chicken, cut up  
2 Tablespoons Lawry's  
Season Salt  
Pepper to taste  
1 can Cream of Chicken Soup  
1 cup whole milk  
? stick butter

### Preparation

Heat oven to 375 degrees. Arrange chicken in an 9 x 13 baking dish. Season with Lawry's Season Salt and pepper to taste. In a blender mix cream of chicken soup and milk. Pour soup mixture over chicken. Dot top with cut up pieces of butter. Cover with foil and bake until chicken is done. Approx. 35 minutes. Serve chicken and gravy in pan over white rice.

Serves 4



## Bon Appetite

### All New Menus for 2007

What is old is new again in 2007. The Floridean dietary department is very proud to serve new and exciting menu selections this year. During the process of reviewing and revising our meals, the decision was made to bring back some old favorites including chicken and dumplings and Ruby's baked chicken, which was an original recipe of longtime Director of Dietary, Ruby Brown. Ruby was known for her generous spirit and helpings. Her specialty was down-home, southern style meals with cornbread, pigeon peas and rice and collard greens as side dishes.

Two new items tilapia with coconut curry sauce and Bacalo (codfish) balls, infused with Caribbean flavors, reflect our multicultural population in Miami. Angie Viguera, current Director of Dietary, won third place in this year's nursing home version of the "Iron Chef" contest with her original recipe for bacalo balls. Still on the menu – our traditional Latin meals such as ropa vieja, grilled pallimino steaks accompanied by black beans and rice. These entrees, when prepared by our experienced Latin cooks, rival the best Latin American restaurant in town.

All our selections received the official "seal of approval" from current patients and we even included some of their recipes that they miss from home, such as Peter Muller's lima bean soup made with ham bone. But for those visiting and joining us for a luncheon meal, beware of the "Floridean 15"!

→ *Ruby Owens Brown, served as Director of Dietary for 23 years, pictured here singing with her church choir for a Black History Luncheon.*

## Commander in Chief – The United States Presidency

On Monday, February 19th we celebrate "Presidents' Day". Presidents' Day is the common name for the United States federal holiday – Washington's Birthday. In the late 1980s, with a push from advertisers to increase sales, the term Presidents' Day began its public appearance. The theme has expanded the focus of the holiday to honor another February President, Abraham Lincoln, and often other Presidents of the United States as well.

Although Lincoln's birthday, February 12, was never a federal holiday, approximately a dozen state governments have officially renamed their Washington's Birthday observances as "Presidents' Day". Washington, was the first President of the United States and the 43rd and

current President is also a "George", George W. Bush. The United States was the first nation to create the office of President as the head of state in a modern republic, and today the presidential system of government is used in many countries throughout the world.

As of 2007, there have been forty-three Presidents of the United States. From the early 20th century, the United States' status as a superpower has led the American president to be one of the world's best-known public figures. During the Cold War, the United States president was commonly referred to as "the leader of the free world", and since the collapse of the Soviet Union, the U.S. president is often described as "the most powerful person on Earth".

# Commander-in-Chief

SOURCE: Puzzlemaker at DiscoverySchool.com

V R B H B C Q G D Z Z P J Y N A G Z R N  
 P M V P Z Y D L E I F R A G H C I U O I  
 J V M E B E N T J I Z C E B A V H T W N  
 Z M Y I W U H A L F S L L T R T G R P O  
 B I M J K I C L T E E E E O R N O M K D  
 V L J J R K M H G M V V N A I A V P B U  
 J O H N S O N V A A V E O H S R C P I Y  
 P M A O R N L O C N I L S V O G I Q D F  
 G V N E O H A Y S T A A R O N W G A D C  
 I N L X S V N Y A L W N E H O Q E E X E  
 J Y I I N Y E D Y T I D F O S R S R R C  
 T N V W L F N R Z R B W F Y I O L A I N  
 D O E F I B U S H T A D E G D I L O O C  
 W H H P O U E N M N O L J A A E X T T I  
 B K X B I R E A G A N T R U M A N C O P  
 U N S A P E D G N I D R A H V I A N W O  
 C J G O B N R X K X A A O F L R U D E L  
 F Z N I V Y H C I C N S P C T W V E L K  
 F O B U I V M R E C A B D K F L N V Q J  
 I B F B F K B W A X I F U O W I I E J A

ADAMS  
 ARTHUR  
 BUCHANAN  
 BUREN  
 BUSH  
 CARTER  
 CLEVELAND  
 CLINTON  
 COOLIDGE  
 EISENHOWER  
 FILLMORE  
 FORD  
 GARFIELD  
 GRANT  
 HARDING  
 HARRISON  
 HAYS  
 HOOVER  
 JACKSON  
 JEFFERSON  
 JOHNSON  
 KENNEDY  
 LINCOLN  
 MADISON  
 MCKINLEY  
 MONROE  
 NIXON  
 PIERCE  
 POLK  
 REAGAN  
 ROOSEVELT  
 TAFT  
 TAYLOR  
 TRUMAN  
 TYLER  
 WASHINGTON  
 WILSON

## REHAB WRAP UP

**Record-breaking Year** During the year 2006, The Floridean rehabilitation department worked in overdrive taking care of our patients. Our therapists and nurses did an excellent job at assisting each patient to recover from their illness or injury and return safely home as soon as possible. And, we plan to continue the trend in 2007.



### 2006 REHAB – By the Numbers

- 121 Rehab patients entered Floridean, that’s one patient every other day
- 6 weeks is the average length of stay before returning home after therapy
- 29 % of our patients are here for short term rehab
- 45 minutes, on average, of physical & occupational therapy every day

# Postscript

*“Smooth seas do not make skillful sailors”* – African proverb



Reflecting on 2006, The Floridean had a busy, hectic year. It is difficult not to be nostalgic about where we have come from, when looking at the exciting new plans for our future. In this issue of The Pulse we remember a few of those who were a big part of our past but are not here to share in what is yet to come, including Ruby Owens (our former Director of Dietary) and my dad, Butch Rice.

One of the highlights of 2006 was our Multicultural Diversity training. Working with staff from many different backgrounds and cultures can be challenging. The first step to working together is understanding and appreciating our differences. Miami’s “Melting Pot” honestly does reflect our community’s diversity. Over twelve different countries are represented among The Floridean staff.

During the training, a staff member from each major country or region (Caribbean, Philippines, Haiti, Latin America and the USA) gave participants a presentation about their country’s customs and cultures. Everyone thoroughly enjoyed learning the history and the grand finale was a potluck luncheon where we had a chance to sample native cuisines. In December, we continued the theme with our “Multicultural Christmas Celebration” where each group brought their country’s Christmas drink to share and then sang a traditional carol.

We all learned that despite the fact that we may speak many languages or worship in different ways, we have much more in common than we realized. We all have hopes and dreams and each of us is connected to our family, friends and community.

*Kelley Rice-Schild*  
Executive Director

The **Pulse**

The Floridean Nursing & Rehab Center  
47 Northwest 32nd Place  
Miami, FL 33125-4914

Pre-sorted Standard  
U.S. Postage  
PAID  
Miami, FL  
Permit No. 4182

## Contact Us...

The Floridean Nursing &  
Rehabilitation Center  
47 Northwest 32nd Place  
Miami, FL 33125-4914  
(305) 649-2911  
Fax: (305) 541-2193  
e-mail: [office@floridean.com](mailto:office@floridean.com)  
[www.floridean.com](http://www.floridean.com)