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How to Choose the Right Rehab Center

For those on the road to recovery, selecting the right rehab center can make a dramatic difference in your recuperation. Choosing a rehab center that is best for the patient and their needs can be the first step in gaining back your independence.

The following are questions to ask and factors to consider when selecting a rehabilitation center:

1. Referrals – Consult your doctor, but also ask family, friends and nurses at the hospital. First hand experience as a patient is the best advice you can get. Nurses at the hospital also may have some insight into what rehab centers return patients back to the hospital more frequently (something you want to avoid).

2. Tour – Brochures and pretty pictures cannot substitute for going to the center in person. Send a loved one to get a tour, but don't put too much emphasis on the tour itself. Look beyond what your tour guide is showing you, to the attitudes of the staff (are they friendly or rushed?) and the patients (active or bored?).

3. Cleanliness – If a center is spotless and fresh smelling that is a sign of GOOD CARE and caring staff.

4. Reputation – Excellent reputations in the healthcare community are difficult to earn and easy to lose. Do research on-line at Nursing Home Compare www.medicare.gov to learn about

inspection history. Rehab Centers that are established and have a reputation for superior care and success in rehab should be considered first.

5. Beyond the Rehab – Most rehab centers have qualified therapists and updated equipment, but you need to look at the services as an all-inclusive package. Dietary needs, nursing education, physician involvement, comfortable/quiet rooms and social services are equally important. Ask the following: Do I have a choice in meal selections? How often will my doctor visit? Will I get a private room? Can your staff help with discharge planning?

Kelley Rice-Schild, Executive Director



Rehab at Floridean

Calendar of Events

APRIL

National Occupational Therapy Month

- 3rd Resident Council Meeting
- 9th Outing to Parrot Jungle
- 17th April in Paris Candlelight Dinner
- 21st Volunteer BBQ
- 23rd Outing to the mall
- 24th Lunch & Learn - Something Old
- 25th Corporate Run
- 26th Birthday Bash

MAY

Better Hearing & Speech Month Healthy Vision Month

- 1st Resident Council Meeting
- 5th Cinco De Mayo Brunch
- 8th Lunch & Learn - Something New
- 12th Mother's Day Brunch
- 14th Outing to Lunch
- 17th Health Fair with Hearing
and Vision Screening
- 22nd Lunch & Learn - Something Borrowed
- 24th Birthday Bash
- 27th Memorial Day BBQ
- 28th Outing to go fishing

JUNE

National Safety Month

- 5th Resident Council Meeting
- 5th Lunch & Learn - Something Blue
- 11th Outing to the beach
- 14th Flag Day
- 16th Father's Day BBQ
- 20th Lunch & Learn - Wedding Day
- 21st Birthday Bash
- 25th Outing to Lunch
- 27th That's Italian Luncheon



Carol O'Dell

Carol O' Dell, who has been a Social Work Consultant for the Floridean for 33 years, got into Social Work by her own account as a "total accident". Born in Lansdowne, Pennsylvania, Carol moved to Fort Lauderdale in her senior year of high school. She attended University of Florida (yes, she's a Gator), graduating as a Business Major. She

worked for the state of Florida in Jacksonville in an administrative position, but was surprised at the inequity between the pay scale for men and women and the limitations placed on women in that field. When her mother passed away, she moved back to Fort Lauderdale to help take care of her younger sister, who was still in high school and got a job with the State Department of Public Welfare. She was impressed with the fact that there were a lot of women in supervisory positions and felt her background in business helped her in that role.

The Department of Public Welfare offered to send her back to school to get her Masters in Social Work. She attended Loyola University in New Orleans, but worked in between the two years required in Palatka, Florida where she met her future husband Bob. She was the supervisor of the Public Welfare office for two years, eventually returning to Gainesville as a casework supervisor. When her husband Bob got a job at the V.A. Hospital, Carol moved with him to Miami. When she had her first child, she stayed home for a while before returning to work part time for Big Brothers, Big Sisters as a supervisor. She also taught as an Adjunct Professor at F.I.U. in the school of Social Work, eventually leading to her being offered a full time position as Professor, a job which she retired from ten years ago. She also became a social work consultant; her first job was at the Floridean.

Carol works Tuesdays and Thursdays here. She is no longer the only Social Worker, but one of five. She feels the Floridean is "such a good facility. It has all the right attitudes, feelings about people and the right standard and ethics." The most rewarding part of Social Work for Carol is "really helping people to find ways to resolve problems." She also enjoys the teaching/supervisory parts of the job.

This summer she will celebrate fifty years of marriage with her husband Bob. Her two children (one in Memphis, one in Charlotte) and one grandchild will come to Miami to help celebrate. We really appreciate Carol's steadfast commitment and dedication to her job. She is an integral part of our Floridean Family.

That Green Thing

Checking out at the supermarket, the young cashier suggested to the older woman that she should bring her own grocery bags because plastic bags weren't good for the environment. The woman apologized and explained "*We didn't have this **Green Thing** back in my earlier days.*"

The clerk responded "*That's our problem today. Your generation didn't care enough to save our environment for future generations.*"

She was right, too - our generation didn't have this **Green Thing** in its day.

Back then, we returned milk, soft drink and beer bottles to the shop. The shop sent them back to the factory to be washed, sterilized and refilled, so it could use the same bottles over and over. But, we didn't have this **Green Thing** back in our day.

We walked up stairs, because we didn't have an escalator or elevators in every store and building. We walked or rode a bike to the grocery store and didn't climb into a car every time we had to go two blocks. But she was right. We didn't have the **Green Thing** in our day.

Back then, we washed the baby's diapers, because we didn't have the disposable kind. We dried clothes on a line, not in an energy gobbling machine - wind and solar power really did dry our clothes back in our early days. Clothes were mended, not thrown away and, except for their "going out" clothes, kids wore hand-me-downs from their older brothers and sisters, not always brand new clothing. But that young lady is right; we didn't have the **Green Thing** back in our day.

Back then, we had one radio and one TV in the house, not a TV in every room, and they lasted years and years with occasional repairs. Our TV had a small screen, 23" was the biggest, not the 52" flat screens they have today, and we didn't buy a new one just because it broke or went out of fashion. But we didn't know about the **Green Thing** back then, of course.

In the kitchen, we blended, mixed and stirred by hand, because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not loads of Styrofoam peanuts or tons of plastic bubble wrap. Back then, we didn't have to start a gas powered lawn mower to cut the grass, we used a push mower that ran on human power. We trimmed the edges with clippers, not an electric edger and we didn't use a noisy blower to move leaves. We raked them up. We exercised by working and walking, so we didn't need to go to a gym to run on treadmills that operate on electricity. But she's right; we didn't have the **Green Thing** back then.

At school, we drank from a water fountain when we were thirsty, instead of using a plastic bottle every time we were thirsty. At home, we drank out of an old jelly jar. We refilled writing pens with ink, instead of buying new ones and we replaced the blades in our razor instead of throwing the whole thing away because the blade got dull. But we didn't have the **Green Thing** back then.

Back then, people took the train or bus to work and kids rode their bikes to school or walked, instead of turning their parents into a 24 hour taxi service. We had one electrical outlet in each room, not an entire strip to power a dozen appliances. We didn't use our phones or a computer to tell us where the nearest restaurant was and we knew how to read maps to find places we hadn't been to before, so we didn't need a GPS.

But isn't it sad that the current generation laments how wasteful we older folks were just because we didn't have the **Green Thing** back then? Please pass this on to another selfish older person who needs a lesson in conservation from a smart aleck young person.

April is National Humor Month

Lunch and Learns

Spring 2013

Something Old

WEDNESDAY APRIL 24TH

Resident Family Member Zenaida Fernandez

Speaks about

*The Romantic language of the Fan:
How Victorian Women used
their fans to signal their lovers*

Something New

WEDNESDAY, MAY 8TH

Spring Beers Talk by Good Beer Larry
with Three Course Food Pairing

Something Borrowed

WEDNESDAY, MAY 22ND

Crafting with Recycled Materials

Something Blue

WEDNESDAY, JUNE 5TH

Natural Ways to Fight Depression

Bridal Fashion Show

WEDNESDAY, JUNE 20TH

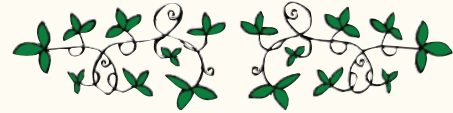
Staff and residents share wedding memories

Bring Your wedding album to share
While watching a Bridal Fashion Show



Did you know?

Juno was the goddess of marriage and a married couple's household so it is supposed to be good luck to get married in June.



The Passionate Shepherd to his Love

*Come live with me and be my love,
And we will all the pleasures prove
That hills and valleys, dales and fields,
Or wood and steepy mountains yields.*

*And we will sit upon the rocks
Seeing the shepherds feed their flocks,
By shallow rivers, to whose falls
Melodius birds sing madrigals.*

*And I will make thee beds of roses
And a thousand fragrant posies,
A cap of flowers, and a kirtle
Embroidered all with leaves of myrtle;*

*A gown made of the finest wool,
Which from our pretty lambs we pull;
Fair lined slippers for the cold,
With buckles of the purest gold;*

*A belt of straw and ivy buds
With coral clasps and amber studs;
And if these pleasures may thee move,
Come live with me and be my love.*

*The shepherd swains shall dance and sing
For thy delight each May morning:
If these delights thy mind may move,
Then live with me and be my love.*

- Christopher Marlowe



ALL THINGS BRITISH

As you look for the hidden words, remember that they can be horizontal, vertical, or diagonal.

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

- BANGERS AND MASH
- BEEFEATERS
- BOBBIES
- CRICKET
- DOUBLE DECKER
- FISH AND CHIPS
- GARDENS
- MONARCHY
- PARLIMENT
- POUNDS
- PUB
- SCONES
- SHAKESPEARE
- STONEHENGE
- TEA
- THE BEATLES
- UNION JACK



Ingredients:

- 2 cups unsifted all purpose flour
- ½ cup sugar
- 2 tsps cream of tartar
- 1 tsp baking soda
- ¾ tsp salt
- ½ cup shortening
- ½ cup raisins or currants
- 2 eggs, slightly beaten
- ¼ cup milk

Directions:

Sift dry ingredients together. Blend in shortening with pastry blender until mixture resembles fine bread crumbs. Add remaining ingredients. Mix with fork, divide into two parts and turn each part out on floured board. Do not handle. Flatten with rolling pin into circles about ½ inch or more thick. Cut into triangles and put greased and floured cookie sheet. Bake in pre-heated 400 degree oven for 15 minute until golden brown. Serve warm, slightly buttered. Best eaten the day it's made. Makes 16.

Tea Scones

Downtown Abbey is all the rage on TV these days, so why not whip up a tasty treat to eat while watching? I used to love ordering scones with clotted cream and strawberry jam from my hotel in London when I was a flight attendant. These scones are very basic, but you could add some orange peel and dried cranberries (instead of raisins), if desired. Serve with a nice hot tea, like Earl Grey.

Spaghetti with Anchovies

You may want to carb load before the Mercedes Corporate Run. Here's an easy pasta dish that comes from my grandmother's falling apart copy of "The Art of Italian Cooking". My Aunt Josie always made this dish for our family friend, Father Val La France when he wanted to eat "something light". It can be made without the anchovies, but it's not as good.

Ingredients:

1 lb of spaghetti
 ½ cup olive oil
 1 clove garlic
 12 anchovies (or to taste)
 ½ cup parmesan cheese
 Salt and pepper to taste
 Parsley, chopped (optional)

Directions:

Heat medium skillet at medium hot temp; add oil. When hot, add whole peeled garlic. Fry about 3 minutes or until brown. Remove garlic. Add drained, chopped anchovies to hot oil and mash up with a fork until it kind of dissolves. Cook 2 minutes, stirring constantly. Add a little pepper. Cook spaghetti according to package directions in rapidly boiling, salted water. Add pasta to oil, tossing until well-coated. Plate and top with parmesan cheese and chopped fresh parsley, if desired.

Anchovies are rich in Omega 3s, high in protein and contain calcium, niacin and Vitamin B.



Join TEAM FLORIDEAN at the Miami Corporate Run

Thursday, April 25th

Staff, families and friends invited

**Bus departs Floridean:
4:30 pm SHARP**

**Race begins:
6:45 pm**

(see Executive Office for details)

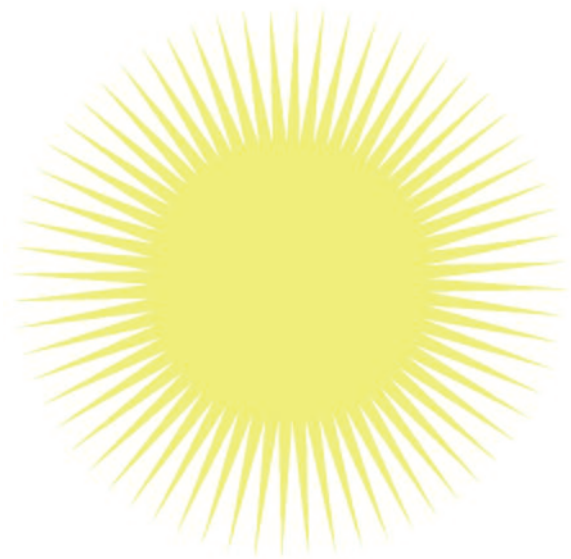




5 Simple Ways to Save Water

1. **Never let water go down the drain unnecessarily.** Instead of waiting for it to get hot, capture it in a container and use it to water plants.
2. **Turn the water off** when you brush your teeth, wash your face, shave, or lather up during a shower.
3. **Check your home for leaks.** Repair faucets that drip or toilet handles that let water run constantly. Install low volume toilets and showerheads.
4. **Take shorter showers -** a 10-minute shower uses 30 gallons of water.
5. **Water lawns in the early morning hours** when temperatures are low to reduce evaporation.

April 22 is Earth Day



Good Morning, Sunshine!

Things are starting to heat up again, and living in South Florida, that means taking care of our skin. Skin cancer is one of the most commonly diagnosed, and luckily most preventable types of cancer.

1. **Use Sunscreen.** SPF 15 or higher.
2. **Avoid direct exposure to midday sun.** Try not to go out in the sun between 10 am to 4 pm.
3. **Stay shady.** If you are outdoor at peak sun times, stay in the shade, but remember you still need sunscreen.
4. **Wear protective clothing.** Wearing hats and clothing is a good way to reduce your risk of skin cancer.
5. **Avoid tanning beds.** There are all kinds of self-tanners now available.

"A rose by any other name would smell as sweet."

-William Shakespeare, Romeo & Juliet



Special Events
Spring 2013



TUESDAY, APRIL 9TH
AT 11:00 AM

Outing to Jungle Island

Spend the day in a far out place with shows featuring the wildest animals from around the globe. Pose with the famous colorful parrots and stay for lunch at the Lakeside Café'.



WEDNESDAY, APRIL 17TH
AT 5:30 PM

**April in Paris
Candlelight Dinner**

"April in Paris, this is the feeling, no one can ever reprise, I never knew the charm of spring..." Experience all the charms of April in Paris at our candlelight dinner featuring an authentic French Bistro menu.



SUNDAY, MAY 5TH
FROM 11:00 AM – 1:00 PM

Cinco de Mayo Brunch

Celebrate the 5th of May, a traditional Mexican American holiday to commemorate the case of freedom and democracy. Mariachis and margaritas will have everyone singing Ole'!



FRIDAY, MAY 17TH
2:30 PM

Health Fair

In recognition of May as National Healthy Vision Month and Better Hearing & Speech Month, we will have free vision and hearing screenings for patients, families and visitors.



MONDAY, MAY 27TH
AT 12:00 NOON

Memorial Day BBQ

The 1st official Floridean Bar 'B Q of the year. Join us in the garden for grilled hamburgers and hot dogs.



TUESDAY, JUNE 11TH
AT 11:00 AM

Outing to the Beach

Miami is renowned for our beautiful beaches. Included as a summer outing for the first time at our patients' request. Come get the sand between your toes!



THURSDAY, JUNE 27TH
AT 12:00 NOON

That's Italian Luncheon

A favorite tradition, when all the staff participate in sharing their family's secret recipes. Come sip some Chianti wine while you feast on eggplant parmesan and sing a little "hey Mambo".

Floridean Patients Knit Angel Snugs



On January 30th, as part of Floridean’s “New Year’s Resolutions” Lunch and Learn series, the Angel Snug organization recruited a few more volunteers. About thirty patients, families and staff gathered to learn how to make Angel Snugs. Guest speaker Angi Farrugia taught the attendees how to loom-knit warm and “snuggly” caps for a cause - children undergoing treatment for cancer.

Angie founded Angel Snugs two years ago when she discovered how comforting the knit caps were to children enduring chemotherapy. Currently, Angel Snugs donates the hats to 37 children’s hospitals in 15 states. With 13,400 children diagnosed with cancer in the United States, the demand for snugs is growing.

Floridean knitters have already donated **70 ANGEL SNUGS** for children in treatment, and we continue to create more every day. It is a wonderful, stress relieving and easy activity. If you are interested in learning how to loom-knit for Angel Snugs, please ask the Executive Office or Recreational Therapy Department.



Buddha

He's all over - holding court at Chinese restaurants, decorating spas and adorning gardens. But who was Buddha and why is he so celebrated and revered?

Siddhartha Gautama Buddha was born in Nepal into a royal Hindu family. His mother died shortly after he was born. His father tried to shield him from any hardships in life and arranged for him to marry a cousin of the same age when he was sixteen years old. He spent 29 years as a prince, but decided he wanted something more and that material wealth was not life's ultimate goal. He went in search of answers, leaving his palace to meet his subjects. There he was faced with old age, death and suffering and decided to become an ascetic, choosing a life of self denial. He studied under two hermit teachers (both of whom wanted him to succeed him) and learned meditative consciousness. Still searching, he and five companions decided to give up all material goods (including food). He nearly starved to

death. This made him reconsider his path and he opted for The Middle Way - a life of moderation.

While he was seated underneath a Bodhi tree, he vowed not to arise from it until he had found the truth. After 49 days of meditation, he declared he had attained Enlightenment. From that time on he was known as Buddha, or the "Awakened One".

At this time, he came up with "The Four Noble Truths", the tenets of which are at the heart of Buddhist teaching. Through mastery of the truths, a state of Nirvana (the ultimate state of being) is

believed possible. He spent the next 45 years of his life teaching his discoveries to a diverse range of people, from beggars to the wealthy. His last words on earth were: *"All compositive things pass away. Strive for your own liberation with diligence."* He told his disciples to follow no leader. Buddhism is the fourth largest religion in the world, with 350 million followers.

*Buddha's Birthday
is April 8th*



THE SHIFT REPORT

Happy Anniversary

APRIL

Claudette Aranda - 4/1/1996
 Nory Reyes - 4/1/2008
 Luz Suarez - 4/1/2008
 Enma Espinal- 4/2/2011
 Jennifer Perez-Cruz - 4/2/2012
 Yvonnia Gutierrez - 4/4/2012
 Nelly Pinto - 4/14/2003
 Jose Rodriguez - 4/15/2008
 Estrella Jimenez - 4/15/2000
 Magali Diaz - 4/15/2010
 Maryann Chapman - 4/16/2012
 Miriam Lores 4/23/2010
 Jose Sigas - 4/29/2012

MAY

Liddiana Perez - 5/1/2007
 Keren Sagarra - 5/1/2008
 Rosy Rivero - 5/4/2009
 Ana Colon - 5/15/2008
 Tania Otano - 5/15/2012
 Carlos Otiniano - 5/17/2006
 Barbarita Ricardo - 5/21/2012
 Yuset Vega - 5/25/2011
 Maylin Jimenez - 5/28/2009
 Lisandra Sanchez - 5/30/2007

JUNE

Kelley Rice-Schild - 6/1/1982
 Lesther Seijas - 6/1/2008
 Lavern Nembard - 6/1/2009
 Mariela Sanchez - 6/2/2011
 Jacqueline Mehu - 6/4/2007
 Oliva Estrada - 6/4/2010
 Dunia Aleman - 6/12/2012
 Rosa Cardoso - 6/14/2012
 Dene Brown - 6/15/2008
 Ervin Gonzalez - 6/15/2009
 Marlen Carbajo - 6/16/2011
 Rosa Leon - 6/16/2012
 Antonia Jay Delis - 6/17/2011
 Alicia Saffe - 6/19/2012
 Anthony Martell - 6/20/2012
 Jill Magaldi - 6/21/2011
 Agustin Morales - 6/21/2012
 Juan Rodriguez (RN) - 6/25/2012
 Yohan Dicont - 6/29/2007

Happy Birthday

APRIL

Juan Rodriguez (RN) - 4/2
 Dene Brown - 4/3
 Anais Ballate - 4/5
 Mercedes Deus - 4/6
 Silvia Lobaina - 4/10
 Agustin Morales - 4/10

Ana Gonzalez - 4/14
 Barlen Marie Matias - 4/15
 Luz Suarez - 4/19
 Camille Vasquez - 4/21
 Belkis Mejia - 4/28

MAY

Rosa Vasquez - 5/5
 Claribel Batista Del Rio - 5/6
 Jacqueline Mehu - 5/7
 Jean Etienne - 5/12
 Andrea Hernandez - 5/17
 Dania Brito - 5/19
 Jennifer Perez-Cruz - 5/22
 Lisa Dyke - 5/24
 Adelaine Espino - 5/24
 Alba Hernandez - 5/24

JUNE

Aracelis Perou - 6/1
 Keren Sagarra - 6/7
 Oridey Fernandez - 6/7
 Alexandra Medrano - 6/14
 Maria Fernandez - 6/14
 Meir Iraheta - 6/17
 Benjamin Ragasa - 6/18
 Claudette Aranda - 6/20
 Maylin Jimenez - 6/20
 Ana Colon - 6/23
 Magali Diaz - 6/23
 Liddiana Perez - 6/26
 Marie Pierre Arty - 6/29

Upcoming Staff Events

Thursday April 11th @2:45 pm - Town Hall Meeting

Tuesday, April 23rd - Administrative Professionals Day

Thursday, April 25th @4:30 pm - Miami Corporate Run

Thursday, April 25th - Take your Child to Work Day

April 21st - 27th - National Volunteer Week

Monday, May 6th - Nurses Day

Thursday May 9th @2:45 pm - Town Hall Meeting

May 6th - 12th - National Nurses Week

Thursday, June 13th @2:45 pm - Town Hall Meeting

June 13th - 20th - National C.N.A. Week


FLORIDEAN
HEALTHCARE
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Kelley Rice-Schild
Owner / Executive Director

“We’re here to help
you get back home
better than ever.”

Kelley

The Floridaidean is one of the most respected rehabilitation centers in Miami.
Our team of experienced doctors, therapists and nurses will assist you when recovering from a stroke, accident or surgery. Their focus is to restore you back to your active lifestyle as quickly as possible.




FLORIDEAN
HEALTHCARE

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