

COUNTY OF SAN DIEGO  
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# THE CUTTING EDGE

ISSUE 29

MAR APR MAY 2016

## From the Administrator



**Walter Hekimian  
 Administrator**

This year has been a bit tumultuous and sad as we have said goodbye to many folks who have been a part of the Edgemoor tapestry for a very long time. They led by exam-

ple and helped to make Edgemoor a facility of distinction and a CMS rated 5 Star Facility.

We have been fortunate to be able to find and hire qualified personnel who are on their way to becoming major contributing members of our outstanding team. But they are new to Edgemoor and it will take them some time and experience to develop a comfort level with their new assignment. Each of us can help speed that process along by being HEART (Helpfulness, Expertise, Attentiveness, Respect, Timeliness) ambassadors and finding ways to sup-

port them as they become accustomed to the job and our culture. It's a simple formula for making the transition a success. Remember how you felt when you arrived at Edgemoor to begin your career and how you appreciated acts of kindness, support and inclusiveness. Now it's your turn to be the person to step up and make these new folks feel at home as soon as possible. I know you can and will do that and I want to thank you in advance for being Edgemoor team players.

## Nursing Home Week Celebrations

Edgemoor celebrated Nursing Home Week on May 11 and 12 with the announcement of Nurse and CNA of the Year. On May 11 the winners were announced: Edwina Casanada for Nurse of the Year and Cheryl



Garibay for CNA of the Year. Merlyn Trinidad Director of Nursing hosted the event. Resident Council President Jesus Montoya, Dr. Ferrini Medical Director and Walt

Hekimian Administrator shared a few words before the announcement of the winners and nominees. Cake and drinks were provided by the Nutrition Services staff. On the following day the staff enjoyed the weather and lunch served by the Supervisors in the courtyard.

# Volunteer Recognitions



**Nancy Flynn,  
Josephine & Richard  
Brown**

## *New Family Satisfaction Survey*

*Included in the newsletter mailing is our new and improved family satisfaction survey. It has been revamped and is easier to complete. We value your opinion and will use the information to improve services. Please assist us by completing and returning the survey, in the enclosed postage-paid envelope, as soon as you can.*

*Thank you.*



Edgemoor held its annual volunteer luncheon on April 19, 2016 and it was a big success. Edgemoor leadership celebrated the volunteers accomplishments. Dr. Ferrini was the guest speaker and she provided information on the responsibilities of mandated reporting, airborne transmissible diseases, hand washing and how to interact with residents. Walter Hekimian,

Administrator, spoke about the hours donated by volunteers and how important their service was to the hospital. Volunteer, Richard Brown, spoke to the group about the upcoming car show and how many car owners had already contacted him regarding their attendance. An announcement was made that

Josephine Brown was the Behavioral Health Volunteer of the Year and was honored at the Board of Supervisors' Meeting with a commemorative plaque and picture.

If there is anybody interested in volunteering please contact Fran Schaad at 619-596-6356.

# Administrative Professionals Donations

The county celebrated Administrative Professionals Day with a luncheon hosted by the Land Use and Environment Group on May 5, 2016.

Many of the attendees brought donations for the Edgemoor residents. It took four vehicles to bring

all the donations back to the facility. Anne Monaco, Supervisor of the Therapeutic Recreation Department is so appreciative of the donations. This will enable her to continue some of the programs she has scheduled for the residents in the upcoming months.



# Resident Council President News

"I must confess that only a few times I had actually been to a Resident Council Meeting was when I was passing by the hallway where the meetings were held. I was invited as a resident where the only people allowed at the meetings are the residents and the staff

person who were invited by the president," Jesus Montoya said.

Resident Council has a new president, Jesus Montoya, who started in his new role on Wednesday, February 17, 2016. For the first time in years, we had an election that resulted initially in a

tie, but a second round of voting led to the election of Mr. Montoya, a resident of Santa Maria and of Edgemoor for the last 16 years. Here is what Mr. Montoya says about this new role.

"Being the president is a big challenge for me. It's going

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# Employee Wellness Activities



## Amazing Race Edgemoor Teams 2016

Kaiser Biometric Screening, in which 154 employees took part. We also hosted on site Lunch & Learn activities, one was on Stress Management

and the other was a healthy cooking demonstration. Edgemoor also started an 8 week session of Piyo, offered in the Multi-purpose room every Tuesday at 4:00pm. The last class for this session was May 10<sup>th</sup>.

In April, Edgemoor hosted a Red Cross Blood Drive in which we donated 13 units of life saving blood. Later that month, the County held their 3<sup>rd</sup> Annual Amazing Race. Seven individuals from Edgemoor participated:

Joetta Perez, Tammy Nguyen, Anne Monaco, Rodelia Lademora,

Rosie Moreno, Carlos Ramirez and John Pizzo. Congratulations to all of them as they finished the race.

This month a new online challenge started. Colorful Choices is a nutrition challenge to help increase consumption of vegetables and fruit. Edgemoor hosted a Wellness Expo on May 19<sup>th</sup> from 11:30-1:30pm in the plaza. On May 31<sup>st</sup>, on-site exercise classes will resume for another 8 week session.

There is always plenty going on for Employee Wellness. We thank all those who have participated and encourage everyone to join in and increase your activity and eat better to help improve your health and well-being.



Here is an update of Employee Wellness activities since February 2016. The Farmers Market truck stops by every month on the 2<sup>nd</sup> Thursday at 1:15pm to offer fresh local produce in the plaza. In February, the County held the Stairwell and Step Campaigns. Edgemoor hosted the Love Your Heart Campaign, providing blood pressure screenings to residents, and staff.

In March, there was the Be My Wellness Buddy 2 online challenge. Edgemoor hosted the

to be a lot work to help the residents, but it's worth it." Since then, the Resident Council is up and running very well by addressing the resident's needs and concerns. Here is a sampling of the issues the council has been dealing with and has achieved.

There was a change in the cable subscribing and some sports channels were lost. The Resident Council advocated getting the sports channel back. The facility was doing strategic planning but the residents had not been included in the past; they are now included

in the process.

The residents completed a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis of the facility and submitted this to the Strategic Planning Committee to be part of the plan to improve things. The residents feel they are being listened to by the facility.

The Resident Council tried out some new products to see what the residents think about them. Products included shampoo and body wash, a new and different mouthwash, and a new comb for special hair. With the trials, the residents found and agreed that

all three new products will be a lot better, especially the shampoo. They love the essence and are excited for the change.

The Resident Council also tried out the new resident satisfaction survey as a trial run. This survey will be coming out for ALL residents sometime in May!

You can contact Jesus Montoya with your ideas in person or by email at [jesusmontoya5@yahoo.com](mailto:jesusmontoya5@yahoo.com) Resident Council Meetings are held on the third Wednesday of each month at 2:30 pm, on the first floor in the Multi-purpose room.

## CNA and Nurse of the Year Celebration

CNAs



Nurse Nominees



## National Day of Prayer

On Thursday, May 4, 2016, several residents and individuals participated in the National Day of Prayer. Resident Council President, Jesus Montoya, was the emcee and did a great job in leading the program and ended with the united prayer. The theme for 2016 National Day of Prayer was “**Wake-Up America**” - emphasizing the need for individuals, corporations and businesses to give thanks and make spirit-

uality a focus in their lives. So, we joined others nationwide to pray for America.

Speakers included Rev. Sandra Dority, sister of a deceased resident, Harold Thomas; Pastors David Horton and Jim Hakes, Lifeline Ministries; Susan and Dan Peters; USMC Retired Master Gunnery Sargent John E. Jones and Elizabeth Jones;

and Pastor Bob Arie, Community Heights Church each prayed for Edgemoor’s residents and their families, church communities, business owners, educators, elected government officials, military personnel, and all forms of media.

## Spring Car Show

Richard Brown Edgemoor volunteer with the help of staff, nursing students and volunteers organized and held our 10th Car Show on May 13, 2016. There were over sixty vintage vehicles.

Nancy Flynn another Edgemoor volunteer brought her musical friends to entertain the residents, staff and car owners.

Plans are under way for the next one in October.

