



Eldridge Press

Message from the Executive Director

by Karen Faria

Hello SDC:

Survey Time: It's that time of the year—when we present ourselves and all that we do to the surveyors both in the Nursing Facility and Intermediate Care Facility parts of SDC. NF and ICF surveys can happen at any time. We do this so that we can demonstrate how we meet all the requirements for Title 22 of the California regulations and how we meet all of the requirements of the Medicare/Medicaid federal regulations.

This is the time to be proud of what we do and all the changes we have implemented for improvement. Sometimes, however, staff feels nervous or worried about talking with a surveyor, so here a few handy hints on what to do.

- Be sure to say hello as soon as a surveyor walks into one of our homes.
- Please tell them your name and position and ask if you may be of assistance.
- If you are in the middle of providing care for a person, explain to the surveyor that you will be right back with them when you have finished. Then do come back to the surveyor unless they have said it is not necessary.
- Understand that it is the surveyor's job to observe everything. Surveyors have legal access to all areas of the facility.
- It is also the surveyor's job to ask questions. Answer the questions exactly as they are asked. Be truthful. Do not answer questions that they have not asked. Surveyors have a specific process and they will get to all the necessary questions in time.
- If you do not know the answer to a question, find a person that can help answer the question for the surveyor.

We must demonstrate to the California Department of Health Services—Licensing that we are able to maintain our services to the people who live here, per the federal and state regulations. We can do that easily, we just need to be confident and energized in the work that we do by following all the training that has been provided, by following all our policies and procedures, and by doing what is right for the people we serve.



Karen Faria

Did You Know? Historical: Dunbar Cottage



Dunbar Cottage

Dunbar Cottage, built around 1925, was named for the Honorable Charles O. Dunbar who was born in Glen Ellen on May 24, 1871. He was the Mayor of Santa Rosa and was a representative in the General Assembly of the State of California from this legislative district. Currently, Dunbar Cottage is the home to Environmental Enhancement and the Staff Library.

Did You Know?

Emergency Table-Top Drill

by Susan Albrecht, Health & Safety Officer

The SDC Emergency Preparedness Committee completed a table top drill on January 7, 2014. The focus of the disaster drill was based on the Statewide Medical Health Exercise activities for a food-borne illness outbreak in Sonoma County. SDC used the scenario to explore the facility's emergency response capability in the areas of communication, information sharing, surveillance and investigation of the outbreak.

Some of the areas that were explored were staffing shortages due to possible ill family members and/or staff, and how our local Public Health reports to the county as part of our surveillance requirements. Other areas the committee explored were how SDC would receive Emergency Public Information and Warning information from the Health Department; also how SDC would receive updates from other healthcare partners.

Overall the drill was successful; it has identified updated information that is needed in our own Emergency Preparedness Manual with this type of event.

We can all expect revisions to the manual that will be coming soon!



Susan Albrecht

SDC Open House & Celebration

The Sonoma Developmental Center (SDC) Executive Committee and the Parent Hospital Association co-hosted the annual SDC Open House and Celebration on February 7 at the King Building Multipurpose Room.

The Executive Committee takes this opportunity each year to show appreciation to staff by working the kitchen, where all the hors d'oeuvres, drinks and desserts are purchased with monetary donations from the Parent Hospital Association and Employee Recognition Committee. New this year was a continental breakfast served for the NOC (night) shift employees of SDC. This well-attended event has become a yearly tradition at the facility.



At the Open House [photos by Marni Sager]

The Road to Eldridge...

On February 5, the town of Eldridge was visited by a delegation of Israeli professionals in the field of support services for persons with intellectual/developmental disabilities who wished to see best practices in the Bay Area, including Sonoma Developmental Center. The trip was organized by David B. Marcu, CEO of Israel Elwyn. The group of 30+ individuals arrived in the early morning, and they were given an overview of SDC by Executive Director Karen Faria. Informational packets about SDC were also handed out.

The tour started with SDC tour guides and the delegation of Israeli professionals boarding their "Tour USA Bus" and driving throughout the campus, with Teresa Murphy, Assistant Administrative Services Director, at the microphone, giving all a vocal/visual tour of the campus, including historical information. The group broke out into smaller groups when entering the day programs and homes.

The group was most interested in seeing the services

provided to some of the most behaviorally challenging and medically fragile individuals residing at SDC.

We also toured Outpatient Services and some chose to skip lunch and tour the Adaptive Engineering Services which designs and fabricates custom-made wheelchairs and other adaptive equipment; Adaptive Technology Resource Services which is responsible for the assistive devices used to increase independence in accessing and interacting with the environment as well as fabricating special adaptations for devices; and the Shoe Department which provides a variety of customized footwear, ranging from shoes made in the shop, to modifications of commercially available shoes.

The professionals were very impressed by the services provided to the people living in the town of Eldridge. Mr. Marcu had this to say, "Thank you SO MUCH for the extraordinary experience you provided our group. They were super impressed by the commitment, dedication and professionalism of all the people whom they met. We also greatly appreciated your flexibility in arranging special "detours" for those with special interests and in providing



Program Director Mary Antone (front left) leads the tour on the NF residences [submitted photo]

The Road to Eldridge, continued from previous page

the room in which we had lunch. Please extend our thanks as well to Karen and all the others who made us feel so welcome and please make everyone aware that we would love to return the favor should any of you find yourselves in Israel. Thanks again!”

The community of SDC was given a gift by Mr. Marcu and company to show their gratitude, a ceramic Hamsa with a pure silver medal, “Go in Peace and Return in Peace.”



“Go in Peace and Return in Peace”

New Hires

January 2014

Abigail E. Elayda, Registered Nurse
 Ah M. Tsang, Office Assistant
 Aleah M. Ryan, Clinical Social Worker
 Anna V. Roces, Registered Nurse
 Catherine A. Mandapat, Registered Nurse
 Clarinda S. Zaragoza-Abalos, Registered Nurse
 Dan M. Graves, Psychiatric Technician (Retired Annuitant)
 David J. Karnopp, Psychiatric Technician
 Dwight A. Rainier, Teaching Assistant
 Eufemia G. Ngaya, Registered Nurse
 Hilda E. Teran-Franklin, Program Assistant (Retired Annuitant)
 Jessica D. Lopez, Psychiatric Technician
 Joanne L. Alex, Dental Hygienist
 Johnde M. Pectol, Registered Nurse
 Julie A. Beccacio, Psychiatric Technician
 Katherine A. Bachelder, Food Service Technician I
 Khegan L. Motsenbocker, Psychiatric Technician
 Kimberly A. Strom, Office Assistant
 Lilibeth V. Paeste, Registered Nurse
 Lydia R. Gagarin, Food Service Technician I
 Mark N. Mijares, Registered Nurse
 Michael D. Bachelder, Food Service Technician I
 Michael S. Boisson, Food Service Technician I
 Noelani M. Sheckler-Smith, Catholic Chaplain
 Rachael E. Przyborowski-Moore, Pharmacist I
 Stephen J. Castelli, Carpenter I
 Wasula Gunawardena, Office Assistant

February 2014

Amanda Dever, Food Service Technician I
 Anna Billostas, Psychiatric Technician
 Brenda Ngige, Registered Nurse
 David Bissell, Chief Engineer I
 Deborah Cordellos, Food Service Technician I

Esmeralda Kosmerl, Registered Nurse
 Ferdinand Cabatic, Registered Nurse
 Felicia Kray, Teaching Assistant
 Gemma Cordalde, Registered Nurse
 Jesse Agricola, Food Service Technician I
 Jesusa Mantaring, Registered Nurse
 John Dinsmore, Custodian
 Kashyap Thakor, Physician & Surgeon (Retired Annuitant)
 Kevin Newton, Custodian
 Lisa Coleman-Ismond, Psychiatric Technician (Retired Annuitant)
 Lynne Reed, Psychologist
 Michelle Coval, Office Assistant
 Nathan Ragan, Building Maintenance Worker
 Olivia Foster, Registered Nurse
 Patricia Ochoa, Psychiatric Technician
 Paula Meyer, Psychiatric Technician
 Roberto Posadas, Food Service Technician I
 Susana Lyons, Office Assistant (Retired Annuitant)
 Terrel Jenkins, Office Assistant (Retired Annuitant)
 Thomas Geiger, Stationary Engineer (Retired Annuitant)
 Wendy Irons, Food Service Technician I
 Zhichao Lei, Registered Nurse



Bill Quinn teaching New Employee Orientation

Take Pride Moments at SDC!

- There is such an enormous difference in the Lathrop home. It is bright, clean, and has a great team! The Lathrop clients and staff are most deserving of the changes. Way to go Lathrop team!
- Mortality Review audits revealed excellent documentation by the Cohen and Smith teams. Congratulations!



- Kudos to Peng, Psychiatric Technician, who was working with an individual and assisting him to learn how to hold a utensil. Great active treatment!
- Lathrop and Roadruck staff are able to identify five principles of person-centered planning, objectives, their role in the Individualized Program

Plan, important TO and important FOR statements and comfort rituals. Great job!

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Recognition

Take Pride, continued from previous page

- Debbie Martin, Psychiatric Technician on Bentley, took an individual who is moving to the community to visit a close friend prior to moving. It was a touching moment for the two gentlemen (and staff) as they reached for each other. Nice work!
- Positive recognition to the Stoneman team for their work with an individual with major medical and behavioral challenges who transitioned to the community. Regional Project staff was also excellent with helping her move. Way to go!
- Thank you to Brian Kabaker, Psychiatric Technician on Bentley, for stepping up and helping while Phillip was Acting Unit Supervisor. Brian did a great job!
- Thanks to Plant Operations and Motor Pool for their ongoing assistance and support regarding temperature issues and for moving items. It takes a village!
- An individual transferred to NF from ICF, with a GT, and is now eating by mouth due to the team's planning and dedication. Way to show your pride!
- One individual has decreased soft tie use by 64%. His team is now getting him involved in a Mobility Care Plan. Congratulations!
- Thank you to Powers and Parmelee staff for developing a helpful tool for programming. It has proven most effective. Way to go, team!
- A group from the Program 4 residences went to see the Harlem Globetrotters. A great time was had by all. Nice work!
- Brent looks great, the little touches and decorations, the variations of color, all work so well. Cynthia Cunningham, Unit Supervisor, led the way with a "vision," using knowledge of the individuals who moved in to make it a warm and welcoming home. Way to go, Cyndi!
- The Stoneman Home became an unlocked residence as of January 18, 2014. Great teamwork!
- Dave Lopez, Roadruck SPT, obtained a mailbox, then designed and implemented a training program. Nice work, Dave!
- JR Manansala was observed doing a spectacular job providing Active Treatment on Roadruck. Congratulations!
- Myrna Dominguez, Psychiatric Technician Assistant on Lux, stepped up and took a leadership role when the regular teacher was out. Way to show your pride!
- Thanks to Sharon Riddell, who stepped up to cover when a teacher was gone for 30 days; she also planned



three community trips in one week when heating systems were being repaired. Great job!

- George Ramos in Program 4 has one year of no sick time use. Quite an accomplishment and dedication to the men and women of SDC and his coworkers. Way to go!
- To Catrina Phillips, Smith Unit Supervisor, for all of her organization involved in the Smith-Brent moves. Great job, Catrina!
 - Beth Maciel, Johnson B SRN, for holding a Johnson Gala so that folks could get dressed in their formal attire and enjoy music and dancing, because they were unable to attend the Black and White Ball due to health reasons. Outstanding!
 - Lourdes Zelaya, Psychiatric Technician Assistant in Cohen, was attentive and engaging with an individual, giving her opportunities to help herself with her dinner plate and drink. The individual was able to take and put her own plate and cup on the dining table. Great job!
- Patricia Ross, Psychiatric Technician Assistant on Roadruck, was working with a group of individuals; all were focused on her while she was talking about watches, clocks and props to engage everyone. Outstanding!
- Judy Colombo, Psychiatric Technician on Poppe, was creative in obtaining a Mylar balloon (crinkling sound), purchasing a piece of cloth and asking Stacy in the Clothing Center and Fernando to fabricate it with the crinkling part to the cloth for an individual to enjoy. Congratulations!
- Emily Moore, Psychiatric Technician on Cohen, for providing active treatment, positive interactions and appropriate supervision while at Sifford day program. Way to show your pride!
- Diane Kane, Teacher, provided clear, positive information to Napa Valley College students on their tour. Students commented that SDC looks like a great and fun place to work. Nice!
- Terri Orr and Linda Sleeper from Central Program Services showed enthusiasm and pride in their program when Napa Valley College students were doing their tour. Way to show your pride!
- Smith looks wonderful and homey. The painting looks great. Thank you to Smith and Plant Operations staff on a job well done!
- Positive feedback from Cohen staff about Joanne Alex, our new dental hygienist. Her enthusiastic approach is

continued next page

Recognition

Take Pride, continued from previous page
infectious. Great job, Joanne!

- An individual who lives in Roadruck now participates in groups and no longer wears a helmet. Way to show your pride, Roadruck team!
- Rosaline Roman was observed providing a wonderful activity for individuals living in the Bentley home. Nice work!
- Many thanks to CPS staff and Administrative Services for making the move from Sifford to King such a positive experience.
- Thank you to Robert Terry for coming in on his day off to assist in the Sifford move. Your assistance and positive attitude is appreciated. Way to go!
- Dennis Crossland on Lux has provided great support at the day program. Thanks for all you do!
- Ryan Wilkenson, Food Service Technician Supervisor on Powers and Parmelee implemented a new dining program and jumped in to offer support. Way to show your pride!
- Mario Pasquini and Plant Operations for their work on the Bemis heat problem Friday night and Saturday morning. Way to go!
- Mary Antone for helping all day with the Open House by working in the kitchen. Thanks for all you do!
- To the Stoneman Team for their excellent work with an individual to decrease his use of restraints. Great job!
- To the Corcoran Team for their excellent work with a gentleman, preparing him for his recent move to a community house. Way to show your pride!
- Pharmacy Inspection for the Regamey A residence was excellent. Nice work, Regamey A Team!
- Taut Nguyen, Surgical Consent Coordinator, for her organizational skills in scheduling appointments, obtaining consents and assuring that individuals are seen in a prompt manner. Nice work!
- An individual living in the Lathrop home has been walking to off-site with staff shadowing him. This is a huge step towards increasing his independence! Take Pride to Psychologist Steve Heidorn for moving this forward!
- HRC/WPR has noted that the quality of MOSES/DISCUS assessments has greatly improved since the addition of Clinical Registered Nurses to ICF residential teams. It is felt that the daily interaction between the CRN and individuals lead to more comprehensive assessments. Way to go, CRNs!
- The Corcoran residence has had zero client-to-client interactions for three months and has also significantly reduced restraint use. Congratulations!



- An aromatherapy plan was created for an individual who lives in the Poppe home to assist in orienting him to his environment; great collaboration between Judy Curme, Sharon Riddell and the residential team for putting together such a creative plan. Way to show your pride!
- SDC has made significant strides in the areas of client behaviors and facility practices, in relation to reducing restrictives and restraints. The Bemis and Corcoran homes specifically, had low or no client-to-client altercations. Great work!
 - Many transitions for individuals moving to new homes have successfully taken place over the past several months. Great job, all involved!
 - To Dirk Tuinstra from the Upholstery Shop who quickly reupholstered a green chair for a person who has high anxiety and needed it returned promptly and to motor pool for picking up the chair and returning it the same day. Thanks for the response to this individual's needs. Your pride shows!
 - Several clients were sick in the Regamey and Johnson residences in the past few weeks. The MODs were called numerous times to ask for their help. Our appreciation to the wonderful doctors covering as MODs on PM shift. They have been a joy to work with. It is obvious they have the residents' best interests in mind. They make us all feel especially proud to work at SDC. Way to go, docs!
- During our recent mock survey (as well as leading up to it) we have had to call on some of the new office assistants assigned to the ICF homes to bring records up to the Quality Assurance office. This has been done by all of them without question and with a smile on their faces when they arrive. Having such willing coworkers makes each day so much better. Way to show your pride!
- Rich Ruiz really has stepped up to the plate recently by making suggestions on how to improve the windows information, by running great groups and by asking about how to improve on what he's doing. He's also been caught leading good-looking group activities on Corcoran in the morning. Great work, Rich!
- The Corcoran team gave positive feedback on what a wonderful job Dr. Smile did at a semiannual review meeting for an individual. She was so supportive with this situation and it was much appreciated. Great job!

Advocacy

Advocacy Posters



February Advocacy Poster



March Advocacy Poster

Human Rights Committee

by Dr. Ellen Faryna, PhD

Greetings SDC! Spring has arrived with bright colors in flowers and trees, budding and blooming. Spring is a time for new things like a working pool! Central Program Services (CPS) is busy finding a lifeguard, then planning a party. Good thing it is getting warmer.

Resident participation in the Human Rights Committee (HRC) continues to grow. January's meeting had nine activists (people who advocate for their community) included Savaing, David, James, Pamela, Marcia, Myra, Donna, Marsha, and Jimmy. Then February had some old and some new self-advocates: John, Susan, Donna, Anya, Savaing, David, Myra, Marcia, and Jimmy. At the February meeting, Jimmy had American Sign Language (ASL) interpreters to help him understand what was being said. It takes some practice to watch the interpreter and what is going on in the meeting at the same time. Good for Jimmy! Thank you each for coming and contributing to this committee! Any interested resident is welcome to come.

Thank you CPS for arranging to have ASL interpreters at every HRC meeting so everyone can understand what is talked about. Once a person knows what is going on, they are better able to participate in the discussions and offer good ideas. Everyone has good ideas. Everyone includes you. In January, we talked about the vans being pulled and fewer outings. By a lot of people talking to each other



Dr. Ellen Faryna

from here to Sacramento, the confusion was cleared up and we got the vans back. I'm sure lots of people are sorry for the confusion and decrease in going out. Talking together, we can make things better.

Related to going on outings, CPS (contact Adam Basler) has bus passes for using public transportation, which stops right in the town of Eldridge. Learning to use the bus is a great skill to have. Using the bus involves several skills: reading the route maps, knowing where to catch the bus to go in the right direction, learning landmarks to know when to get off, asking the driver and others for help, showing good social skills when riding, and others. Most of all, knowing how to get yourself around makes you feel smart and confident. That's a good thing.

Corcoran folks reported that Zumba class with Dr. Hutchins is fun but sweaty. Zumba class is every Friday at REACH (Activity Center) at 3:30 in the afternoon. There's more! Brandi Damon, RT, is doing an exercise class at the gym on the first and third Thursday 3-5 p.m. This is a drop-in class, so come when you can for as much fun as you want. Move, groove, be healthy, and happy!

Donna asked a good question about why residences go on restriction when only one or two people are sick. It is hard to stay home all day and not see friends at work or other activities. Marcia said that she missed going to church services, too. Barbara Simbulan, the public health nurse, has agreed to come to an HRC meeting to explain restrictions and why we have them.

At the February meeting, there was a lot of discussion about smoking at SDC. Karrie Hubbenette showed new cigarette butt containers. They are movable and have a bucket of sand in the bottom. HRC members talked about problems with smoking (in wrong places, stinky, hurts people with breathing or lung problems) and then voted to ask the administration that SDC become smoke-free. The Organized Medical Staff also voted to support this. The Executive Committee agreed to make a plan after the survey that will include everyone's concerns. As with any problem, don't blame, understand! Isn't it amazing how problems can be solved when people talk and listen and act together to help each other?

If you have any questions about any of these or other things, ask me, I'll find out, and report in the next *Eldridge Press* article. I'll also add your idea or concern to the HRC agenda for everyone to discuss. Thank you for asking!



Community Happenings...

Advocacy Corner

On Tuesday June 3, 2014 Sonoma Developmental Center (SDC) and the State Council on Developmental Disabilities, Area Board Four will co-host an Opportunity Fair from 10:00 AM to 2:00 PM on the SDC campus. This yearly event will feature over 25 vendors that provide services and supports to individuals with developmental disabilities and showcases a wide spectrum of work, leisure, and living opportunities within the Center as well as out in the greater community.



Opportunity Fair, June 2013

The event will have live speakers, including former residents. The SDC Wellness Committee will also sell lunch, including a variety of healthy and hearty lunch options from which to choose.

June is Clients' Rights Awareness Month at Sonoma Developmental Center and the Opportunity Fair is one of many activities that will be occurring throughout the month. If you have any questions regarding the Opportunity Fair, contact Ross Long, Volunteer Advocacy Services Coordinator at (707) 938-6757.

Black & White Ball

The annual Black and White Ball was held in the gymnasium on January 15 and 16. The gymnasium was transformed into a winter wonderland of twinkling white lights and shimmering glittery décor throughout.

Upon entering the gala, the guests were greeted by a coat checker and escorted to their seat by an usher. The tables were draped in black tablecloths with a lit-up candle

display with shiny decorative displays, as a centerpiece. All those in attendance were dressed in formal wear including fancy dresses and suits.

Roaming photographers were on hand to capture that priceless moment or one could go over to the photo booth and have their photo taken with a background of white twinkling lights and silver and gold stars. There were waiters on hand eager to take orders from a variety of desserts and refreshments from which to choose. Once the band started to play, most could be found out on the dance floor boogying the night away.



Selecting a snack from a picture menu

Mardi Gras

On February 19 the residents and staff at Sonoma Developmental Center (SDC) were treated to a Mardi Gras dance reminiscent of Bourbon Street in New Orleans. The gymnasium was decorated with colorful flags and oversized masks, with an abundance of bright glittery draping materials in the colors of greens, yellows and purples. The bartenders were on hand, ready to take that special order. There were masks and beads available for all to wear.



Entering the gym for Mardi Gras

There was the ever-so-popular photo booth, which was lavishly decorated with bright colors and with many costume items, including decorative hats, beads and masks. Once the Tight Suits band started playing, there was no holding back. During intermission there was a live theatrical performance by the Magical Moonshine Theatre which delighted everyone!

The SDC gymnasium was the place to be on this cold winter night.

Submitting articles to the Eldridge Press:

The *Eldridge Press* gladly accepts submissions of articles about events at Sonoma Developmental Center, news about the Center's departments and programs, employee recognition, and other information of interest to the Center's employees, consumers and other stakeholders. Articles may be edited for grammar, punctuation, and clarity. To submit your article, send it to the Office of Planning and Communications, Room 102, Sonoma Developmental Center, P.O. Box 1493, Eldridge, CA 95431. Deadlines are the 15th of the month prior to the publication date (for instance, October 15 is the deadline for the November 2013 issue).

Eldridge Press
Volume 10, Number 3, © March 2014

Published by:
Sonoma Developmental Center
P.O. Box 1493
Eldridge, CA 95431

Edited by: Jorge (JJ) Fernandez
Office of Planning & Communications

Photography & layout: Nancy Flack
Central Program Services

Proofreading: Renee Bliss
Program 4