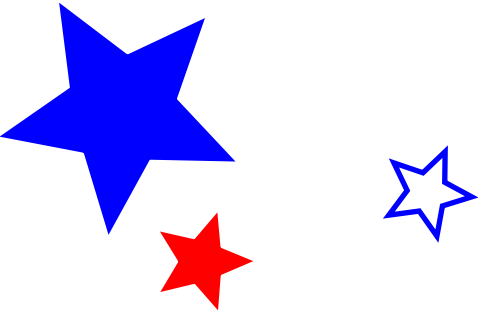




CAHF 2010
Facility Super Stars



Facility Super Stars

Michael Adams

Country Villa Riverside
Senior Supervising Primary Counselor
25 years in long-term care

“Where’s Mike? I need to talk to Mike.” Those words are heard every day from fellow staff members who rely on Michael Adams’ excellent ability to recognize the “human condition.” Promoted through the ranks from activities, he exhibits a caring influence and excellent counseling skills that have successfully assisted residents through many crisis periods. His creative energy, fantastic sense of humor and genuine interest in their well-being motivates countless residents to become more active and ultimately more involved in their treatment. If he can make someone’s day brighter or more hopeful, he never hesitates. What’s more, he visits previous residents who, as a result of old age or infirmity, have been transferred from this locked psychiatric to skilled nursing. Active in church programs to feed the homeless, he also provides pro-bono counseling to hospice patients and contributes encouragement and support to clients in a local Sober Living environment. A recent cancer survivor, Mike also is actively involved in offering support and encouragement to other cancer patients.

Sherley Brown

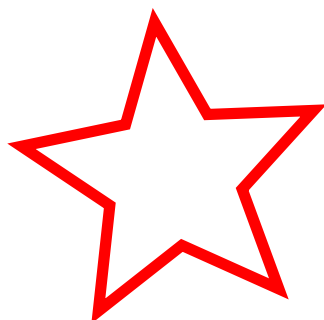
Country Villa Redlands
CNA-RNA
31 years in long-term care

Sherley Brown is a very caring and passionate certified nursing assistant, and it shows with the way she cares for her residents – as if they were a part of her family. It is also seen in the way she interacts with the family members of those loved ones. Her many years in the nursing field show her commitment, dedication and the love and the pride that she takes in her career. Sherley is a very loving person, and anyone would be lucky to have her as their CNA as she will make sure that they are always taken care of with the utmost respect and love and attention that they deserve.

Anna Canedo-Cortez

Golden LivingCenter-Clovis
Director of Staff Development
25 years in long-term care

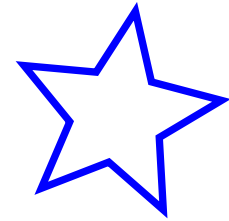
It is a joy to work with a person like Anna who can be positive in any situation, keeps her wits about her when the going gets tough and is encouraging in all her interactions. Dedicated to her long-term care profession, she continually pushes herself and those around her to achieve more. As part of the team that is responsible for more than five deficiency-free surveys and even more internal company awards for excellence, she has brought quality care with her everywhere she has been – and she has done so despite ongoing personal health issues. Her dedication is clear to everyone when she schedules necessary treatments around her center’s needs. After earning her LVN, she kept growing professionally by taking the DSD course, then continued to challenge herself by working toward her RN degree. Anna also worked many years in psychiatric skilled nursing, where she became a Professional Assault Crisis Training (Pro-ACT) Certified trainer.



Ofelia Cano

The Venturan, Ventura
CNA

23 years in long-term care



Ofelia's personal caregiving mission began at age 10, when she assisted her aunt and uncle with their health challenges. After taking care of her own young family and working in the strawberry fields, she went on to become a professional caregiver and since 1987 has been working tirelessly to provide nursing care. Her wish is for all the residents to be happy and contented, and the residents enjoy her smile and happy nature. "She brightens our day when she comes in and jokes with us and makes us feel at home," one said. "Ofelia is a living angel – she is why I am doing better, and I can go home because of her," said another. Many of the thank-you cards that come to The Venturan start by thanking Ofelia for the service she provides. Away from work, she did volunteer work at the Oxnard Community Center, feeding homeless people for more than 10 years.

Mary Ann Carpio Hunter

Gilroy HC and Rehab Center
Dietary Services Manager
32 years in long-term care



Dietary services manager for more than 15 years – with the majority of her staff staying with her all those years – Mary Ann loves interacting with the residents. One of their favorite activities is her monthly program, "Cooking with Mary Ann," and her garlic pesto calamari and stuffed mushrooms are just two of her signature dishes that are resident favorites. She also works closely with the activity director to create a wonderful atmosphere and dining experience for the facility's candlelight dinners. In addition, she spearheads the festivities at Gilroy Healthcare's phenomenal National Nursing Home Week celebrations, helping create team spirit by encouraging each of the four nursing stations to participate in a theme-centered competition for the most decorated nursing unit. Staff members dress in their native costumes and entertain the residents. Mary Ann organizes the resident judging contest and keeps the entire facility enthused. She even put together a song about the facility based on the music to "YMCA."

Li Fang Jou

Country Villa Broadway, San Gabriel
Director of Staff Development
32 years in long-term care



Things are just not the same when Li Fang Jou is away from the facility. She is a true inspiration, and many seek her advice and support. The staff and residents hold her in the highest esteem. Her passion is to provide the highest quality care, and her sound judgment and mature outlook ensure a logical and practical approach to her endeavors. In addition to conscientiously adhering to company standards and guidelines – always with a high degree of pride, optimism, integrity, responsibility and ambition – she willingly adds to her responsibilities by orienting new DSDs and other employees from sister buildings. A joy to work with, partly because of her good sense of humor, Li always seeks self-improvement by attending as many continuing-education courses as possible, and she uses what she learns to educate the staff. Li has been an active volunteer at her community's Chinese school and has helped raise money to promote Chinese culture to American Chinese students.

Ramona Gonzalez

Country Villa West Covina
CNA
26 years in long-term care

After 12 years in the dietary department, cooking for the residents at a 150-bed skilled-nursing facility, Ramona Gonzalez heeded the advice of her grown children to slow down and think about retiring by becoming a CNA and working for another 13 years. That transition was part of a lifetime of hard work and caring that began when Ramona came to America in 1968 to support her six children. After 14 years as a seamstress, she directed her love for helping others to a career in home health and assisted living. Whether sewing and mending residents' clothing, making decorations and sewing costumes for activities, or going the extra mile in taking on special projects within the facility, Ramona is always sharing her experience and her talents with the residents, staff and families at Country Villa West Covina. She is not only an excellent role model and mentor but part of the family at her facility.



Leslie Graeber

Country Villa Petaluma
Nursing Supervisor
37 years in long-term care

A veteran long-term care professional, Leslie Graeber became a nursing assistant at age 18 in the days before NAs were required to be certified. She returned to school in 1980 and leveraged her CNA status to become a licensed nurse at a time when the requirement for existing CNAs was to qualify in medical terminology and diet nutrition therapy. Under CWETA – the California Work Experience Training Association – organized to counter the nursing shortage, she became one of two candidates chosen from her facility to advance to LVN. Leslie was on the dean's list for the entire 1½-year course and went on to serve as a charge nurse, nursing supervisor, director of staff development and medical records director and has always remained dedicated to the residents.



Lisa Graf

Country Villa Rancho Mirage HC Center
Business Development Representative
24 years in long-term care

Between her intense professional life and busy personal life, it's hard to tell when Lisa Graf finds time to sleep. In her 27 years in long-term care she has been a volunteer, an activity aide while attending college, an activities director, admissions coordinator and social-service director and next year will become an administrator in training. Her job as BDR is an extremely demanding and high-energy position, and her commitment to the facility has resulted in an overall quality census mix of 78 percent. Away from work, this single mother of three is active in church and school activities, has coached her son's basketball team and is Team Mom for football. Lisa and her children sponsor a child in Uganda and create Christmas gift boxes to send to orphanages in Mexico. Recently she organized a fundraiser that collected \$6,000 for the family of a firefighter recovering from brain surgery. Her friends and fellow workers at Country Villa Rancho Mirage don't know how she does it – but they're glad she does.



Rillie Griffin

Applewood Care Center, Sacramento

Laundry Aide

34 years in long-term care

A wonderful person and a wonderful employee who at age 75 has been faithfully reporting to work at the laundry every day for 34 years, Rillie Griffin seemed pre-destined to work at Applewood Care Center, which is only the second job she has ever held. Years ago, she was waiting in line to attend a play at the historic Apollo Theater in Harlem, when she struck up a conversation with a little girl named Sharon. When she told the girl her name, she recalls, the child put her hand on her hip and said in the cutest way, "I'll never forget that name!" Some 25 years later that girl, Sharon Kearns, now grown, came to Applewood as the new owner and was re-introduced to Rillie. They quickly recognized each other and embraced as old friends. Rillie had a similarly close relationship with the previous owner, Helen Eddington, and they would often attend the opera or go shopping together. Rillie Griffin is just that kind of person – someone you feel you have known for a long time as an old friend. The residents and the employees of Applewood Care Center feel that way and fondly refer to her with respect as "Miss Rillie." Much more than "just" a laundry aide, she is the ever-dependable "Miss Rillie."



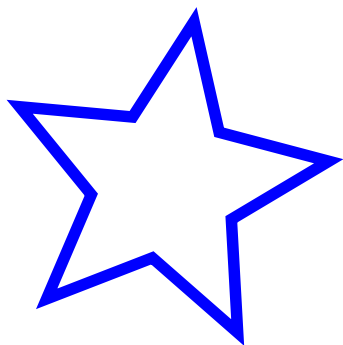
Martha Guzman

New Covenant Care Center, Dinuba

Director of Nursing

23 years in long-term care

A friend and mentor to the many nurses who have had the privilege of working with her, Martha Guzman demonstrates leadership qualities that are hard to find. Proving that hard work pays off, she began her career at age 16 as a housekeeper – a single parent determined to create a better future – and went on to work in the laundry department before becoming a CNA and working in central supply. She became an LVN in 2000 and continued toward her goal of becoming an RN, in 2005, then became a director of nursing. Always compassionate, she is a modern Florence Nightingale.



Cheryl Hughes

Mission Skilled and Subacute, Santa Clara

Director of Staff Development

35 years in long-term care

As far as the staff and residents at Mission Skilled and Subacute are concerned, Cheryl Hughes has been a Super Star for 35 years – and they're ready for her to continue for another 35 years. Cheryl always wanted to be a nurse, and her family, especially her grandmother, saw this and supported her both financially and with their encouragement. Her nursing career includes a stint as a CNA in 1988 while she waited for California to approve her out-of-state LVN reciprocity, before going on to serve as a charge nurse, admissions coordinator, ADON and finally director of staff development. Her ability to solve problems shined through from the start, and her troubleshooting talents were often shared with other buildings. A very caring person who loves the residents and is respected by all the staff, Cheryl has trained as many as 500 CNAs. Here's to another 35 years.

Geneva Jackson

Fruitvale Healthcare Center, Oakland
Resident Care Specialist
21 years in long-term care



A role model for teamwork, leadership and motivation, Geneva Jackson is always ready with 100-percent welcome and support whenever a new person joins the staff. She mentors the new CNAs, makes them part of the team and does whatever it takes to make them feel comfortable. She always goes beyond her duty to ensure quality results, whether it is for the residents, families, visitors or anyone else who comes to Fruitvale Healthcare Center. With her positive attitude, she is a champion of customer service and highly respected by her peers. She advanced herself to become an RNA and is learning to use the computerized documentations system. A single mother with adorable children and grandchildren, Geneva also is very involved in the community, church events and fundraising efforts to help the needy and promote the welfare of her neighborhood.



Connie Lucas

Brentwood Skilled Nursing, Red Bluff
Dietary Service Supervisor
26 years in long-term care

The story at Brentwood Skilled Nursing is that Connie Lucas always attains fantastic surveys in her dietary department because the surveyors spend so much time eating “test trays” and loving her food that they have no time to look around. When they finally do stop eating, they find the cleanest kitchen anywhere because Connie prides herself on her “surgery-room” cleanliness. Quality shows in her staff too – three of the employees have been with her for at least 20 of her 26 years. Starting years ago as a dietary aide, she excelled and was promoted to full-time cook, where she not only demonstrated outstanding cooking skills but also organizational skills. In no time, she was promoted to dietary service supervisor. Despite all the time Connie spends running the dietary department at Brentwood, she still has time to win numerous ribbons for her wonderful food at the Tehama County Fair. She is an active member of her church and participates in activities of the Red Bluff Roundup.



Teresa Mejia

Horizon Health & Subacute, Fresno
CNA
24 years in long-term care

Every facility should have at least one Teresa Mejia on staff. Despite personal challenges and successfully raising three boys as a single parent, she has never in her career forgotten that her reason for being here is to make the residents’ day better. She says the art of caregiving came naturally to her. Currently working in the subacute unit, Teresa lovingly cares for residents who often can’t acknowledge her loving touch, but she massages them and lathers them with sweet-smelling lotions, telling them all about the world around them and how much they are loved. She goes out of her way to greet the families and tell them of their loved ones day, and, being bilingual, serves as a staff interpreter for the many Spanish-speaking families and residents to ensure good relationships are being built and fostered. Teresa volunteers a great deal of her time outside of work, helping feed the hungry and homeless and making care packages such as personal items or back-to-school kits. And her homemade tortillas and tamales have obtained legendary status at Christmas time when she makes and brings hundreds of them in to share with her coworkers and families.



Paramjit 'Jit' Prasad

Ygnacio Valley Care Center, Walnut Creek
Housekeeper
30 years in long-term care

Everyone at Ygnacio Valley Care Center has something great to say about Paramjit "Jit" Prasad. She has won every employee recognition award. There is never a complaint about missing clothes, and the rooms are always buffed to a shine. Jit loves to be on the floor meeting the new residents and their families, and newcomers always come away in awe of her accomplishment as a person, mother, wife and friend. She has worked at every job in laundry and housekeeping and through the years has mastered these two departments with grace, gentleness, determination and gumption. The primary breadwinner of her family as well as her husband's caregiver, she stays very involved with her kids, extended family and her temple, donating time and money to help feed those less fortunate in both the United States and India. Every few years, she also donates her long locks of hair to Locks of Love, providing hairpieces to financially disadvantaged children who suffer from long-term medical hair loss.



Nancy Sanchez-Aragon

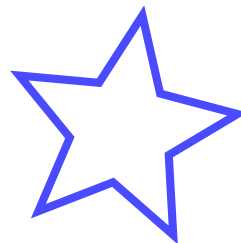
Golden Living Center-Fresno
Director of Personnel
29 years in long-term care

A true example of the best kind of long-term care professional with a consistently positive outlook on life, Nancy Sanchez-Aragon started as a CNA before moving up to director of personnel. A leader by example, she is always willing to go out of her way to help others, and her work ethic and dedication were quickly recognized. Working side by side with her staff – and always encouraging everyone to do their best – Nancy takes great pride in running a well-organized department. As a result, the facility has consistently done well with staffing issues. She is very knowledgeable about all aspects of long-term care and is an excellent resource to other managers, staff, residents and family members and is always ready to learn something new. Since the facility switched computer systems this year, Nancy has helped everyone who is frustrated with the new software. She has been involved in Red Cross (CNA Testing) over the last 10 years. Every year she orchestrates an effort to provide backpacks filled with school supplies for the children of any staff members who need an extra blessing.



Helen Sanders

Parkside Special Care Center, El Cajon
Charge Nurse
43 years in long-term care



Helen Sanders is the first person you see when you enter Parkside Special Care Center, and her warm greeting has built trust and developed caring relationships with the staff, residents and families. Helen is always prepared to conduct facility tours when the admissions coordinator is not available, and she always exudes a sense of pride when showing family members the kind of care Parkside provides for residents with Alzheimer's and related dementia. In her long career, she has served as a dietary assistant, a nursing assistant, as an LVN, LVN team leader and charge nurse, and she sets the bar high for everyone at the facility. Away from the job, she serves as a volunteer during the membership drives at the KPBS public television station.

Sandra Stockston

Golden Living Center-Hillcrest, Fresno

CNA

24 years in long-term care



Perfect attendance over her 24-year career is just one indication of the merits of Sandra Stockston. In that time, she has seen many staff members, managers and residents come and go. She has become an accomplished trainer of countless nursing assistants, helping to pave the way for them to become licensed nurses and directors of nursing – as well as an executive director who is now a director of operations. She has been recognized by CNA students with the Student Choice Award for exemplary service not once but three times. While a dedicated staff member, she devotes much attention to her children and grandchildren, friends and residents. Making her close friends feel forever young, she plans special celebrations for them and makes everyone feel like part of the family. Sandra is the pride of the team at Golden Living Center-Hillcrest.



Paula Yaish

San Bruno Skilled Nursing Hospital

Director of Staff Development and Social Services Designee

25 years in long-term care

Only someone with Paula Yaish's unique skills and work habits could take on the three jobs of staff developer, social-service designee and, when needed, charge nurse. If her colleagues want special insight about a particular resident, they ask Paula. If they need a definitive answer to a clinical question, they ask Paula. If a sister facility needs additional support or training for a DSD or SSD, Paula is the one to call on. Her long-time colleagues have such respect for her that they have a hard time talking about her without tears coming to their eyes. Here are a few quotes: "She's had a hard life outside work, but she never, never brings it to the job." – "Paula's a hard worker and role model for our staff." – "She's the heart of San Bruno and its 'smarts.'" – "She's fierce when defending 'her' residents and their rights." Family members compliment her on her care conferences, calling them "organized" and even "uplifting." For Paula, the residents come first – period.



Certificate of Merit

Jessica Abeyta

Golden Living Center-Petaluma
LVN

10 years in long-term care

Myla Alimario

Brookside Skilled Nursing, San Mateo
Activity Director

10 years in long-term care

Sandra Farkas

Forbes Division-Ability Pathways, Claremont
DCS

11 years in long-term care

Janie Harriman

Hy-Lond Home, Garden Grove
Human Resource Manager/Payroll

18 years in long-term care

LaSharae Johnson

Vista Pacifica Convalescent, Riverside
LVN Charge Nurse

10 years in long-term care

Kamal Kaur

Golden Living Center-Bakersfield
RN Assessment Coordinator

12 years in long-term care

Sandra Loera

La Paz Geropsychiatric Center, Paramount
Mental Health Worker

14 years in long-term care

Maria Moss

Windsor Gardens of the Valley, North Hollywood
CNA

12 years in long-term care

'Tootie' O'Berg

Windsor Redding Care Center
Receptionist

17 years in long-term care

Guillermo Perez

Fifth Avenue Healthcare Center, San Rafael
CNA

18 years in long-term care

Bridget Shobey

Windsor Palms Care Center, Artesia
Central Supply Clerk

20 years in long-term care

Trish Zabriskie

Country Villa Merced Behavioral
Program Director

18 years in long-term care

Laura Zulueta

Los Altos Subacute & Rehab Center
Resident Services Director

20 years in long-term care

