



HERE TO ASSIST:

Robert Do CEO
Vernie Murray, RN, BSN Dir. of Nursing
Jennifer Wylde, OTR/L Dir. of Therapy
Chari Fallar Business Office Mgr.
April Nelson Social Services Dir.
Kristen Hall Admissions Coordinator

Information to Share:

In 2011, we assisted 294 patients back to their home and community at a lower level of care. Catered Manor is the recipient of the **2011 Silver Quality Award from the American Health Care Association**. We are the **only** center to earn the award in southern California.



I'm proud to share that Catered Manor and our team of supporters were able to raise almost \$2000 for our local Ronald McDonald House in Long Beach. A special thanks to our own team members who got up early that Sunday morning to participate in the 'Walk for Kids' and worked so diligently to raise the money for such a great cause.

Catered Manor is also very proud to share that we have achieved Clinical Excellence for a 9th consecutive year. To achieve this level of excellence, a center must meet clinical indicators set by the organization that is much more stringent than state benchmarks. Thank you to Vernie Murray, Director of Nursing and her team of nurses.

Catered Manor is focused on providing quality of care and service to our patients and the community. As we move forward, you will see implementation of technology to our nurses stations and medication carts as we enter the stage of electronic medication administration records. If you have any concerns or suggestions, please don't hesitate to let us know by using our suggestion cards located at the sign-in desk.

Robert Do, CEO



Team Catered Manor!

Thank You to all who supported Team Catered Manor who participated in the Walk for Kids 2012 - In support of the Long Beach Ronald McDonald House.



Time to Get Moving: May Is Arthritis Awareness Month

The Arthritis Foundation recommends exercise as a remedy for arthritis sufferers. But these individuals are often reluctant to get moving due to the pain. If that's the case with you, start with a water exercise program. In water, your body's buoyancy reduces stress on hips, knees and the spine while building strength and increasing range of motion. Don't stop there ... move every day to combat joint stiffness.

Congrats, Graduates

Hats off to all our graduates this month!



Roberta's Success Story

Roberta arrived at Catered Manor Nursing Center with weakness from multiple medical conditions.

She was eager to regain her strength and independence. She worked hard daily with Physical and Occupational therapies, taking on every challenge. She was a great motivator to all and able to return home independent!



Happy Mother's Day!
From your Catered Manor Rehab Team



I would like to thank my entire nursing staff on the quality care and team work you provide every day that earned us again the **Clinical Excellence Award.**

Vernie Murray, Dir. of Nursing

Asthma and Allergy Awareness Month

For many, May means spending time outdoors and enjoying beautiful spring weather. For others, it means watery eyes, sneezing, coughing and clogged nasal passages. If you have these symptoms but haven't been diagnosed with a cause, talk to your doctor about being tested.



DID YOU KNOW?:

*We are located in the **Bixby Knolls area**

*Close to Long Beach Memorial, Pacific Hospital and St. Mary Medical Center

*Specializing in short-term rehab with a Transitional Living Suite for safe discharges back home

*We earned the 2010 Operational Excellence Award

*For the ninth straight year, we have earned the Clinical Excellence Award from Covenant Care.

*For seven years, we have earned the Rehabilitation Excellence Award from Select Therapies.

HAPPY BIRTHDAY!



- 9 Michael Manzon
- 9 Veronica San Diego
- 11 Mark San Diego
- 17 Iban Espino
- 18 Guillermina Flores
- 30 Jomelyn Estrada

Wit & Wisdom

“Gardens and flowers have a way of bringing people together, drawing them from their homes.”
—Clare Ansberry

“No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden.”
—Thomas Jefferson

“The love of gardening is a seed once sown that never dies.”
—Gertrude Jekyll

“If you have a garden and a library, you have everything you need.”
—Marcus Tullius Cicero

“I don't like formal gardens. I like wild nature. It's just the wilderness instinct in me, I guess.”
—Walt Disney

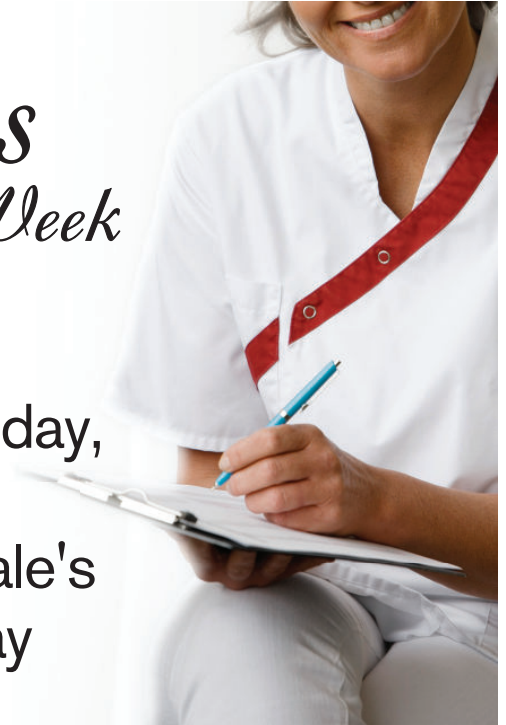
“A good garden may have some weeds.”
—Thomas Fuller

“In my garden there is a large place for sentiment. My garden of flowers is also my garden of thoughts and dreams. The thoughts grow as freely as the flowers, and the dreams are as beautiful.”
—Abram L. Urban



National Nurses Day & Week

annually beginning
may 6,
national nurses day,
and ending may 12,
florence nightingale's
birthday



"This Month In History" May

1770: The French dauphin Louis marries Marie Antoinette.

1792: The forerunner of the New York Stock Exchange is established.

1806: Andrew Jackson wins a duel 22 years before being elected president.

1872: Victoria Woodhull is nominated as the presidential candidate of the Equal Rights Party. She is the first woman nominated for president.

1897: London bookshops begin selling copies of the vampire novel "Dracula" by Irish writer Bram Stoker.

1941: Cheerios land on the shelves, a hit with kids and parents alike.

1953: New Zealand mountaineer Edmund Hillary and his guide, Tenzing Norgay, become the first men to reach the summit of Mount Everest, the world's highest mountain at 29,029 feet.

1954: Roger Bannister, a 25-year-old medical student, becomes the first person to run the mile in less than four minutes. Bannister wins a mile race in Oxford, England, in 3 minutes and 59.4 seconds.

1977: "Star Wars" is released in theaters. The five subsequent Star Wars movies are also released in May.

1979: Margaret Thatcher is sworn in as the United Kingdom's Prime Minister.

1990: The Hubble Space Telescope transmits its first images from space.

1999: Susan Lucci, longtime star of "All My Children," wins her first Emmy award after 19 nominations.

2010: Betty White becomes the oldest person to host "Saturday Night Live" and is a rousing success.