



Santa Teresita



**About Santa Teresita
Skilled Nursing Care
Assisted Living Facility
Rehabilitation Services
Gerontology Learning Center
Senior University
About the Carmelite Sisters**

Sponsored by the Carmelite Sisters of the Most Sacred Heart of Los Angeles

About SANTA TERESITA

Santa Teresita, a spacious 12-acre campus, which specializes in healthcare for seniors through assisted living and skilled nursing services, is known for its beauty, compassion, healing and profound love.

The mission of Santa Teresita — At the Service of the Family for Life — reflects what Santa Teresita is all about.



When the Carmelite Sisters of the Most Sacred Heart first opened Santa Teresita's doors in 1930, the Sisters served a very vulnerable portion of society in that day — young girls afflicted with tuberculosis. The Sisters cared for these young women with love, dignity and compassion in a home-like setting.

Continuing this same vision — to meet both the physical and spiritual needs of those in its loving charge — Santa Teresita has never ceased to keep its finger on the pulse of the greater San Gabriel Valley's evolving healthcare needs.

From its beginning as a tuberculosis sanatorium, through its growth into a general acute hospital in 1955, to its current mission as a long-term continuum-of-care center, Santa Teresita meets the challenging needs of the greater community and beyond.

Santa Teresita's mission is rooted in the Gospel and reflects the healing ministry of Jesus. This mission promotes a culture of life and values the dignity of each person as a gift from God.



The Carmelite Sisters affirm that the golden years of one's life are meant to be filled with vibrancy and purpose. Santa Teresita reflects the sisters' tender love and compassion, and a sacred joy.

The ministry of Santa Teresita offers — in its truest sense — what it means to “be at home” through Bethany Assisted Living and The Manor Skilled Nursing.

BETHANY ASSISTED LIVING



Bethany Assisted Living is a residential care center for Seniors that provides professional and compassionate care for those who need assistance with activities of daily living. Residents live in a secure and open environment designed for comfort, beauty and convenience.

We recognize that our seniors bring the richness and wisdom of their experience with them when they come to Santa Teresita to live. Our residents are surrounded by the love and compassion of our dedicated staff. We are professionals and are available twenty-four hours a day, seven days a week to meet their unique needs.

Every detail of care is based on our staff's respect for life, especially in advanced years, and acknowledging and furthering the dignity of the whole person: physical, spiritual and emotional.

Bethany is located amidst the rustic beauty of the San Gabriel Mountains, luscious gardens, fountains, and nearby walking trails.



For more information, call 626.932.3457

BASIC SERVICES

- Daily monitoring of residents
- 24 hour staffing and emergency response
- Emergency Call System
- Medication supervision: medication orders and refills can be made to House Pharmacy and Cantwell; resident/family responsible for outside pharmacy orders/refills.
- Staff contact of House Pharmacy
- Transportation to and from scheduled physician appointments within a 7 mile radius
- Spiritual enrichment programs
- Restaurant style dining
- Snacks at any time
- Social and recreational activities
- Weekly housekeeping
- Linen services

ACTIVITIES

- Festive holiday and birthday celebrations
- Shopping trips, trips to local restaurants and museums
- Games and brain stimulating activities
- Wii Tennis, Bowling and Golf
- Pet therapy
- Music and art programs
- Senior University Education Programs
- Walking groups
- Movies in entertainment room
- Intergenerational activities with children from Hayden Child Care Center
- Exercise program
- Access to computers

AMENITIES

- Chapel with daily Mass, devotions and rosary
- 12 acres of beautifully landscaped grounds and gardens with fountains and patios
- Proximity to Duarte's recreational nature trails
- Campus Pharmacy
- Library
- Personalized laundry service
- Reserved parking for residents
- Reservations available for dining with family or guests in our dining room
- Entertainment room equipped with TV, DVD and cable
- Gift Shop

RESPITE CARE

We offer short-term stays that enable seniors to be independent while receiving the assistance they need. This enables the family to receive a short respite from care giving.

***Call to schedule a tour and join us for a meal.
Tours are available during the day.
Evenings and weekends are by appointment.***

MANOR SKILLED NURSING



Santa Teresita Manor is a not-for-profit 122-bed skilled nursing facility that specializes in nursing and rehabilitation services for adult and geriatric populations. The Carmelite Sisters, together with a devoted nursing and rehabilitation staff, are committed to providing the highest quality of care for each resident.

Nestled in the foothills and located on our beautiful Santa Teresita Campus, the Manor offers residents breath-taking views of the San Gabriel Mountains and access to courtyards and gardens throughout our warm and spacious grounds which promote healing and wellness.



For admissions, call 626.256.3055

Our semi-private rooms boast of spacious floor plans, and our private bedrooms, which are specially designed and decorated with all of the comforts of home, include a private bathroom.



Whether your loved one needs short-term or long-term care, our services will be customized for their specific needs and preferences. Our professional staff provides the highest level of quality care with warmth and compassion that makes all feel like family.

BASIC SERVICES

- Skilled Nursing Care
- Rehabilitation Services
- Wound Care
- Intravenous Therapy
- Tube Feeding
- Bariatric Care
- Pain Management
- Full-Time Registered Dietician
- Social Services and Discharge Planning
- Restorative Nursing Program
- Palliative Care
- Respite Care
- Pastoral Support

AMENITIES

- Restaurant-Style Dining
- Activity Programs
- Pet Therapy
- In-House Movies
- Big Screen T.V. in Common Area
- Holiday Parties
- Beauty Shop
- Sun-Room With Grand Piano
- Laundry Services
- Senior University
- Transportation
- Prayer and Communion Services
- Access to St. Joseph's Chapel

REHABILITATION AND WELLNESS



**The mission of Santa Teresita is to be . . .
At the Service of the Family for Life.**

Our Rehabilitation Program focuses on improving the quality of life of the residents we serve. By increasing our residents' independence in self-care, ambulation, and communication, their sense of self-worth flourishes and their quality of life improves. Keeping active and forming relationships with others promotes healing and physical well being. Therapists and patients experience companionship as they journey together through the rehabilitation process.

OUTPATIENT SPEECH SERVICES

We also offer Outpatient Pediatric Speech Services on our campus. We can provide children with the opportunity to further enhance their communication skills through fun and enriching activities as they improve sound production, modify vocal behaviors and increase understanding and use of vocabulary and grammar.

Call 626.932.3439 for more information on outpatient services.



For rehabilitation services, call 626.932.3441

Santa Teresita Manor offers in-house rehabilitation services that customize individual treatment plans for our residents in order to help them regain their ability to perform those tasks required for independent functioning. We offer up to seven days a week of therapy services.

PHYSICAL THERAPY focuses on treatment to develop, maintain and restore maximum movement and function throughout life. This includes providing treatment in circumstances where movement and function are threatened by aging, injury, disease or environmental factors.

OCCUPATIONAL THERAPY promotes residents' health and well-being through occupation. Occupational therapy enables people to participate in activities of everyday life including bathing, grooming, dressing, and feeding oneself.

SPEECH LANGUAGE PATHOLOGY provides screening, assessment, and treatment for disorders of speech, language, swallowing, and cognition. Speech therapy focuses on regaining and/or compensating for lost skills to improve quality of life for more effective communication and diet enjoyment.

RESTORATIVE NURSING SERVICES ensure that our residents maintain their highest practical level of functioning in long-term care. Restorative Nursing Services provide specific treatments to residents to restore and maintain their strength, coordination, and skills to ambulate and perform functional activities of daily living.

In addition to our basic rehabilitation services, we have incorporated other clinical programs to meet the needs of all of our residents including:

- **Pain Management**
- **Fall Reduction Program**
- **Dysphagia Therapy**
- **Contracture Management**
- **Seating and Positioning**
- **Cognitive Re-Training**
- **Community Re-Integration**

Common conditions that our therapists treat:

Orthopedic conditions:

- Total joint replacements
- Traumatic Injuries
- Spine Surgery

Neurologic Disorders:

- Dysphagia or Swallowing Disorders
- Stroke
- Alzheimer's Disease
- Parkinson's Disease
- Guillain-Barre Syndrome

Cardiac Conditions:

- Heart Attack
- Arrhythmias
- Coronary Artery Bypass Graft

GERONTOLOGY LEARNING CENTER



Our Gerontology Learning Center offers intern/externships for healthcare students/professionals from colleges, universities, and healthcare facilities throughout the United States. Our state-of-the-art learning center includes technologies and innovative curriculum which are available to both our senior residents and local senior centers as well as all students involved in our programs.

Developed courses offered by the Gerontology Learning Center includes:

- Summer Gerontologic Nursing Institute
- Continuing Education
- Internship/Externship
- Senior University Lecture Series
- Pastoral Care Program and Internship

Courses under Development:

- Chaplaincy Practicum
- Improving the Quality of Life through Evidence-Based Learning



For more information, call 626.408.7815

Objective Structured Clinical Examinations

Santa Teresita is creating an environment of study based on a cutting-edge educational paradigm. One of these current teaching tools is the objective structured clinical exams which are basic circuits of assessment stations, where a range of practical clinical skills are assessed by an examiner using a previously determined objective marking scheme.

The curriculum is competency-based and outcome oriented. The goal is to evaluate performance for the effective application of knowledge and skill in the practice setting. Competency assessment techniques address psychomotor, cognitive, and affective domains.

Competencies can range from generic to clinical practice in any setting, or specific to clinical specialty, basic or advanced.

Evidence-Based Learning

Evidence-Based Medicine (EBM) integrates clinical expertise with the best external evidence. The process of EBM is turning clinical problems into questions, and then using critical appraisal techniques to determine validity and applicability of current research findings and use this research and clinical expertise for the basis of making clinical decisions.

Evidence-Based Learning is a powerful tool for life-long learning.

Outcome of Learning

Each student's success is evaluated by outcome learning. It is the development of a curriculum to teach the identified outcomes. It creates assessment strategies to ensure that the students master the specified outcomes while asserting that all students can succeed. We desire to aid all students in seeking the best means of learning retention by meeting educational needs of each person.

The identified learning outcomes include:

- Communication Skills
- Clinical Skills (diagnosis, management, prevention)
- Use of basic science in the practice of medicine
- Moral Reasoning and clinical ethics
- Social and community context of healthcare
- Self-awareness
- Self-care and personal growth
- Receptive & Expressive Language
- Lifelong learning skills

SENIOR UNIVERSITY



Senior University Curriculum includes:

- Arts and Science
- Informatics
- Law
- Public and Environmental Affairs
- Social Work
- Engineering and Technology
- Journalism

***“An elder is a person who is still growing,
still a learner,
still with potential
and whose life continues to have within it
promise for and connection to the future.”***

-- The Live Oak Project Founder

Senior Library

The Senior Library affords our seniors the ability to maintain contact with the world, family and friends. The computers have been adjusted for seniors to give maximum comfort and ease of use. Seniors have access to the internet, allowing for e-mail, internet sites for holiday cards which can be sent to family and friends, and to allow their presence to be known in the world of today. There is the ability to scan photos and record their memories for families through Heritage books. In the library there are also DVD's from Universities through which they can learn about various subjects. Video playback equipment allows for the review of videos about current topics or play family videos to maintain the closeness we all desire.

For more information, call 626.408.7815

Santa Teresita Senior University

Our Senior University hosts a series of monthly lectures which provide a continuum of life-long educational opportunities to our residents. Our pursuit of knowledge and understanding of the world around us does not decrease as we age. As seniors, the educational paradigm is still important, one of learning and enjoying the world which they contributed to by their presence and work.

The education experience is a positive learning experience where our residents are persons who also happen to be older. As we grow older many seniors discover social changes. They experience loneliness and often isolation. These lectures give our seniors opportunities to speak to policy makers, service providers, faculty from colleges and universities – those professionals who are making the policies and decisions in the world today.

The curriculum reflects that of our many college and universities, including, Arts and Science, Informatics, Law, Public and Environmental Affairs, Social Work, Engineering and Technology Journalism, Philosophy and Theology.

Some examples of our presentations:

“Major Geological Features in the Solar System” presented by Richard Hottor (Project Manager of the NASA portion of the Joint NASA/European Space Agency Mars Express Project)

“California Water Sources” presented by Lawrence Morales, (Vice-President and General Manager, East Pasadena Water Company)

“The Pasadena Showcase House of Design” presented by Phyllis Wilburn, (Public Relations Chairman Pasadena Showcase for the Arts)

“Sierra Madre Search and Rescue Team” presented by Bruce Lamarche, (Dedicated volunteers committed to saving lives in the wilderness. Founded in 1951)

Santa Teresita Senior University gives our residents the opportunity to actively take part in lectures, tutorials and discussions to share opinions among themselves and the faculty and have an impact on the decision makers of today.

We welcome visitors to our Senior University Presentations which takes place in Madonna Hall Community Center.



Carmelite Sisters of the Most Sacred Heart of Los Angeles

Promoting a Deeper Spiritual Life Among Families
through Healthcare, Education and Retreats.

www.carmelitesistersocd.com



ABOUT THE CARMELITE SISTERS

The Carmelite Sisters of the Most Sacred Heart of Los Angeles give striking witness as a vibrant, thriving community of dedicated women with an all-consuming mission. It is a God-given mission, a mission of the heart, a mission of loving service to the poor, the sick, the needy and the uneducated. Their loving service overflows from each sister's profound life of prayer. Silhouetted against the wars, fears, and uncertainty present in society today, these sisters are a beautiful and much-needed presence in our world. Their presence is life and hope and a promise to all that light has come into our world and darkness has not overcome it.

A look at the history of this community, with its mother-house in Alhambra, California, reveals how its life-giving presence has come about. During the beginning decades of the 1900s just as the epic Mexican revolution was subsiding, a ruthless religious persecution was gaining momentum in Mexico. Churches were closed, tabernacles were emptied, and priests, religious and many of the laity were tortured and killed solely because of their faith in God. This horrible persecution accompanied the birth and humble beginnings of the Carmelite Sisters. At times there was no food or shelter, and when families turned to the sisters for help and support they found life-giving faith, hope and the tangible providence of God. All of this formed the legacy that Mother Luisita, the community's foundress, and her two companions brought with them as religious refugees entering the United States in 1927.

Those seeds planted by Mother Luisita, now a candidate for sainthood, have taken deep root in the United States since those early days. People and places have changed throughout the years, yet the heart of the mission of the Carmelite Sisters remains. As an autonomous religious institute since 1983 they continue to carry out their loving service in education, healthcare, and retreat centers in California, Arizona, Florida, Colorado and Ohio.

The sisters' healthcare facilities, retreat houses and schools remain to this day centers of life and hope and are outstanding in their respective fields. Today the Carmelite Sisters are moving forward together "Educating for Life with the Mind and Heart of Christ" in schools, being "At the Service of the Family for Life" through health and eldercare and "Fostering a Deeper Spiritual Life" through individual and group retreats. At the heart of their vocation is a passionate mission of loving service which facilitates their life-giving encounter with the living God. These apostolates, this presence, is needed in our world, perhaps now more than ever before.



For more information, contact:

Santa Teresita

819 Buena Vista Street

Duarte, California 91010

E-mail: marketing@santa-teresita.org

Phone: 626.359.3243

Web site: www.santa-teresita.org

SNF License #: 950000125, RCFE License #: 197606226