

“CRACKING THE CASE” IN RIVERSIDE AND SEQUEL TO “TEN YEARS IN A MENTAL HOSPITAL”

By Teva Newell

Seven Years ago I wrote an article titled “Ten Years in a Mental Hospital” about my experiences working as a charge psychiatric technician in a southern California mental hospital. It was published in Accents as a series of four articles, starting with the November 6, 2009 issue.

I had never intended to write about it again and I had destroyed my patients records long ago so that their security could not be breached. Last month an unexpected event occurred which brought me back to that era.

I was registered to attend a Road Scholar class under the auspices of the Sheriff’s department in Riverside, California on the subject of Criminal Science investigation. It was popularly called “Cracking the Case!”

Part of the study was on DNA, in which I have long been interested. The class was held in Riverside at the beautiful old Mission Inn which is on the National Historic Register, and is only about twenty miles from the hospital.

DNA was only a part of the broad subject, for the speakers were all currently employed in law enforcement as well as teaching their particular subject at the University of California, Riverside. Among many others they included the state’s missing person coordinator, who has investigated more than 6,000 deaths; the coroner who is the chief medical examiner for San Bernardino County and assistant professor at Loma Linda School of Medicine; a crime scene investigator with 30 years experience who authored the handbook on crime scene photography, an entomologist, who was head of entomology at the San Diego Museum of History; and a Laboratory Director, charged with implanting a Digital Evidence Analysis Unit and who supervised it until February of this year.

DNA analysis is now used routinely. It is always collected in paper, never in plastic, for the plastic causes it to degrade, mold. It can be gotten from innumerable places, from a faint bare footprint in dust. A very rich source is a hatband. It is obtained from the white blood

cells, never the red.

A coroner’s main job is to find the cause of death, so if any apparently healthy young man dies for no explainable reason, law enforcement tries to get DNA from his relatives, thinking that may show a medical problem in the family

The DNA of a person can often be obtained from the insides of insects lodged in his car frame, as well as the time of their feed. Incidentally, the checkered grips on guns are resistant to fingerprints but they can collect much DNA!

While I was involved with this subject, my son, who lives in the area, called to tell me that although the

hospital itself where I had worked was strictly closed to the public, people were so curious about its secrecy that a small museum recently had been established on the grounds depicting some of its history and artifacts, and he asked if I would like to go.

When he called to ask about viewing, he was told that it was only open one afternoon a month, and that it was booked three months ahead. He informed whomever he talked to of my years there and my current limited

time because of the CSI class. Surprisingly, my son was told that if I would come they would open for a special tour any time I could come. So I did. I took some members of my family and was given a private two-hour tour with the clinical social worker who was “keeper of the keys” and a brief visit by the head of the hospital who came over from his office for a talk.

Patton Hospital was built in the fearsome Gothic style and opened in 1893 as an insane asylum for “the insane and inebriates.” Some of the artifacts on display in the museum verify the psychiatric practices of the time: the hydrotherapy tub, where patients were put in cold water in the belief that it would calm them down,

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EVENTS

TUE JUN 21 MUSIC IN THE LIBRARY – 7:15

Beginning with Tchaikovsky: Marche Slave; Followed by Scarlatti: Piano Sonata In F Minor; and closing with Brahms: Concerto No. 2 for Piano and Orchestra.

WED JUN 22 MOVIE – 7:15 – MH

“Truth” Newsroom drama detailing the 2004 CBS 60 minutes report on President George W Bush's military service, and the subsequent firestorm of criticism that cost Dan Rather and Mary Mapes their jobs.

THUR JUN 23 HALF FAST WALKERS PLAN TO WALK—9AM

Walkers will head to **Monterey Beach**. Sign up on BB. Lee Chambers will lead.

SAT JUN 25 DAYTRIPPERS GO TO THE RODEO—11AM

Come join us for a Saddle horse show and rodeo, Bus leaves the Manor at 11AM and will return by 4:30PM, lunch at the park...great Western food, don't forget to bring hats, sunglasses and soft cushions (bleacher seats), all seats are in the shade.

MON JUN 27 MONDAY MORNING FORUM – 7:15—MH

We're delighted to welcome the Commandant of the Defense Language Institute, Colonel Philip J. Deppert, to talk with us about the DLI, it's strategic importance to the Us Military, as well as it's importance to the Monterey Peninsula as one of our major employers. Please plan to join us to learn about the Institute and meet the Commandant.

TUE JUN 28 MUSIC IN THE LIBRARY – 7:15

Quintet in B Flat Major; for piano, flute, clarinet, horn and bassoon—Nikolay Rimsky-Korsakove, The Capricorn Quintet, Symphony No. 1 “Spring”; Robert Schumann—Budapest Philharmonic Orchestra, Tamas Breiter, conductor.

WED JUN 29 MOVIE – 7:15 – MH

“Cider House Rules” Wonderful acting, lively visuals, and an old fashioned feel. This is the story of the complicated relationship between father and son and the orphanage they run. Michael Cain won an Oscar for best actor and the movie won best picture for 1999.

THUR JUN 30 HALF FAST WALKERS PLAN TO WALK—9

Walkers will head to **Point Lobos**. Sign up on BB. Jim Riesenfeld will lead.

UPCOMING EVENTS

THUR JUL 21 DAYTRIPPERS GO TO THE BACH FESTIVAL—8PM

Wonderful concert!!! Beethoven to Broadway. If you wish to buy tickets for this concert, please call Mary

NEW/SOON-TO-BE RESIDENTS

Bob Evans	Virginia Von Hasseln
Jane Upp	Zad and Laela Leavy
William and Julie Obering	Jean Brenner
Murray and Rena Yeomans	

Krecki at 4770. Mary has tickets for Manor Residents. Tickets must be purchased as soon as possible for this concert. When you have bought your ticket or tickets, sign up for the bus. The Manor bus, will take you to Sunset Center and return after the concert. The bus sign-up is on the Bulletin board.

SUN JUL 24 DAYTRIPPERS GO TO A MUSICAL—1:15PM

Mary Poppins the Musical by Richard M. Sherman & Robert B. Sherman at the Golden Bough Theatre. One of the most popular Disney movies of all time capturing hearts in a whole new way: as a practically perfect musical! The Manor Bus will leave at 1:15PM, Sign up at the Bulletin Board and make Your Checks of \$31.50 payable to “CVMRCDT” and send to Mary Krecki.



It's an
ITALIAN DINNER

“An Evening in Sorrento”
YOU'RE INVITED
THURSDAY
JUNE 23

The newest “theme dinner” organized by the Special Events and Dining Services Committees along with Helen White and Executive Chef Kirk Larsen. It will begin at 5 pm with Italian music, wine and cheese in the lounge and followed by more Italian music and an Italian menu in the dining room.

Bob Lindsey

Library Note

The Library is currently featuring a new photographic book by our own Will Furman. *Terra Mar – A Unique Ocean Front Experience in Big Sur, California* features one of the highly unique and distinctive houses designed by Mickey Muennig, a well known Big Sur architect.

Happy Birthday

6/21	Pam S.	6/25	Linda P
6/22	Charlotte N.	6/27	Lucille B.
6/22	John R.	6/27	Jan F.
6/24	Margaret D.	6/29	Lawrence F.

IN MEMORIAM

6/3 Marriot Carlsen

ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*
(C 8-9 Residents' Handbook)

<u>MON</u>	Chair Exercise MH 8:30-8:45AM Monday Morning Forum (4th) MH 10:30AM Advanced Exercise MH 11:00-11:45AM Duplicate Bridge GR 1:00PM Dominoes GR 7:15PM	<u>THUR</u>	Chair Exercise MH 8:30-8:45AM Half-Fast Walkers 9:00AM Adv. Water Exercise SP 9:30-10:15AM Table Tennis MH 1:15-3:15PM Bingo (2nd & 4rd) GR 7:15PM
<u>TUES</u>	Chair Exercise MH 8:30-8:45AM Council Meeting (2nd) CR 9:30AM Adv. Water Exercise SP 9:30-10:15AM Worship Services (1st) H 10:30AM Communion Service (3rd) HC 10:30AM Lawn Bowling PG 1:15-3:15PM Sing For Fun (1st & 3rd) WP 2:30PM Music In The Library L 7:15PM	<u>FRI</u>	Chair Exercise MH 8:30-8:45AM Balance and Stretch MH 9:15-9:45AM Strength Circuit Training FC 11:00-11:45AM Bookmobile 12:45-1:15PM (Every other Friday from June 17) Lawn Bowling PG 1:15-3:15PM Social Bridge GR 7:15PM
<u>WED</u>	Chair Exercise MH 8:30-8:45AM Balance and Stretch MH 9:15-9:45AM Java w/Jane (3rd) (7/20)PL 9:30AM Advanced Exercise MH 11:00-11:45AM Strength Circuit Training FC 11:00-11:45AM Communion Service (3rd) WP 11:15AM Movie Night(1st, 2nd, 3rd & 4th)MH 7:15PM	<u>SAT</u>	Chair Exercise MH 8:30-8:45AM Adv. Water Exercise SP 9:30-10:15AM Putting (2nd) PG 10-11:30AM Wine Dinner Group (2nd) PDR 5:30PM Music on the Menu DR. (June 26) 5:30-7:15PM

LOCATION LEGEND

CR Conference Room(s)	DR Dining Room	GR Game Room	H Hillcrest
HC Health Center	HG Hall Gallery	L Library	MH Meeting House
PDR Private Dining Room	PG Putting Green	PL Pavilion Lounge	SP Swimming Pool
CR Conference Room(s)	DR Dining Room	GR Game Room	H Hillcrest

Bulletin Board



Julie and Dave Nee

Dave was born in Anchorage and then moved to Santa Monica. After his parents divorced, he moved to rural Texas where he lived until he was 14. Going to boarding school then opened his eyes to the larger world. After graduating from Duke, he was in the Navy for four years in the submarine corp. He was based in San Diego and made three trips in the Pacific.

EF Hutton, the brokerage firm, hired Dave in 1966. He became branch manager in Palo Alto in 1972. He had a forty year career there with various iterations of the firm.

A love affair with Carmel led to a second home here. Dave developed an interest in vintage cars and needed more garage space. That led to a home in Pebble Beach after retirement. Dave went on five tours in his vintage cars. He also went on the Mille Miglia in Italy—yes, that's a vintage car tour.

A lasting interest in non-profits led to work with Boys' and Girls' Club and the Carmel Bach Festival. He is also on the boards of the Old Capital Club, in Carmel

When asked what his best experience was, Dave answered unequivocally that it was marrying Julie twelve years ago. She echoed that statement.

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Bach Festival Foundation, the Church in the Forest and Pacific Repertory Theater's Advisory Board. He enjoys working out and reading. He has a daughter in Los Angeles and two sons in Kansas.

Julie was born in Southern California and moved to Marin at age four. She attended College of Marin and worked for the Bank of Marin for five years before moving to Atherton with her husband. She has a serious history volunteering with Peninsula Volunteers in Menlo Park which provides care for seniors in many ways: a recreation center; a retail shop; meals on Wheels; Rosner House, a drop off day care for the frail; and two low income housing units for seniors. She also volunteered with the Jean Weingarten peninsula Oral School for the Deaf and the Northern California Transplant Bank. In her spare time, Julie managed a boutique with her sister-in-law. They ran that for ten years. Learning as they went. Julie and Dave love meeting the musicians involved with the Bach Festival as well as the staff and other volunteers. She loves games such as dominoes and Ma Jong. Julie has two daughters in Menlo Park.

If you want a chance to pet the softest dog ever, you need to book some time with the Nees' dog, Bella. She is thrilled to be at the Manor.

The Nees are delighted to be at the Manor, and we are delighted to welcome them.

Kay Enbom

The lobotomy pic, which thankfully was discontinued with the introduction of the drug Thorazine and the electroconvulsive (ECT) machine, with which I helped give treatment, although this is no longer being given there it is having a resurgence of use, because it does seem to help some patients with schizophrenia or depression.

While I was working there treatment had progressed to where the emphasis was on analysis and therapy. Of course, one always had to be aware that there could be danger and the unwritten law was if you heard an unexpected sound you ran TOWARD it! We were deeply involved in therapy in the Family Therapy Center, and patients there were often of high-level intelligence and professionals. They had committed themselves or been committed by their families simply because they had become unable to function on the outside. Before they could be accepted for therapy, one family member had to agree to come in for therapy sessions, because patients could become able to function very well in the supportive atmosphere of the hospital but when they went back outside they regressed to their previous incapability.

I usually carried a case-load of about a dozen patients and their family members. Besides working with them individually in our offices, we sometimes held our own therapy sessions, and we never knew which of us, whether doctor, psychologist, psychiatric technician, social worker, or nurse would happen to land in the hot-seat that day! This was an education for me, to see how thin the wall is between "well" and "ill." and so today I sometimes see a look in someone's eyes, and remember.

So why did I leave the hospital after ten years? I had a better offer. A Knight on his white horse rode up and offered me the permanent job of "chatelaine" to his 250-plus acre ranch high in the Santa Lucia Mountains of Big Sur. Actually, we met on a ship!

I never really knew how large the ranch was. Years later when I asked he would just say "Five acres

less than the kingdom of Monaco." and, I guess it could have been. It was part of an original Spanish land grant, and Monaco is very small.

Challenges were different than at the hospital. Coyotes howled at night in the mountains, and deer were killed by a mountain lion on our road. The Big Sur fires and floods and landslides roared down the hills and tore the ranch gate off its hinges, catapulting it a quarter of a mile down Highway One.

The counterpoint to all this was taking walks in the redwoods to the waterfall, and ALWAYS the whole Camelot hillside covered with blue lupin every spring. But that's another story!

After all these many intervening years, I take the tour and talk with Anthony Ortega, clinical social worker in charge of the museum, and Dr. Harry Oreol, Administrative head of the hospital, and find that Patton has morphed once again.

At its start in the late 1800s its purpose was to care for a wide variety of incompetent people loosely termed "insane and inebriates."

It next progressed to the psychiatric hospital as I knew it, which was regarded as being on the cutting edge of treatment.

Now, sadly, it has last turned into a maximum security facility. All 1,500 residents are cared for by 2,700 employees, and are court-committed cases, in popular parlance termed "Criminally insane."

It was, and continues to be, a learning experience.

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