

the OAK COTTAGE *of santa barbara* NEWS

August 2015

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*there is
no greater
love.*



In the News...

OAK COTTAGE PARTICIPATES IN FIESTA FUN!

Many of you have heard me refer to Oak Cottage as a “laboratory” in which we can continue to grow and enhance our approach to community and the care for the people who live and work here. We had our first chance to put our skills to the test in our planning for **Fiesta days in Santa Barbara**. I am pleased to report that we had a humdinger of a time!



We commenced with activities on **Monday morning the 27th of July** (we like starting our parties early around these parts), with a workshop to hand-make Mexican wedding flags and crepe paper flowers. This rolled into days filled with a variety of food presentations (think crepes with homemade jam and berries, handmade tortillas, and aguas

frescas), musical performances, and costume planning.

We went sombrero shopping. We hunted down trinkets, beads, and hair adornments. We stuffed pinatas.

....And we shared plenty of tall tales about previous Fiesta years (believe me you, there were some great stories)!

Our preparation culminated **Friday the 31st, in a fiesta pequeno held upstairs in our Oakview neighborhood,**



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In the News... (Cont. from front cover)



followed by an informal dinner on our veranda. Linda Vega dancers of all ages performed on their own private stage, while we hosted a surprisingly competitive salsa contest (Elizabeth Hernandez came in first!). Dinner was carne asada “street tacos” on homemade tortillas, elotes (corn cobs served on stick with chipotle cream), and a giant platter of fresh pineapple, papaya, mango and jicama. The celebration carried on into the evening hours of its own accord.



I have to admit that there was very little of the spirit of Fiesta that we did not get a chance to experience, taste and enjoy. By sharing our individual recipes and historical narratives, we were able to bring the greater outside in to Oak Cottage, and gave our residents who are less ambulatory an opportunity

to experience and participate in the best that the holiday has to offer.

Even better? We beat everyone to the punch, WELL before the hoopla started in town! **We are already planning for next year, and are looking forward to being one of the first fiesta parties in town!!! Mark your calendars now.** We promise it will only get better next year.

—Julie McGeever
Manager



In the News...

TRANSPLANTED TOMATOES OR COMING BACK TO CALIFORNIA...

In our April Newsletter I had the opportunity to tell you of the pending move my wife Kimberlee and kids anticipated as Spring was bringing warmth to the New Jersey landscape after a harsh winter...



The past few weeks not only brought **my wife to CA (Finally), but also some of the contents of our NJ home.** “Kim” is still smiling and pinching herself to be sure she is not dreaming, being back in CA and enjoying the coastal breezes compared to the East Coastal Humidity!!

After selling all the tractors, automotive equipment, tools, toys, games, and additional furniture of a 5 bedroom, 3 bath home which will not fit into a 2 bedroom 1 bath house; an offer for the home was received just one week prior to Kim’s East Coast departure. What Luck!!

Now back again in Carpinteria, the furniture has arrived, the kids are due in mid-August, and we’ll pick-up the daily routine of **California living which we left just 13 years ago.**

The time seems to have flown by... and it reminds us that we should keep in mind the time we all have left to enjoy each other, our current positions in life, and even if conditions are not the best; to make the best of the situation the best way we can.



A few of the photos included are packing up in NJ... Even Kim’s car took the trip nicely. Move-In day in Carpinteria, and Kim’s car fueling up in Calif.



—**Joe Franken**
Executive Director

In the News...

THE OAK COTTAGE CARE STAFF...

The Oak Cottage of Santa Barbara Management Team is **proud to announce and congratulate** the following professional **Caregiving staff for passing both the “Skills & Written” tests for the National Nurse Aide Assessment Program for the California Certified Nursing Assistant (CNA) level of professionals.**

Eusebia Garcia & Masami Matsuoka: Both Caregivers have worked hard to master their skills



Eusebia Garcia with her CNA certificate

Later this month the very same tests will be administered to **Miriam Santiago**, and we are confident that she too will pass with flying colors!



Good Luck to Miriam and Congratulations again to our dedicated team of Care Giving Professionals.

—**Joe Franken**
Executive Director

and then applied to take the tests. We are so proud of our Caregivers for doing all they can, to be the best professionals in the business.

How Norm Met Jan...

Norm & I met during a school function **in Oct. 1954**, at a Competition Sports Meet. In those days the neighboring communities would have scheduled meetings between local schools. We saw each other a couple of times a year at this type of function. Remember this was 1954, so no telephones or televisions in every home and certainly no cell phones – **“The Dark Ages”** in other words.

The summer before I went into high school, my parents had taken us to a drive-in theater in a nearby town. My sister and I were allowed to sit outside on the patio, near the refreshment stand. Norm and his Buddy were also seated there, so of course we visited with them.



I was drawn to Norm because of his great sense of humor, his laughter, beautiful white teeth, curly blond hair, his beautiful green eyes and he was very handsome. **Oh yes, I was smitten with him.**

Norm decided to enlist in the US Army in the spring of 1957 and was stationed at Ft. Ord in Monterey, CA. I went to visit with his parents during a weekend for family & friends and we discussed marriage at that time. After finishing basic training Norm was given a ten day leave before being reassigned to Fort Gordan, Georgia for signal corp training. When he arrived home he asked me to marry him and pressured or suggested perhaps, that I marry him before he left for duty in Georgia. **I decided to accept and we had a small wedding at my parents home with a few close friends and family.**

One week later he left for training in Georgia, he was there for 3 months, then reassigned to Fort Hood, in El Paso, Texas. I joined him there for six months, then he received orders to Ft. Sam Houston in San Antonio, Texas; it was here he received orders for duty during the Lebanon Crisis. His unit was on blackout status and he was not allowed to even call home. After 2 weeks that situation changed and he received orders for Germany.

Our first daughter was born at Ft. Sam Houston Hospital in San Antonio, Texas and ten days later we drove home to CA. I returned to my hometown and worked until I saved enough money to fly to Germany to join Norm. We were stationed in Kaiserslautern, Germany 1959 into June of 1960. Norm was discharged in June of 1960 in Oakland, CA. **Oh Happy Day.** We began our journey through life as civilians and the rest as they say is history.

— **Jan Hayes-Stout**

A few months ago we featured Mark Maldonado's family (Rafael and Nydia) so this time around we wanted to share a few stories about Valerie's side of the family.

Resident Services News...

introducing...

LISA SANCHEZ

Weekend Receptionist



Oak Cottage is pleased to introduce **Lisa Sanchez** as our **Weekend Receptionist**.

Lisa was born in Los Angeles, California and raised in Santa Barbara, California. She is the middle child of three children, and has two brothers. Lisa was raised in big family that is generous and loving. Lisa has previous experience managing hair salons and is very much a people person. In her spare time Lisa enjoys collecting Star Wars collector items, as well as a burgeoning Legos collection she shares with her husband Martin and her son Mark.

Lisa's idea of fun is planning family adventure trips and movie nights. She hopes to one day travel the world and learn about different cultural ideas.

Lisa is continuing her education at Santa Barbara

City College in the field of nursing.

Lisa loves to help guide family members with any given request. **She is pleased to be a part of a growing family here at The Oak Cottage of Santa Barbara.**

— **Shane Lopez**
Resident Services Manager



Facility News... A Bit About Our Resident, Jack Buckley

In **Jack Buckley's earlier days, he studied at Stanford University before he transferred to the American Institute in Chicago for his Bachelor's degree in Electrical Engineering, and then received**

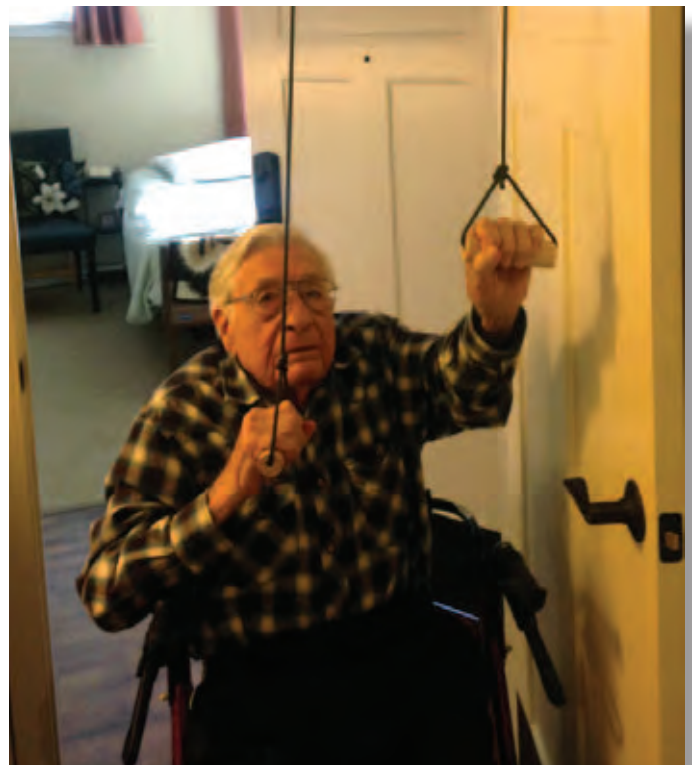


his Master's degree from DePaul University in Physics with an emphasis in Electronics. He also grew up helping his father build houses, and got his contractor's license along the way. He worked a majority of his life in the Defense Industry doing research and development, as well as design. That being said, conceptualizing and building things are second nature to him.

Soon after he moved into Oak Cottage with his wife Gloria, Jack came to me with a design that he had created to help with his ongoing physical therapy for his shoulder. About 4 months before Jack moved in, he had a fall where he broke his shoulder, and has since had decreased mobility. His physical therapist recommended that he do some ongoing stretching, and that got his engineering mind working. Conceptually, he was talking to me about this lever device that would attach to the top of his door with an integrated pulley system that would allow him to help strengthen his shoulder, however it was hard for me to really understand what he was talking about. The next day he had a drafted design, including exact specifications, and had called numerous stores to track down each

part. Soon thereafter, we went to Orchard Supply Hardware and piece by piece rounded up what was needed. **Back at OC, we went down to my workshop and started to assemble what looked like an ancient Mesopotamia pulley system from 1500 BC.** After connecting the pulleys to the frame, Jack ran the rope through to get the measurements correct and at this point the only thing that was missing were the handles. We had 2 options; either a PVC pipe, or a hollowed out wooden dowel. After trying both options, Jack liked the feel and weight of the wood better, so we proceeded to cut, hollow, and sand 2 wooden handles to complete his device. After we were finished, we went upstairs and attached it to the top of his door to make sure it works, and just as he had planned, it worked perfectly. He can now do his shoulder rehabilitation in the comfort of his own room whenever he wants. **His physical therapist, along with all the OC staff were very impressed with his ingenuity and creativeness.** We can wait to hear what his next project will be!

— **Philippe de L'Arbre**
Facilities Manager



Health News...

Hello All,
 My name is **Brian Smiley**, I will be working as the **Wellness Director here at Oak Cottage while Matei is out for vacation.** First I would like to say, that I am very grateful to have the opportunity to work with your loved ones; and it brings me great



joy to be able to spend time with them. I have been working in memory care for just about two years now, and fell in love with this field almost instantly! My experience leading up to this portion of my journey has been solely in the EMS realm of healthcare. I have been working as an EMT, in various forms, for the past 6 years; from being on an ambulance in LA to working medical at large events, as well as being a sideline EMT during sporting events. **My most recent, being with LA County Lifeguards, where I worked for eight years.** I ended up moving up to Santa Barbara to attend Paramedic school at NCTI in Goleta, and am one test away from becoming certified. The path that **I have taken through life has been one of helping others, and I do so with the upmost respect and compassion for those persons.** If you ever have any questions for me please do not hesitate to make contact, and I will gladly answer. So again I thank you for the opportunity to work with your family and friends, and I hope to gain valuable experience while doing so.

— **Brian Smiley**
Acting Wellness Director

Activities Avenue...

introducing...

LIZ GORMAN
Licensed Cosmetologist



A native California girl and longtime resident of Santa Barbara. I graduated from **Federico's College Of Hair Design in Sacramento in 1981** and have worked in a variety of salon settings over the years. All of them wonderful learning experiences that broadened my skills in hair design. Having most recently worked at Ciao', A Fine Salon on De La Vina, **I am so happy to be back in the neighborhood and looking forward to getting to know you all.**

Sincerely,
 ~**Liz Gorman**

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Activities Avenue... (Cont. from page 8)

BLONDES VS. BRUNETTES



Last year the Santa Barbara Chapter of the Alzheimer's Association put on the first annual Blondes vs. Brunettes flag football game. This event is a popular fundraiser around the country and last year Santa

Barbara raised over \$50,000.00 for Alzheimer's research. With such a successful turnout last year the community was excited to expand their efforts for this year's big event.

Starting in March blondes, brunettes and even red heads around our community started talking about this competition. Women were signing up to take down their opponents and the word spread through social media about the impact that this event could have. I love team sports and I couldn't

think of a more relevant cause for me to support. I signed up for the Blonde team and immediately knew I had joined a community of like-minded young women who I would be friends with long after this football game. Each team began



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Activities Avenue... (Cont. from page 9)

practicing about 2 times a week, learning plays and getting to know each other. Every player took on the responsibility to raise at least five hundred dollars in order to be eligible to play. Each team also had volunteer coaches who were asked to raise at least two hundred dollars. All participants happily met or exceeded their financial goals. Along with personal goals each team hosted different community fundraising events. There were restaurant nights, bake sales and even an opportunity to pay to throw a cream pie in the face of a player. **The week before the big game Oak Cottage hosted a clothing swap which allowed many of the players to come and visit a memory care community and see firsthand the affects that Alzheimer's has on individuals.**



After months of hard work we all showed up at the Polo Fields in Carpentaria for the big showdown. The Alzheimer's Association had facilitated food trucks, and drink vendors as well as raffle prizes and games for the fans. The game was a huge success and with live commentators and music the crowd was bursting with positive energy. **Our overall financial goal this year was to raise**



65 thousand dollars and we were so excited to announce that we blew past our goal and raised over 85 thousand dollars so that we can continue on our path towards tackling Alzheimer's. The event was so much fun and I feel so honored to have been a part of it. I want to deeply thank all of the friends and family members who supported the cause and were able to attend the game. We are looking forward to next year and we hope to raise awareness and accumulate even more supporters. If you noticed I didn't mention which team won the game, it's because it's a bit of a sore subject and the Blondes will be back next year to claim our trophy!

— **Claire O'Dell**
Activities Director

Contact

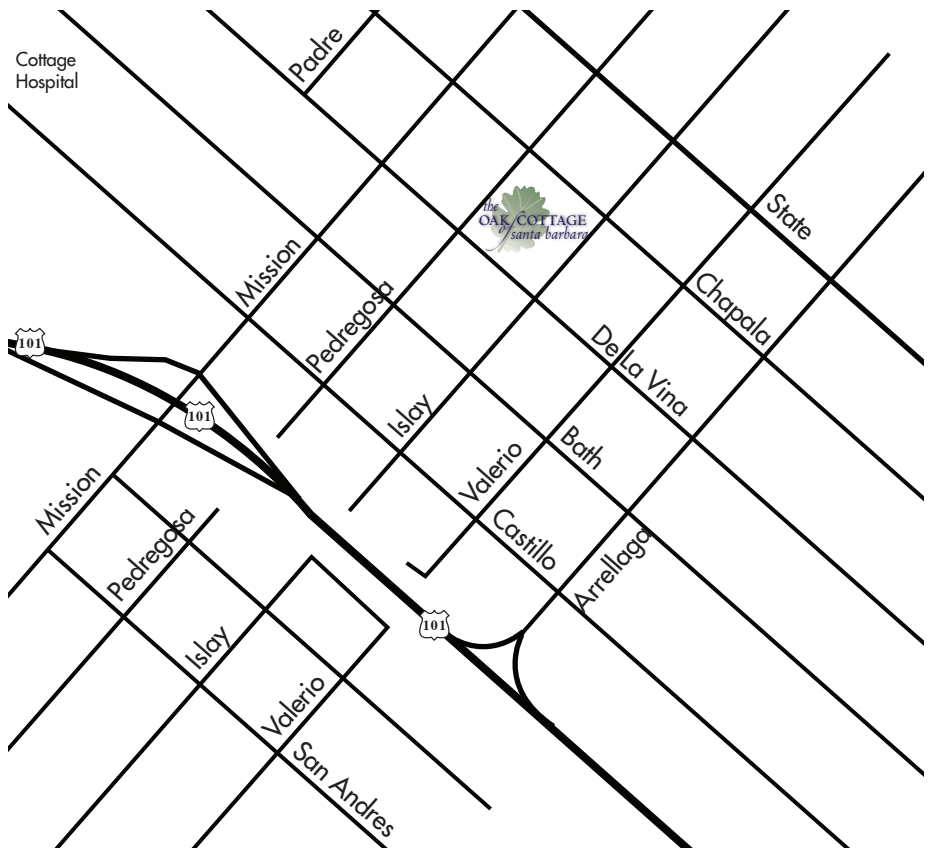


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