

the OAK COTTAGE *of santa barbara* NEWS

December 2015

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*there is
no greater
love.*



In the News...

Merry Christmas and Happy Holidays to All! We would like to invite all family members to join us on **December 18th** from **3 to 6:30 pm** for our **first annual Christmas Ball!**

The event will be held downstairs in our **Garden View Neighborhood** in front of a roaring fire and a lit Christmas tree. A very special flamenco harp performance will be presented by **Ignacio Lopez** (see one of his performances at: www.youtube.com/watch?v=A8ubvTFmmeg), followed by holiday dance music for those interested in shaking a leg. **Fancy (or at least very sparkly) dress is encouraged.**

We will serve an **island themed buffet** including **Mark Maldonado's family recipe for Puerto Rican pasteles**, as well as a decadent coconut milk punch. Please come and join us in celebrating the joys of the season!

—**Joe Franken**
Executive Director



Christmas Ball Menu

Pasteles

(Similar to a tamale, this Puerto Rican treat includes grated green banana, green plantain, pumpkin, meat, chickpeas, raisins and capers. It is seasoned with bay leaves, recaito, adobo seco, and achiote)

Marinated Chicken and Shrimp Skewers

Shaved Brussels Sprout Salad

(including pine nuts, dried cranberries, pecorino romano cheese and a vinaigrette dressing)

Tropical Fruit Platter with Coconut Cream Dipping Sauce

Spanish Hot Chocolate with Biscochitos for Dipping

(this traditional hot chocolate is served in small cups and is thick enough to eat with a spoon.)

In the News...

EMPLOYEE HOLIDAY FUND...

Many of our resident families have asked if they might be allowed to do something nice for our staff in recognition of the holiday season. Oak Cottage **does not allow** our employees to accept individual gratuities. We want our personalized care and attention to detail to be part of our core mission, and not a function of economics. That being said, we do believe we have an extraordinary staff, and are thankful for all of our gracious families. At Christmas time each year, we do maintain an **Employee Holiday Fund into which resident families may contribute a monetary gift for distribution to all our staff.** We collect these funds and distribute to our employee with a recognition of all those families who have contributed.

If you are interested in participating, please contact either **Joe Franken at 456.7272 (joe@oakcottagesb.com)** or **Julie McGeever at 456-7271 (julie@oakcottagesb.com).** Our **deadline** for contributions is **12.21.2015. All checks should be made to "Cash."**

We are deeply touched by the kind thoughts and expressions of appreciation from our families. Our heart is 100% invested in what we do here, and it makes our day to hear that we have played a part in supporting our residents and families, and sometimes help to realize a little magic in the everyday. **Thank you for giving us that opportunity. We plan to continue earning that appreciation and trust 365 days a year.**

—Julie McGeever
Manager



Thank
You

Kitchen Corner...

Julie McGeever's Famous Heavenly Biscuit Recipe

In response to many requests we received at Thanksgiving, we are sharing our Heavenly Biscuit recipe for preparation in your own home. The assembly is ridiculously easy. Just plan ahead and purchase **White Lily Self-Rising Flour on-line through Smuckers.com**. I have attempted to replace this late winter southern wheat flour with other options, and the results are just not the same. It's worth the time spent in ordering the right ingredients!

Ingredients:

(Makes 12 to 14 medium biscuits)

- Butter for greasing, or nonstick cooking spray
- 2 cups (9 ounces/255 g) spooned and leveled self-rising flour (preferably low-protein Southern U.S. flour like White Lily)
- 1/4 cup sugar (or less, if you prefer your biscuits less sweet)
- 1/2 teaspoon salt
- 1/4 cup shortening
- 2/3 cup heavy cream
- 1 cup buttermilk, or enough for dough to resemble cottage cheese (if you are not using low-protein flour, it will take more than 1 cup)
- 1 cup plain all-purpose flour, for shaping
- 3 tablespoons unsalted butter, melted, for brushing

Directions:

1. Preheat the oven to 425 degrees F, and arrange a shelf slightly below the center of the oven. Butter an 8 or 9-inch round cake pan or spray with nonstick cooking spray.
2. In a large mixing bowl, stir together the self-rising flour, sugar, and salt. Work the shortening in with your fingers until there are no large lumps.

Gently stir in the cream, then some of the buttermilk until dough resembles wet cottage cheese. It should be a wet mess -- not soup, but cottage-cheese texture. If you are not using a low-protein flour, this may take considerably more than 1 cup of buttermilk.

3. Spread the plain all-purpose flour (not self-rising) out on a plate or pie pan. With a medium (about 2 inches, #30) ice cream scoop or spoon, place three or four scoops of dough well apart in the flour. Sprinkle flour over each. Flour your hands. Turn a dough ball in the flour to coat, pick it up, and gently shape it into a round, shaking off the excess flour as you work. Place this biscuit in the prepared pan. Coat each dough ball in the same way and place each shaped biscuit scrunched up against its neighbor so that the biscuits rise up and don't spread out. Continue scooping and shaping until all dough is used.

4. Place the pan on the arranged shelf in the oven. Bake until lightly browned, 20 to 25 minutes. Brush with the melted butter. Invert onto one plate, then back onto another. With a knife or spatula, cut quickly between biscuits to make them easy to remove. Serve immediately."

5. Note: Do not use self-rising flour for shaping, as the leavener will give a bitter taste to the outside of the biscuits.



Facility News...

UKULELE CLUB...

On Saturday's between 1:30 and 3:30 pm, the Santa Barbara Ukulele Club performs free of charge to the public down at the Santa Barbara Harbor next

to come down and watch them play. Fortunately myself, along with our residents, Earl, Jack and Daniel were able to make it down and watch for an hour. The weather could not have been better, and the music could not have sounded better. It was especially nice for Earl to go back down and watch his daughter perform, and he even got to see another friend while he was out. Daniel could be seen dancing and singing along to a number of the songs as well! It was a nice outing that we will be sure to do again in the future! Thanks again to Susan Stanfield for having the Oak Cottage out to watch you play.

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



to the Breakwater Restaurant beneath the coral trees amongst the grass area which overlooks the marina. Our **resident Earl Stanfield's daughter Susan is one of the performers** and gave Oak Cottage an open invitation (weather permitting)



Health News...

*introducing...***BEATRIZ SANTANA***Caregiver*

Beatriz Santana is one of our key lead caregivers, on the 7-3 shift. Beatriz has been with Oak Cottage since its inception and has been a valued and treasured caregiver liked by residents and staff alike.

Beatriz has been married for 15 years to her loving husband Juan Javier and together they have **3 children**. Beatriz is known for going the extra mile with our residents often seen taking the extra time to sit down and get to know them intimately. In her off time Beatriz loves to dance, music and of course rest. Beatriz was born in Mexico and dreamed to become a doctor. Unforeseen circumstances prevented this dream from becoming a reality however, Beatriz never lost her determination and tenacity making a great life for herself here in Santa Barbara and is currently working on getting her Certified Nurse's Assistant certification.

— **Matei Geanta**
Wellness Director



Activities Avenue...

OUT AND ABOUT...



Our community has so much to offer and Oak Cottage enjoys being a part of it all. Wednesday, **November 18th the Botanical Gardens opened to seniors for free** and with the weather being so perfect we decided it was a great day for us to explore the gardens. The Botanical Gardens offers beautiful scenery, wildlife watching and nice walks through the wilderness. **The next free senior day is January 20th 2016.** I encourage everyone to go spend a few hours outside.

I was joined by **Claudette, Pat, Lois, Barbara and Zoe.** Some of us sat and just enjoyed the fresh air while others

went for a walk around the garden loop. We saw turtles, birds and a multitude of different plants. It was a nice trip and we were back home before lunch. We all had a great time and I hope to go back there soon.

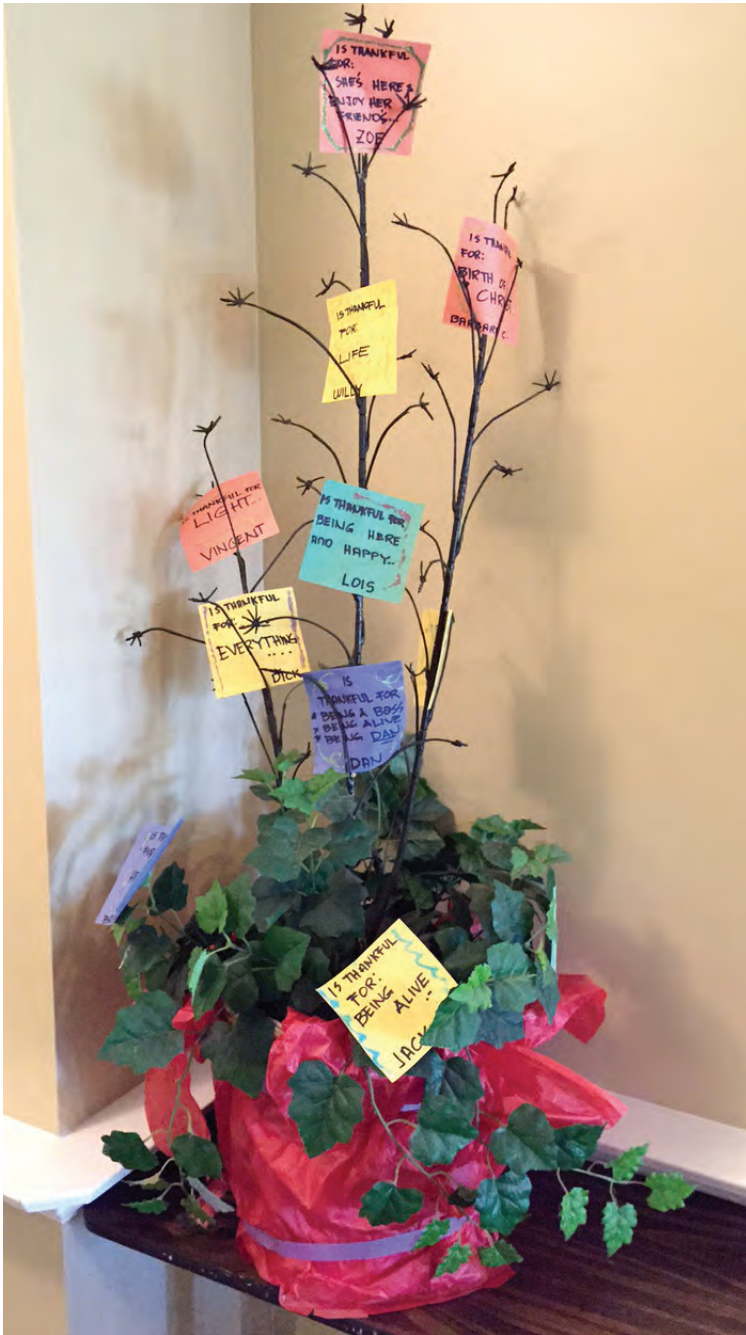
While the ladies were enjoying the Botanical Gardens, **the men joined Philippe, Shane, Beatriz and Natty for lunch at East Beach Bar and Grill.** The restaurant right on the beach was perfect to get a nice meal and enjoy the ocean views. They came back with smiles and stories of fighting off rogue seagulls. As you can see everyone enjoyed the fresh fall air and we look forward to more trips. This picture is of **Willy, Mac, Earl, Dick, Vince, David and Jack enjoying the sun.**



— **Claire O'Dell**
Activities Director

Activities Avenue...

THE THANKFUL TREE...



It all started with a simple plant that I found wilting and neglected in a corner. A tree not feeling much love or attention.

I took that tree to Oak Cottage, gave it a bath, and turned it into our **"THANKFUL TREE"**. A tree full of life, a thousand words, and their deep meanings. During Thanksgiving week, our residents and I started the transformation of our new tree. During our activities, I would ask our group what they were thankful for. **Many shared sentiments that were simple and yet still very profound, and thought-provoking.** They were happy for the air we breathe, the family we have, the laughter we share, and the beautiful town we live in. They were also clear that it is the simple gifts that mean the most. Each of those sentiments were written on "leaves" that were then glued to the branches of what was a once neglected tree. One of our residents, Barbara (always the party girl), helped me in what became quite a big task. By weeks end, our thankful tree was so full of foliage one could barely see the branches. **And the tree was happy.**

And so were we all.

— **Claudette Catibayan**
Activities Coordinator



Contact

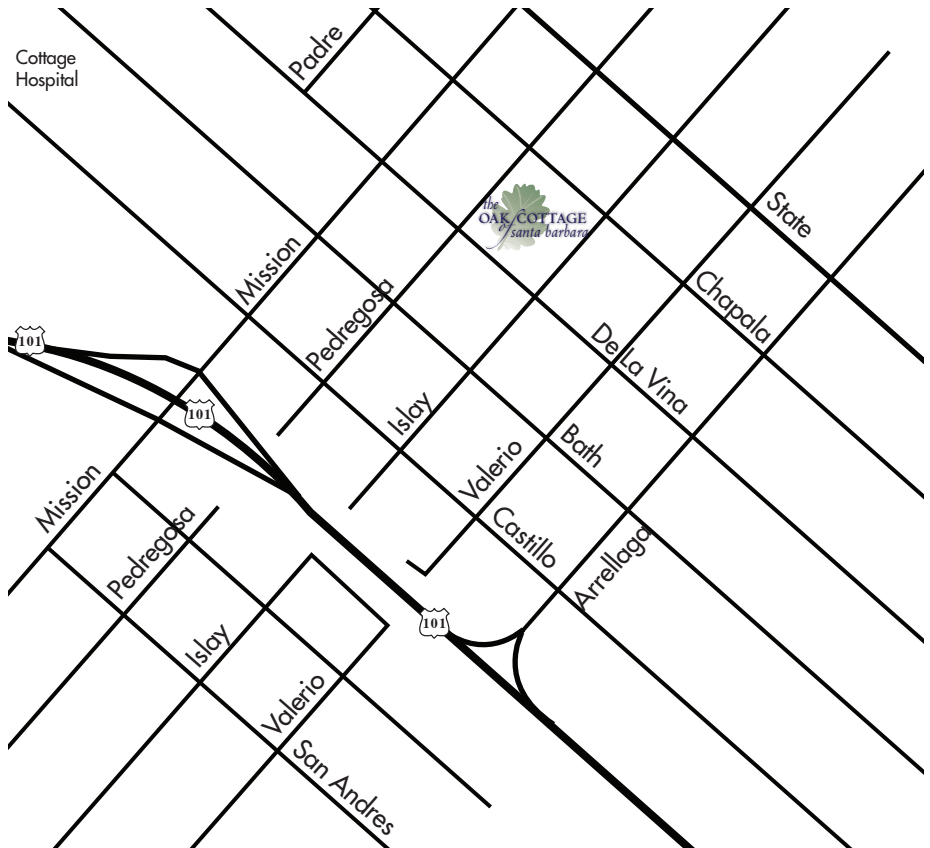


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Please forward our newsletter on to friends and family. We are welcoming additions to our email list.

