

the OAK COTTAGE *of santa barbara* NEWS

February 2015

www.oakcottagesb.com

Inside this issue

- In the News **1-8**
Joe Franken- Oak Cottage News
Activities Director
Wellness Director
Resident Services Manager
- Music & Memory **9**
- Construction Update **10-11**
- Contact **12**

oakcottagesb.com



RCFE License #425801969

*there is
no greater
love.*



In the News...

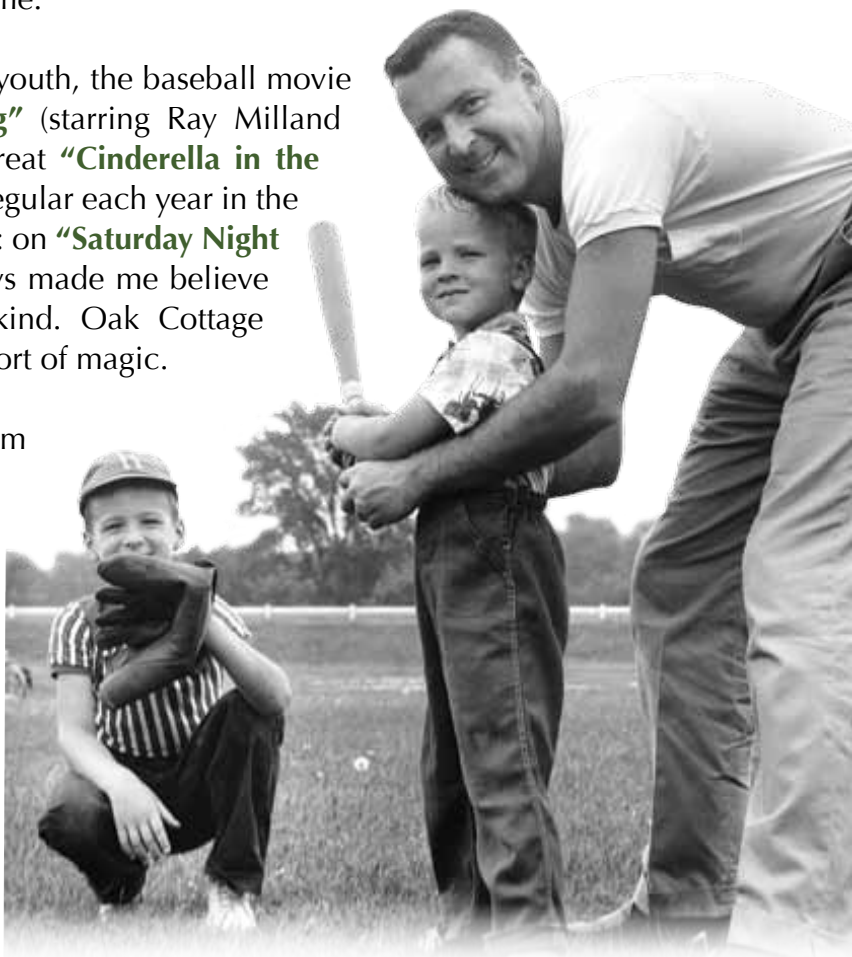
OAK COTTAGE IS NOW ACCEPTING RESERVATIONS!

I'm using the underlying theme of the movie "**Field of Dreams**" for my column this month, given we are just about more than a month away from the first blush of Baseball Season. Concurrent with that season, we are pleased to announce that **Oak Cottage is planning to open in March and is accepting reservations** for residents challenged with age-related cognitive decline. We believe that in this case, if we build it, and build it right, our residents will come.

Thinking back to my own youth, the baseball movie "**It Happens Every Spring**" (starring Ray Milland and Jean Peters), was a great "**Cinderella in the Dug-Out**" story. It was a regular each year in the black and white days of TV: on "**Saturday Night at the Movies**", and always made me believe in the goodness of mankind. Oak Cottage seeks to create that same sort of magic.

As you will have read from our earlier newsletters, we have assembled an extraordinary team of managers. Together we have been spending the last months immersing ourselves in the latest training in cognitive reinforcement and care, **Music and Memory certification**, dining and activities planning. As our physical building nears completion, we

look forward to opening our doors and welcoming you to a place that is as heartfelt and real as any memory care community here in Santa Barbara.



(Cont. on page 2)

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

To start things off, we invite you to the opening of our **Community on Saturday, March 28th from 2:00 until 5:30pm**. Walk through our neighborhoods, meet our people, taste our food, listen to music, and hear more about our programs. **Give us a call to receive an evite or hard copy invitation.**

Responding to multiple requests, we have begun accepting early reservations for the 40 apartments we have designed within our three neighborhoods. If you have a family or loved one suffering from Alzheimer's or cognitive loss, and would like to explore whether or not our program is a fit for you, I encourage you to call me soon. We are ready to come out to meet you and your family at your homes, perform an assessment of need, and should you wish to put your name on the list, will be able to accept a deposit saving you a place. **We will begin accepting residents March 30th of 2015.**

I can promise you that Oak Cottage Staff will work diligently to learn all that we can about each resident, their history and their family. We will be honored to empower our residents, create stimulating activities in the every day, and to make sure they are honestly respected and cared for. Each and every person who is touched by Memory Care, will certainly smile when thinking of a time gone by... **Like me, and my recollection of: It Happens Every Spring!**

Be Well, and Remember.

Joe Franken

Oak Cottage Executive Director

*you are
invited*

to the

*Grand
Opening*

on

Saturday, March 28th

from

2:00 until 5:30pm.

*Celebrate the opening of this
premier memory care facility with
food, drinks and music.*

RSVP by **March 18** to mark@oakcottagesb.com

In the News...

Welcome Claire!



Oak Cottage is thrilled to introduce the appointment of **Claire O'Dell** as the **Activities Director** for our new community. Claire was born in Santa Barbara and attended Montessori Center School as well as La Colina Junior High. She has always been very energetic and active. She was involved in AYSO soccer, club volleyball and preformed in school theatre productions. Claire grew up as an only child so in 2002 she jumped at the chance to move to Canada where she was able to attend high school surrounded by seven aunts, seven uncles and 16 cousins. During this time when Claire wasn't with family she was playing soccer, badminton, volleyball, football and basketball for her school. She always loved team sports where people could bond over recreational activities. In 2007 Claire decided to leave the freezing winters behind and move back to Santa Barbara where she attended City College. She continued to play volleyball and sought out new activities such as kayaking, sailing, knitting and sewing.

This is when Claire decided to make recreation part of her life permanently and attended San Jose State University where she received a Bachelors of Science in Recreation Management. During this time she was involved in the management of a club volleyball team and worked as a program assistant to assist other students start clubs and support them in their favorite activities. She also volunteered for an adaptive fitness program to help seniors strengthen their bodies and their minds through weight lifting and reaching their fitness goals. Claire believes that play and leisure are always a source of happiness and are important for ones quality of life. Since moving back to Santa Barbara to be closer to her family, she has been working with people with disabilities to help them with their daily routines and find activities and social groups in the community to be a part of. In her



(Cont. on page 4)

In the News... (Cont. from page 3)

free time she plays volleyball at East Beach and likes to create holiday ornaments.

Claire is excited to share her love of play and creativity through music, crafts, food, technology and physical activity with the residents of Oak Cottage. Santa Barbara has a diverse culture of musicians and local artisans that she is hoping to share with the Oak Cottage community.



family recipe..

Grandma Marie's Chocolate Coconut Cookies

Ingredients:

- 6 Tbs Cocoa
- 1/2 Cup Butter
- 1/2 Cup Milk
- 1 1/2 Cup Sugar
- 1/2 tsp Vanilla
- 3 Cups Oatmeal
- 1 Cup Shredded Coconut



Instructions:

- Boil milk, sugar, butter and coca for 2 mins
- Add vanilla.
- Pour over oatmeal and coconut and mix well.
- Drop tps full onto wax paper and refrigerate/let cool.

Enjoy!

In the News...

Welcome Philippe!

Oak Cottage is also thrilled to introduce the appointment of **Philippe De L'Arbre** as the **Facilities Director** for our new community. Philippe brings an eclectic range of experience ranging from facility maintenance, to patient care and hospitality. We are delighted for him to join our team and help make Oak Cottage a premier residential facility for memory impairment in Santa Barbara.



Philippe was born and raised here in Santa Barbara, and began his career in health care as a volunteer at Santa Barbara Cottage Hospital in 2003. He was immediately drawn to the overwhelming need for acute emergency medical care, and is something that he inspired by.

While earning his bachelor's degree, Philippe worked in customer service at the Four Seasons Resort the Biltmore in Santa Barbara, and the Estancia Hotel & Spa La Jolla. He believes customer service to an essential component in order to provide an exceptional product. Philippe also had the pleasure of working for Saucelito Canyon Vineyards in San Luis Obispo in maintenance,

and general vineyard upkeep.

After attaining his Bachelor's degree from The University of San Diego in Psychology, Philippe went on to explore the medical field as an Emergency Medical Technician for American Medical Response on an ambulance, where he has worked since 2012. For the last 3 years he has lead by example by being a Field Training Officer, as well as training the public Hands Only CPR.



Philippe's grandmother Nancy, who has been one of the largest and most constant influences in his life, was recently diagnosed with Alzheimer's. As a result of his direct experience with the ravages of the disease, he has the ongoing need for compassionate and personalized cognitive care. Most recently, Philippe has been working at Heritage House assisted living facility at both the reception desk, as well as assisting with ongoing maintenance. His brief experience in elderly care has turned into a passion which he is enthusiastic to be a part of here at Oak Cottage.

As Facilities Manager, Philippe will be transporting residents to medical visits,

maintaining site related infrastructure and systems, managing housekeeping and landscaping operations, and hosting our Friday afternoon receptions.

In the News... (Cont. from page 3)

In his free time Philippe enjoys to be active in Santa Barbara as much as possible, whether it is in the ocean surfing, or in the mountains hiking.



family recipe...

Philippe's Magic Cookie Bars

Ingredients:

- 1 1/2 C Kellogg Corn Flake crumbs (or granola)
- 3 Ts brown sugar
- 1/2 cup marg or butter melted
- 1 cup walnuts coarsely chopped
- 1 cup (6oz pkg) chocolate chips
- 1 1-3 cup Coconut
- 1 can Bordens sweetened condensed milk

Instructions:

Measure crumbs, sugar, margarine. Mix thoroughly and press evenly into the bottom of a 13x9x2" pan and form crust. Sprinkle with walnuts, then with chocolate chips, the coconut.

P o u r
condensed
milk evenly
over the
c o c o n u t
and bake
at 350
d e g r e e s
for 25
minutes, or
until lightly
b r o w n
around the
edges. Cool
and cut into
bars.



Enjoy!



In the News...

Welcome Shane!

Oak Cottage is additionally thrilled to introduce the appointment of **Shane Lopez** as the **Resident Services Manager** for our new community. Shane was born and raised in Bakersfield, CA. He is the middle child of three children, and has one brother and one sister. Raised by an intensely generous and socially-minded mother, he has always focused on a life path that would allow him to give back to his community in a meaningful way.



Shane attended Frontier High School in Bakersfield, CA., and later moved to San Luis Obispo to attend college (both Cuesta Cal Poly). He is now finishing his Associate Degree at Laurus College for medical management and Human Resources.

Shane moved to Santa Barbara in 2013 to fulfill his life-long dream of living in a coastal community with multiple opportunities for outside recreation and professional growth. In his last job, Shane was the General Manager of a cellular store in Goleta, overseeing a staff of direct sales consultants and interacting with customers. Coming into contact with the world of senior care through his

fiancé Albert (who works as the Activities Director at Heritage House Assisted Living), Shane came to appreciate how rewarding it was to work with senior residents. Through tenacious effort, Shane began the pursuit of finding a similar opportunity for himself. Shane is now a proud member of the Oak Cottage Team and will serve as the Resident Services Manager. His position is unique in that he will not only assist in administration and marketing, but will also be one of the first smiles families and residents will meet upon entry. Building upon his previous experience in customer service and reaching out to the general community, he will be a great resource for families and residents needing help with questions, requests and access to community resources.

In his spare time Shane enjoys running, working out, traveling, cooking, and hanging out with his family and loved ones. He continues to further his education in medical management and one day hopes to be Executive Director specializing in senior residential care.



In the News... (Cont. from page 7)



family recipe...

Shane's Tortilla Soup

Ingredients:

1 tablespoon olive oil, plus more for frying
 2 large red onions, chopped in fours
 8 cloves garlic, minced
 1 tablespoon plus 1 1/2 tsp. sea salt
 1 teaspoon ground cumin
 1 thinned chop Jalapeño pepper
 1 fresh carrot chopped in small pieces
 12 cups reduced-sodium chicken broth
 8 roman tomatoes freshly grown chopped in fours
 2 fresh grown limes
 1 package (8 oz.) small corn tortillas, cut into 1/4-in.-thick strips
 3 cup chopped fresh cilantro
 Sliced avocado, sour cream, grated Monterey jack cheese, additional chopped cilantro, and/or sliced green onions for topping

Instructions:

Total: 1 Hour

1. Heat 1 tbsp. olive oil in a large pot (at least 5 qts.) over medium heat. Add onions and cook until translucent, and carrot for 5 to 7 minutes. Stir in two-thirds of the garlic, 1 tbsp. salt, cumin, and peppers and cook 2 minutes.

2. Add broth, tomatoes, and half the lime fresh squeezed and increase heat to a gentle simmer; cook 20 minutes.

3. Meanwhile, pour about 1 in. of olive oil into a small frying pan set over medium-high heat. When oil is hot but not smoking, add one-third of the tortilla strips and cook until golden brown and crisp, about 2 minutes. With a slotted spoon, transfer strips to a paper towel-lined baking pan. Repeat with remaining tortilla strips in two batches. Sprinkle with 1 tsp. sea salt. Set aside.

4. Lightly smash with Potato smasher, while cooking in the pot. Return soup to pot and resume simmering. In the remaining lime juice, garlic, and 1/2 tsp. sea salt. Marinate the soup at room temperature for 10 minutes, then add to soup and simmer 5 minutes, until cooked through. Stir in cilantro. Serve hot with tortilla strips and your choice of toppings. Enjoy!



Music & Memory Program

An AWAKENING Therapy



The Oak Cottage of Santa Barbara is the **only certified provider in the City of Santa Barbara**, recognized with the nationally known **Music & Memory Program**. This certification ensures families that their loved ones will have access to the transformative, therapeutic benefits of personalized music and marks the facility's commitment to person centered care.

A cutting edge therapy whereby those experiencing the effects of Dementia and Alzheimer's have seen improved awareness to those around them; through the use of listening to their favorite music, whereby each individual reacts differently.

Oliver Sacks, M.D., noted neurologist and best-selling author:

"The past which is not recoverable in any other way is embedded, as if in amber, in the music, and people can regain a sense of identity"

The Oak Cottage Staff looks forward to reaching as many residents as they can so that memories experienced throughout the resident's life, can be unlocked and enjoyed with the sound of their favorite tune. Families will have a key role in producing and establishing an individual's playlist for their enjoyment and their therapy. This program will strive to keep the memories alive for resident and those who love them.



For more information please visit:

www.musicandmemory.org

www.aliveinside.us/#land



Construction Update



Construction is now in the final stages of completion. Our fully equipped commercial kitchen is being installed and will be complete by the end of this week (get ready for farm to table meals, and a regular organic smoothie and juice bar!) Interior design installation commences next week, and we will be finishing up on finished carpentry throughout the community. The final touch will be the installation of hardscape and a beautiful and water-wise landscape installation.



*Commencing **March 11th** we will be ready for soft walk-throughs (shh!!!), as long as you don't mind a little dust....and a lot of action. For a special peek at the premises during final construction contact **Julie McGeever, our Management Agent at 805.452.1951.***

Construction Update



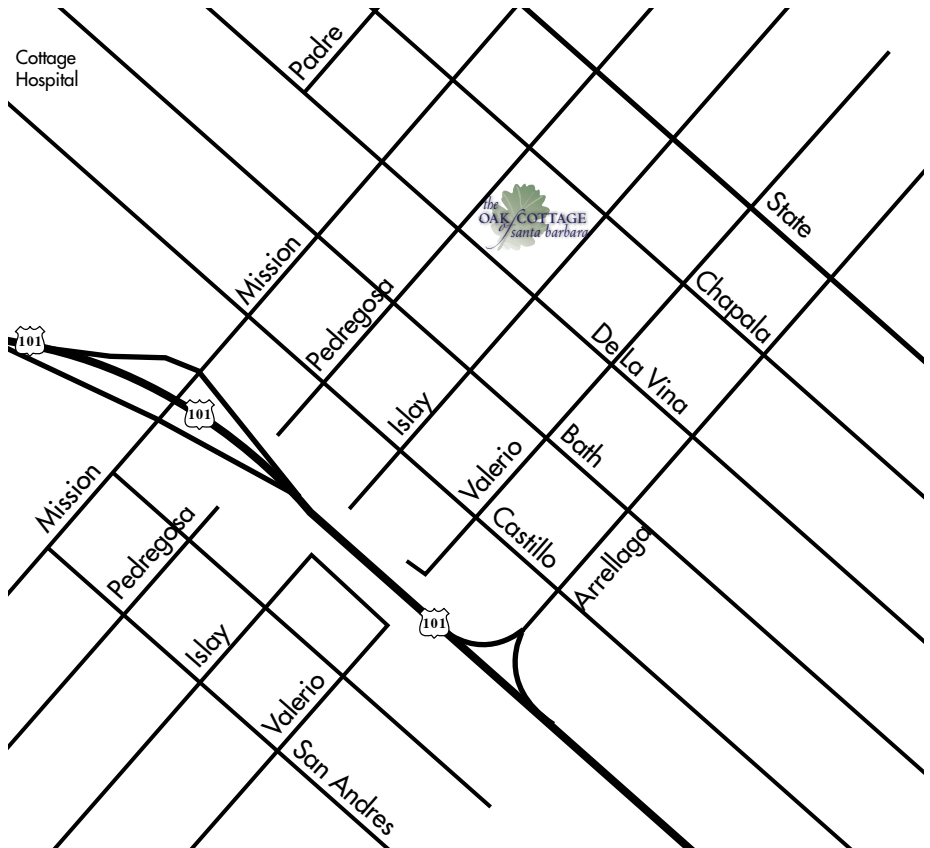
Contact

the
OAK COTTAGE
of santa barbara

Joe Franken
Executive Director

t: 805.324.4391 ext. 272
c: 805.319.5886
joe@oakcottagesb.com

1820 De La Vina
Santa Barbara, CA 93101
www.oakcottagesb.com



Please forward our newsletter on to friends and family. We are welcoming additions to our email list and will be providing bi-monthly updates on our progress.

