

# the OAK COTTAGE *of santa barbara* NEWS

January 2016

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*there is  
no greater  
love.*



## In the News...

Since Oak Cottage has opened **Philippe De L'Arbre** has officially been the "Facilities Manager," taking care of everything to do with the physical property. Being such a close knit community, he has since stood in and helped out in numerous roles. Most recently **he received his RCFE Administrator license, and has been promoted to "Operations Manager."** As Operations Manager Philippe will be working with a more eclectic range of responsibilities. He will be not only be working on facility issues, he will also be involved with; resident and family coordination, outreach, vendor relations, logistical management, and assisting our Executive Director with administration. Last but not least he has been working on finding different activities and expeditions to take our residents on that remind them of the **"good ol' days."** From taking one of our retired Santa Barbara City Fire Fighters down to Station 1 to look at his old stomping grounds, to taking all of the guys out for lunch to grab burgers down at the beach, or watching a small ukulele performance on the grass amongst the coral trees at the harbor. For many residents, being involved in a favorite activity, or visit a place that they frequented in their more youthful days, it is undeniable how refreshing their memories make them feel more alive inside!



That being said, Philippe has many fun and specialized outings in the works. For **one of his next outings**, he is planning on taking a few residents who religiously **played golf throughout their lives out to Sandpiper Golf Course.**

(Cont. on page 2)





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

Residents along with a couple of their family members are going to be able to take a ride on the golf course along the bluffs, take a few putts on the practice putting green, and then enjoy a bite to eat at the Sandpiper Grill while the sun sets. Being able to take a stroll on the course, and smell the freshly cut grass will help them reminisce about when they were out there swinging their clubs. Stay tuned for photos!

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





## In the News...

### OAK COTTAGE'S CHINESE NEW YEAR...

The Chinese Year Festival is the most significant holiday for Chinese people around the world. It is also known as the **Lunar New Year Festival** because it is based on the lunar calendar as opposed to the Gregorian calendar. The holiday is a jubilant occasion mainly because it is the time when people take a break from work to celebrate with family and friends, cook ceremonial dishes and share gifts of **hong bao** (gifts of money wrapped in red and gold embossed envelopes.)

The origin of the Chinese New Year Festival can be traced back thousands of years through a continually evolving series of colorful legends and traditions. One of the **most famous legends is that of Nien**, an extremely cruel and ferocious beast, which the Chinese believe, eats people on New Year's eve. To keep Nien away, red-paper couplets are pasted on doors, torches are lit, and firecrackers are set off throughout the night (fortunately Nien is said to fear the color red, and loud noises). Respect is also paid to the Jade Emperor, the supreme Taoist Deity. Acting a little bit like our Santa Claus, he hears from traveling demi-gods whether we have all been naughty or nice, rewarding good behavior with gifts of good fortune, filial love, and respect.

On New Year's Day, as feelings of triumph and renewal fill the air upon realization that evil Nien has been kept away for another year, the real party begins, with trays of dim sum (steamed buns, dumplings, rice noodle rolls, and moon cakes served in small bamboo steamer baskets), accompanied by yum cha (drinking tea) and Baijiu (a sorghum based alcoholic drink similar to vodka).

This year at **Oak Cottage we are looking forward to celebrating the Chinese New Year**, following our own tradition of starting a little bit early on the **25th of this month**, with activities stretching throughout the week. It will be a learning experience for our

residents, staff and family members. It will also be a wonderful opportunity to celebrate our good luck in keeping Nien at bay for yet another year! We start the week with a presentation about the history and traditions associated with the New Year and move on to a variety of activities **including Chinese lantern making, hand-crafted chai tea (from scratch!), dragon crafts, and finally a dim sum party** worthy of a mad-hatter. **Check out our activities calendar on page 4 for the week for details.**

—Julie McGeever  
Manager





# Chinese New Year Activities

	Monday 01/25	Tuesday 01/26	Wednesday 01/27	Thursday 01/28	Friday 01/29
<b>9:15am</b>	Chinese Aromatherapy Refresh	Chinese Aromatherapy Refresh	Chinese Aromatherapy Refresh	Chinese Aromatherapy Refresh	Ampao Giving
<b>9:30am</b>	News & Current Event	News and Current Event	Tai-Chi with Claudette	News and Current Event	Dress up in red Contest
<b>10:00am</b>	Meditation Yoga	Tai-Chi with Claudette	Chinese Trivia	Tai-Chi with Claudette	Scenic Drive
<b>10:30am</b>	Jewelry Making	Chinese Wish List	Ampao wisdom Creation	Year of the monkey story	Nature Walk
<b>11:00am</b>	Chinese Lantern Creation	Nature Walk	Nature Walk	Nature walk	Face Painting with Amor
<b>1:30pm</b>	Nature Walk	Chinese New Year History with Claudette	Dim-sum cooking with Claudette	Dragon Making	
<b>2:00pm</b>	Smoothie Bar	Fortune Fruit making	Chinese Lantern Making	Nature Walk	Red Food contest
<b>2:30pm</b>	Fortune Cookies	Chai tea with Claudette	Fruit tasting (for good luck)	Siopao Tasting	<b>Cooking with Shane/ Claudette</b>
<b>3:00pm</b>	Chinese Symbol Painting	Dress Presentation	Lantern Decoration	Fruit tasting / Vine & Cheese	<b>Dim-sum Tea Party</b>
<b>4:00pm</b>	Bingo	Lantern Making	Music & Memory	History of Great Wall of China with Claudette	
<b>6:00pm</b>	Mulan Movie	Mulan 2 Movie	Kung Fu Panda Movie	Movie & Popcorn	



## In the News...

### A NEW YEAR AND NEW HISTORY?..

### A Happy Healthy New Year to ALL!

And what a year it has been, as most who have been reading our Newsletter for the 2015 year know... We started New Beginnings and with 2016 we continue with Great Plans and start building **"Traditions"**.

As I write this month's article, it was on this day (1/13/15), that I climbed into my GMC Suburban and began the trip to California to be here with The Oak Cottage. Reminiscing, **IT HAS BEEN QUITE A YEAR!**

Our first quarter was answering questions like: **WHAT IS OAK COTTAGE?** Our answer now: **Nothing you've ever seen before!** Just days into our second quarter we were finally LICENSED!! April 9th the word came through... Oak Cottage was "Official" and 4 days later our first resident arrived!

The Oak Cottage community is developing nicely, and as we all know... **"Community" is made by the People...** not the physical buildings in a neighborhood.

**Our People are extraordinary!!** Each person whether a Resident or a Staff person, they have their story and to learn their details is amazing. The stories and talents brought to the Oak Cottage Community have made us and challenged us, to be the Program (or Community) that some now are beginning to hear about and call us with their story.

From our first day as a licensed Community to the beginning of this year we have been blessed to have 30 individuals as residents, and a whole lot of Great Family members associated with our residents. Our foundation is strong, and growing stronger with each day and dynamic endeavor we do.

2016... Just beginning and we plan to have a full schedule of fun and learning experiences for all involved! **Come and join us, and those on the sidelines...** don't wait too long or you'll miss out.

—Joe Franken  
Executive Director



## Kitchen Corner...

### Gong Hay Fat Choy!

**Happy Chinese New Year!** In celebration of the holiday, we are sharing a special recipe for **Sichuan Wontons**. The dish symbolizes wealth and the fire of the dragon's breath. We will be sampling at our **dim sum party on Friday, Jan. 29th**. Be sure to stop by and try a few out!

#### Ingredients for Sichuan Wontons:

(Serves 6)

- 1 pound ground pork
- 1 egg
- 6 scallions, thinly sliced
- 2 teaspoons sesame oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ package wonton skins

#### Sauce:

- 1 tablespoon minced garlic
- 2 tablespoons soy sauce
- ½ tablespoon sugar
- 1 tablespoon chili oil
- 2 teaspoons Chinese black vinegar or good-quality balsamic vinegar
- ¼ teaspoon ground Sichuan pepper

#### Directions:

1. In a large bowl, combine the pork, egg, sesame oil, salt, pepper, and most of the scallions (reserving a small handful for garnish at the end.) Mix until everything is well-incorporated. The filling should be sticky and just slightly wet.

2. Fill a small ramekin or bowl with water and place it by your side. This will be for sealing the wontons.

3. Angle a wonton wrapper so that it faces you like a diamond. Place one heaping teaspoon of filling in the center of the wrapper. Dip your fingers in the water and wet the outside corners of the wonton wrapper. (Keep the extra wrappers covered with a barely damp towel until ready to use, to prevent them from drying out.)

- One easy way to wrap is to form a triangle by folding the bottom tip to the top tip and pinching out as much air as possible. Add a dab of water to the inside of the left tip, fold it over the right tip to overlap (as shown in the picture above) and press together

- For the "boat" version, start by folding the wrapper in half to form a rectangle. Add a dab of water to the bottom edge of the left side and fold it over the bottom edge of the right side, so that one overlaps the other. The end result should resemble a boat, with two tips cradling a puff of filling in the middle.

4. Place the finished wonton on a plate. Keep the finished wontons covered with a barely damp towel while you repeat the process with the remaining wontons.

5. In a medium bowl, mix together the garlic, soy sauce, sugar, chili oil, black vinegar, and Sichuan pepper. Stir until the sugar is fully dissolved and set aside.

6. Bring a large pot of water to a boil. Put in the wontons and boil for 4 minutes, until the wontons float to the top. Remove them with a slotted spoon and transfer to a serving dish. Drizzle the chili sauce over the wontons and sprinkle the remaining scallions on top.





## Activities Avenue...

### BEAUTY AND THERAPEUTIC SERVICES...

We are excited to introduce some of the beauty and therapeutic services that we are offering at Oak Cottage. **Our residents have enjoyed haircuts, manicures and massages among other services from our stylist Lilibeth Caplinger and masseuse Marta Flores.**



**LILIBETH CAPLINGER**  
*Hair Stylist*

**Lilibeth** was born in the Philippines where she graduated with a degree in physical education. After teaching for many years she moved to Los Angeles and went to school to become a beautician. She did make-up and hair for weddings and found her love of hair styling. She is an American Board Certified Colorist and has studied at Fantastic Sam's for 3 years to master cutting men's hair as well. When she is not in the salon she is the manager at the Montecito Event Center. She is creative, patient and makes a point of listening to her clients. Beth is very kind and our residents who have utilized her talents have left happy and with positive feedback about their visit. We are very happy that she is joining our team and helping us in making our resident's look and feel their best.

**Marta Flores** is our **massage therapist** who has been practicing for 26 years. Massage relaxes muscle tone, improves blood circulation and relieves pain which is essential to the body's immune response. It is a gentle, healing modality which brings comfort and nurturing to our residents. Marta comes in to Oak Cottage once a week to provide half an hour massages to any resident who is interested. Please inquire to see our massage menu and salon services price sheet.

Oak Cottage has also had the chance to work with **Anna Royer from Reiki Restore**. She provided some Reiki treatments to one of our residents who is interested in alternative healing methods and is available for anyone else who is looking for similar treatments.

We are truly committed to the health and happiness of our residents and are constantly adding services as the needs of our residents evolve.

— **Claudette Catibayan**  
*Activities Director*



**MARTA FLORES**  
*Massage Therapist*



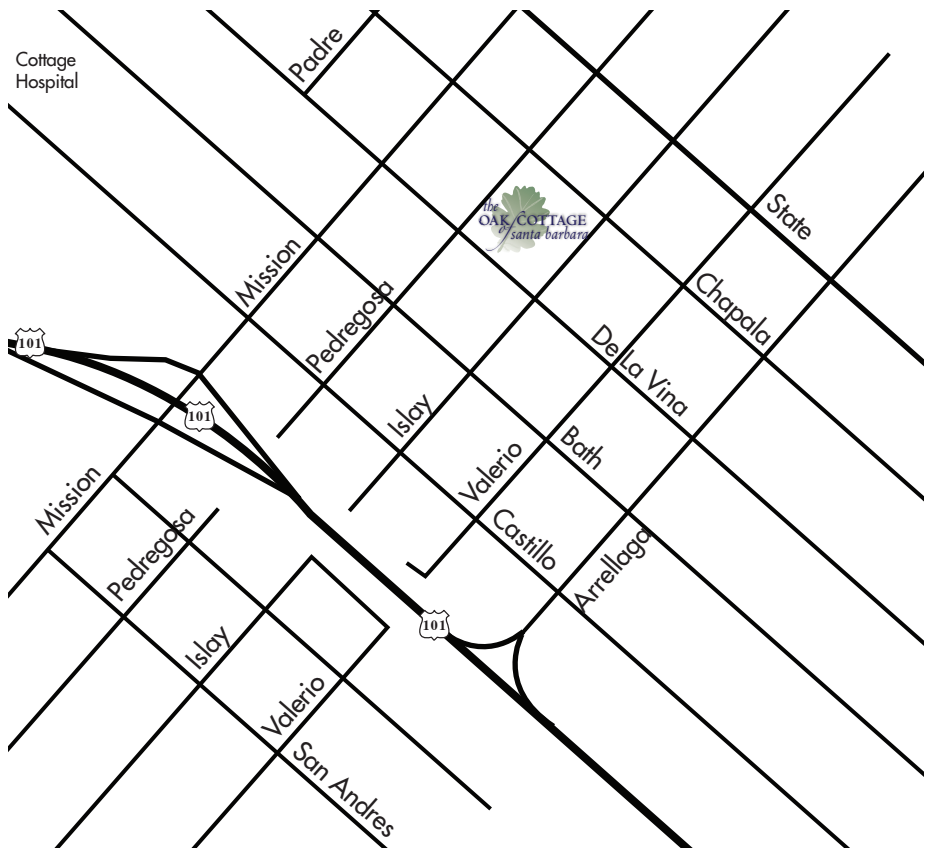
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