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*there is  
no greater  
love.*



## In the News...

We have a **month of fun** planned here at Oak Cottage!

We commence with a week of activities on **March 14th, celebrating St. Patrick's**, the wearing of the green, and learning more about Irish myths that contributed to this beloved holiday. Be sure to check out our calendar of events included with this newsletter. We welcome you to join the fun!

We continue on to **Easter Sunday on March 27th**. The day will start with an **Easter Egg Hunt in our upstairs neighborhood at 11am sharp**. All children, grandchildren (and great grandchildren) of our residents and staff are encouraged to participate. We will also have a professional photographer on hand to take pictures of families and friends in their best Easter attire...complete with our own Easter Bunny (played by Amor Galvan). We will later upload pictures so that families can access remotely and print their own copies after the event. Easter lunch will be based on tradition... with a twist. Glazed ham and farmers market vegetables will be complemented by a rustic frittata and a carrot cake recipe from the Maldonado's own book of favorites. Easter is a popular event, so we encourage you to book ahead of time. **We will be limiting guests to 30 as a courtesy to residents** who do best in more intimate environments.

The last event in planning is a **Madhatter's Tea Party to be held on April Fool's Day**. While technically not in March, we could not help but spill the news now! We



plan for a bigger than life experience, complete with wild hats, decorations, and amazing "potions" made in our fresh press juicer. We will have a Mad Hatter, an Alice in Wonderland, and a variety of animals straight out of Lewis Carrol's bigger than life imagination. **The party starts at 12 noon** in our Oakview neighborhood.

We continue to be thankful for our families extended involvement in the day to day here at Oak Cottage. Your participation helps to bring laughter, stories, and helps hugely in making

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

every day here count for our residents. In return, we promise to keep mixing it up, and hosting events that are interesting or meaningful for the whole family.

**Here's to Spring!**

—Julie McGeever  
Manager

## *Easter Lunch*

**March 27th at noon**

**Honey Baked Ham**

**Honey Glazed Carrots w/Thyme and Lemon**

**Potato, Chive and Cheese Frittata**

**Spinach and Blueberry Salad with Pomegranate Vinaigrette**

**Fresh Rosemary Focaccia**



# St. Patrick's Week Activities

	Monday 03/14	Tuesday 03/15	Wednesday 03/16	Thursday 03/17	Friday 03/18
<b>9:15am</b>	Touch of Lavender Hand Massage	Touch of Peppermint Hand Massage	Touch of Honey Hand Massage	Touch of Rose oil Hand Massage	Touch of Lavender Hand Massage
<b>9:30am</b>	News & Current Event	News and Current Event	News and Current Event	News and Current Event	News and Current Event
<b>10:00am</b>	Let's Dance w/h Claudette	Sit & Fit	Tap Dance with Claudette	Stretch and Balance	Zumba with Claudette
<b>10:30am</b>	Clover Making	Arts and Crafts	Hat Making	Green Cupcake Making	Baking with Claudette
<b>11:00am</b>	Nature Walk	Nature Walk	Nature Walk	Nature walk	Nature Walk
<b>1:30pm</b>	Music with Drum Circle			<p><b>Happy St. Patrick's Day!</b></p> 	
<b>2:30pm</b>	Tea Party w/h Claudette	Irish Smoothie	Special Smoothie- Claudette		Special Smoothie
<b>3:00pm</b>	Nature Walk	Guessing Game	Story of St Patrick's		<b>Trivia with Miriam</b>
<b>3:30pm</b>	Story telling with Miriam	Music & Memory	Hall Decoration		
<b>4:00pm</b>	Movie & Popcorn	Movie & Popcorn	Music & Memory		Vine and Cheese Day and Music with Fredrik
<b>5:00pm</b>	Dinner	Dinner	Dinner		Dinner

## In the News...

### ALMOST A YEAR!!..

Hello to all of our regular readers and **Welcome to those who are just getting started with us.**

Since The Oak Cottage perpetuates an ever changing day to day story, so much is “New” to those “inside” yet seems to remain the same for some “looking in”.

As we approach our **One Year Anniversary**, we can proudly say we **have had 37 “Wonderful Individuals” become Residents in Our Community, and we are still growing.**

I have mentioned in the past, Our second year will be even better than the first... WHY? Because we are laying down a history of fun, success, experience and CARE! For those on the “Outside”, Come on IN!! We cannot wait to get the next year started.

Be Well, and Call us anytime you have a question about ANYTHING... And I do mean ANYTHING, since we have a Community of some of the greatest minds in the WORLD. Come visit and you’ll see what I mean.

—**Joe Franken**  
*Executive Director*



ANNIVERSARY  
1  
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## Kitchen Corner...



### Cardamom Spiced Carrot Cake with White Chocolate Cream Cheese Icing:

#### Ingredients for the Cake:

- Baking spray
- 3/4 cup vegetable oil
- 1 1/2 cups white sugar
- 1/2 cup light brown sugar, packed
- 2 teaspoons vanilla extract
- 4 large eggs, at room temperature
- 3 cups grated carrots (about 6 to 8 carrots)
- 1/2 cup drained crushed pineapple
- 2 1/2 cups unbleached all-purpose flour, plus 1 tablespoon
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cardamom
- 1/2 teaspoon ground cinnamon
- 1 cup buttermilk, at room temperature
- 3/4 cups toasted pecans, chopped

#### Ingredients for the Icing:

- 3/4 cup (1 1/2 sticks) unsalted butter, at room temperature
- 1 1/2 packages (12 ounces) cream cheese, at room temperature
- 6 cups confectioners' sugar, sifted
- 2 teaspoons vanilla extract
- 4 ounces fine white chocolate, melted & cooled
- 2 tablespoons heavy cream
- 1 cup sliced almonds, toasted & coarsely chopped

#### Directions:

##### For the cake:

1. Preheat the oven to 350 degrees F. Grease 3 (8-inch) round cake pans and line the bottom of the pans with parchment paper. Spray the paper and pans with baking spray. Set the pans aside until ready to use.

2. In the bowl of an electric mixer on medium speed, beat the oil and sugars together until combined. Mix in the vanilla and add the eggs, 1 at a time, mixing well after each addition. Add the carrots and pineapple and mix until combined.

3. In a large bowl sift together the 2 1/2 cups flour, baking powder, baking soda, salt, cardamom and cinnamon. With the mixer speed on low, add the flour mixture to the carrot mixture alternately with the buttermilk, beginning and ending with the flour. Mix until just combined. In a small bowl, toss the pecans with the remaining 1 tablespoon of flour. Fold the pecans into the batter.

4. Pour the batter evenly into the prepared cake pans. Bake until a toothpick inserted in the center of the cakes comes out clean, about 35 to 45 minutes. Cool the cakes in the pans on wire racks for 15 minutes. Remove the cakes from the pans and cool completely on the racks.

5. While the cakes are cooling, prepare the icing. In the bowl of an electric mixer on medium speed, beat the butter and cream cheese together until well combined. Reduce the speed to low and gradually add the confectioners' sugar. Mix until combined. Add the vanilla and white chocolate. Increase the speed to medium-high and beat until smooth, about 1 to 2 minutes. Set aside 1 cup of icing for decoration. Add the heavy cream and beat until combined.

6. To frost the cake, arrange 1 cake layer on a cake plate. Spread the top with the cream cheese icing and top with a second and third cake layer, spreading the icing between each layer. Spread the icing on top and around the sides of the cake. Apply the almonds to the sides of the frosted cake. Fill a pastry bag, fitted with a star tip, with the reserved icing and pipe a border around the top of the cake. Cut the cake and serve.

— Valerie Maldonado

## Kitchen Corner...

**Nicole's Double Chocolate Kisses Cookies****Ingredients**

- 2 ¼ cups all purpose flour
- ½ cup natural unsweetened cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cups (2 sticks) unsalted butter, room temperature
- 1 cup (packed) dark brown sugar
- ½ cup sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract
- ½ teaspoon almond extract
- 3 cups bittersweet chocolate chunks and shavings

**Directions:**

1. Preheat oven to 375.
2. Line 2 large rimmed baking sheets with parchment.
3. Sift first 4 ingredients into bowl. Using electric mixer, beat butter in large bowl until fluffy. Beat in both sugars, then eggs, 1 at a time.
4. Beat in the extracts, then flour mixture. Fold in chocolate.
5. Drop batter by heaping tablespoonsful onto prepared sheets, spacing mounds 2 to 3 inches apart. Using moist fingertips flatten mounds to ¾ inch thickness.
6. Sprinkle with sea salt flakes.
7. Bake cookies 5 minutes. Reverse sheets. Bake until cookies are puffed and dry-looking but soft to touch, about 1 more minute.

— **Chef Nicole**  
*Dining Services Manager*



## Facility News...

### FIRE EXTINGUISHER TRAINING...

As a community that provides **24 hour care**, Oak Cottages undergoes quarterly emergency



evacuation training so we are always prepared. Oak Cottage was built to the most recent and strict fire codes, and

has every prevention measure in place to alert and extinguish a fire, however, first response by our staff is the most important. As safety is our number one concern, we have trained our staff as such, and most recently, they were given the chance to put out a live fire with a fire extinguisher! With the help and expertise of our resident **Vincent Cavalero's family's company, Alpha Fire and San Luis Fire Extinguisher**, our staff learned different types of fire scenarios, what to expect, and how to respond accordingly. For many people it was the first time they had used a real fire extinguisher to

put out a live-fire, and although it was a controlled environment, everyone felt the exhilaration of it. I



am confident that in the rare chance that we will need to fight a fire in our facility we are prepared. As some of you know, Vincent Cavalero worked for the City of Santa Barbara City Fire Department for many

years, and with the breadth of experience he did a top notch job supervising the exercise.

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



## Resident Services News...

### HENDRY'S BEACH WAS A HUGE SUCCESS...

It all started with our **"Scenic Drive"** to take our resident on tour to see the best views Santa Barbara had to offer. **We offer these tours on a bi-weekly basis to connect our people to the community they are familiar with**, to enjoy the gorgeous winter sun, and stir up new and fun ideas for outside activities.

Blame it on the growing excitement about our Valentines Ball later that week. After our scenic drive the previous Friday, stirred up by the theme of Romeo and Juliet.....our people were excited. And



restless. And they wanted to eat by the seaside. With an appetite whipped up by the salt air and the sound of waves.

And we said **"YES! We will make that happen."** In as close to grand Venetian style as we might.

Our scenic drive this week turned **into a Venetian safari at Hendry's Beach, complete with a premium view of the beach, table linen and candles....** and a most fabulous lunch made **by** Chefs Nicole and Luis.

Miriam and I pulled the plans together at last



minute, but as often happens with plans like ours..... last minute was the way to go. We were able to capitalize on our residents heightened energy and a supremely beautiful day. Giggling and smiling, many stories were shared about Valentine's past. We were also joined by other family members who were quick to add tales of their own, helping to embellish our residents memories of boyfriends and girlfriends, true love, marriage, and in most cases, the families that grew out of those romances. Whew! **Some of those stories were wonderfully racy. More please!** Suffice it to say that a grand time was had by all.

Although we were not able to find a Venetian canal to continue the theme of Romeo and Juliet, our picnic by The Arroyo Burro slough did a fine job. We promise to visit again. Especially if the stories keep coming!



— **Shane Lopez**  
**Services Director**



## Activities Avenue...

### OAK COTTAGE'S UNIQUE STYLE OF PARTYING...



The Oak Cottage of Santa Barbara is gaining a reputation for activities and events that bend the traditional definition of **"Party"**.

**And we like it that way.**

We started with our very first **Fiesta party**.....that stretched for an entire week. We then entered 2016 with a celebration of **Chinese New Year**. Think Chinese history, mouth watering dim sum and the award for the most **creative "red" costume and side dish**. Our latest exploit celebrated **Valentine's with a theme of Romeo and Juliet**. Let's just say there were men in tights, medieval dancing lessons, chocolate, and a 17th century Venetian dinner.

**Wow!**

But wait! We are not stopping there. Our **tea party every Monday at noon** has grown eclectic and includes specialty teas



including Jasmine, Ginger, and White Tea. **Chef Luis** also contributes a specially crafted baked good. This last week was a hand crafted butterfly cake, complemented by **Chef Nicole's double dark chocolate cookies!**

Every Thursday has become a **"Vine and Cheese"** afternoon, starting at 3pm. We welcome family members to **join us at our upstairs Oakview counter** for a tasting of sparkling drinks and nonalcoholic wines, paired with mouth watering cheeses,



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



crackers and fruit. It's a great way to wind down the day and catch up with family and friends.

Be sure to catch up on our **plans for St. Patrick's Day week and Easter**. What a great way to ring in Spring.

— **Claudette Catibayan**  
*Activities Director*



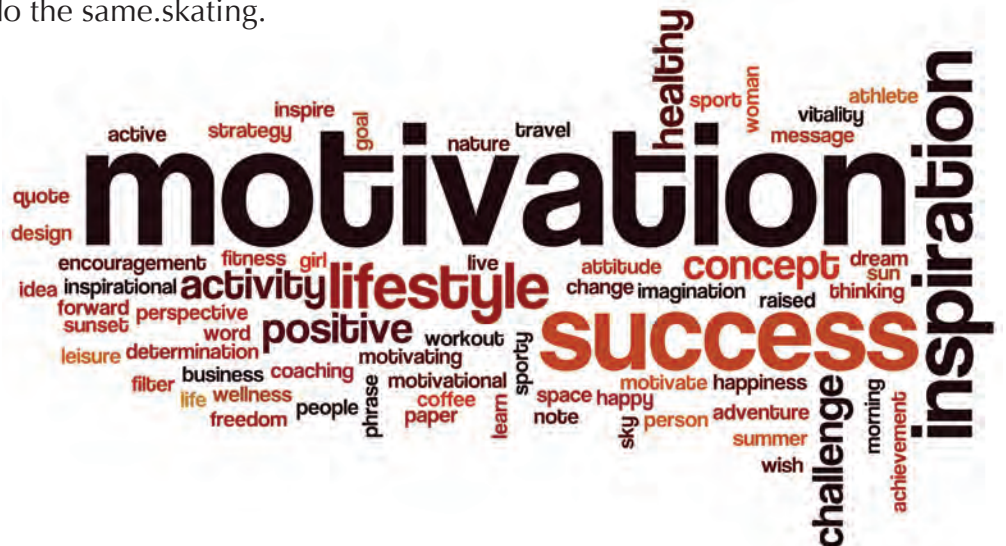
## Health News...

### 8 STEPS TO SELF MOTIVATION...

Everyone needs a little motivation at times, the trick is getting started. Here are some pointers to get you going.

- 1. **Start simple.** Keep motivators around your work area – things that give you that initial spark to get going.
- 2. **Keep good company.** Make more regular encounters with positive and motivated people. This could be as simple as IM chats with peers or a quick discussion with a friend who likes sharing ideas.
- 3. **Keep learning.** Read and try to take in everything you can. The more you learn, the more confident you become in starting projects.
- 4. **Stay Positive.** See the good in bad. When encountering obstacles, you want to be in the habit of finding what works to get over them.
- 5. **Stop thinking.** Just do. If you find motivation for a particular project lacking, try getting started on something else. Something trivial even, then you'll develop the momentum to begin the more important stuff.
- 6. **Know yourself.** Keep notes on when your motivation sucks and when you feel like a superstar. There will be a pattern that, once you are aware of, you can work around and develop.
- 7. **Track your progress.** Keep a tally or a progress bar for ongoing projects. When you see something growing you will always want to nurture it.
- 8. **Help others.** Share your ideas and help friends get motivated. Seeing others do well will motivate you to do the same.

— Matei Geanta  
Wellness Director



## Contact

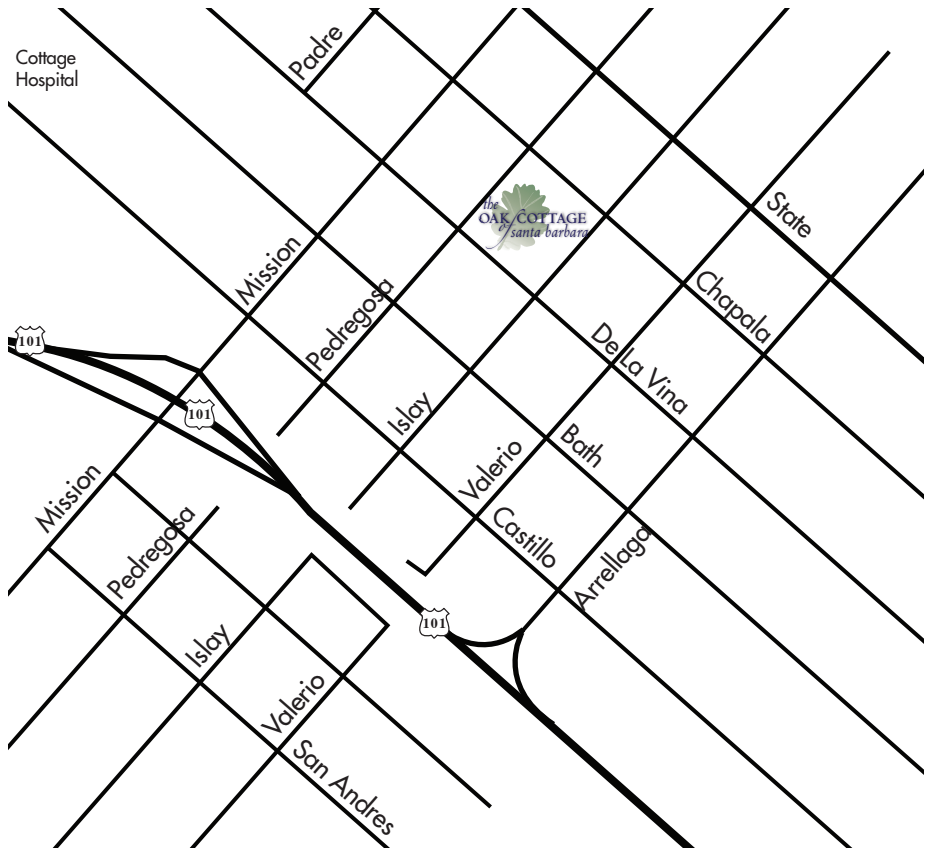


*the*  
**OAK COTTAGE**  
*of santa barbara*

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