

the OAK COTTAGE *of santa barbara* NEWS

November 2015

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*there is
no greater
love.*



In the News...

Thanksgiving is soon upon us, and we find ourselves grateful for so many things. Oak Cottage continues to grow in census, activity and reputation. We are getting to know our resident families and professional colleagues, and have had many opportunities this summer and early fall to get together for formal and informal celebrations with all of the above!



In preparation for the **Thanksgiving Holiday on November 26th**, we have begun taking reservations for a **dinner seating at 12pm**. This year seating will be limited as we plan a very special meal. **Be sure to book by November 22nd to save a table. Call Shane Lopez at 805.324.4391 to confirm.**

Chef Nicole has created an artisanal menu, including some spectacular family recipes and special finds from the Farmer's Market. We look forward to seeing you there!

Thanksgiving Dinner

Roasted Mushroom Soup

(recipe contributed by The Maldonado Family)

Garlic-Aioli Roasted Turkey w/Pan Gravy

Maldonado's Sweet Potatoes

Cider, Applewood Bacon, and Golden Raisin Stuffing (Chef Nicole's own creation)

Cranberry-Cherry Compote

Roasted Haricot Verts w/Fresh Herbs

Heavenly Biscuits (made by Julie McGeever from thrice milled southern White Lily Flour)

Ginger Honey Pumpkin Pie

Sparkling Juices

In the News...

A TRIP TO THE SIERRAS...

Just about every year my **husband, my dog and I pack Bill's truck** up to the gills with every possible necessity and luxury, **and take off to the Sierras** for a long week's vacation. This year we went in early October, setting up our base in a cabin at a place called Virginia Lakes. Located off Highway 395, just outside of Bridgeport, **Virginia Lakes** is a small family-owned resort that my husband Bill has been going to since the age of five. From the pictures I have included, you can see why. It's a little off the beaten track, but is a very special place. One can **hike from the cabins at Virginia and Trumbull Lakes up to Summit Peak at 11,000 feet (right at the cusp of the backside of Yosemite National Park)**. Or, you can hang out and fish, or read, or just be lazy in the sun outside your cabin.

This year we stayed in a cabin that Bill's best friend **Laird built for the owners of the resort many years ago**. Its very spartan and more than a little rusticated, but layered on with all the "luxuries" I pack in Bill's rig, it makes for an incredibly special hideaway. The best part is that there is absolutely no cell or television service, so you have no choice but to wallow in the natural beauty and time with your special people. Bill, Jett and I all came back much rested and with big, happy grins pasted to our faces. **Nothing like lake fish, great hiking, and crisp cool nights to make one remember how truly lucky we are to have the Sierras at our virtual back door.**

—Julie McGeever
Manager



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In the News... (Cont. from page 2)



In the News...

OAK COTTAGE'S DARK CARNIVAL...

What started as a fun way to re-imagine Halloween, ended up being one of the most creative weeks at Oak Cottage yet!

Our Dark Carnival was, in the end, a gentler version of Ray Bradbury's spine-tingling story of what happens when a circus from nowhere shows up in an empty field in a small American town. But it was

plenty exciting nonetheless. We started with multiple field trips to the local pumpkin patch, bringing our booty back to carve and turn into a variety of jack-o-lanterns and circus art. We also raided the local Farmer's Market, turning piles of fruit into homemade applesauce and tartes, and paper-wrapped bundles of blooms into gorgeous arrays of fall flowers placed in every neighborhood. Both upstairs and downstairs were staged theatrically to appear like the entry to an old-time carnival and fun-zone, complete with old circus posters, crystal balls and Nickelodean music.

Just about every staff member contributed some small (and in some cases large), piece of

spooky to the following days leading up to our October 30th trick or treat bash (thank you Shane, Claire, Miriam, Claudette, Philippe and Nicole in particular). Cherished family recipes and activities projects were shared, cobwebs and ghost lights were hung throughout our neighborhoods, and the stage was set to scare the kids and delight the adults on the eve of the 30th. Many of our staff members brought their children on Friday afternoon to gape at our Carnival finery (to be sure, we had our own version of the Circus Ringmaster,

Lion Tamer, Strong Man, Musician (the Amazing Carter), Fortune Tellers, Bearded Lady, Human Skeletons – oh my!) We rewarded all comers with a feast of hand-dipped corn dogs, caramel corn, sticks piled high with fresh fruit, and homemade pizzas. Residents cheered on guests playing games of chance, taking swipes at a piñata, and reveling in



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In the News... (Cont. from page 4)

OAK COTTAGE'S DARK CARNIVAL...

the general merriment. Boy that was fun. Even for the adults.

Not bad for our first Halloween. Can't wait until we can do that again!!!!!!

—Julie McGeever
Manager



In the News...

VETERANS DAY AT THE OAK COTTAGE...

Through the efforts of our **Care Staff, Shane Lopez our Resident Services Coordinator, our Activities Staff and Our Extended Family**; many hands made little work of celebrating the Eleventh Day of the Eleventh Month at the Eleventh Hour; namely **VETERANS DAY!**

Here at **The Oak Cottage** we honored a total of **6 Veterans on Wednesday the 11th**. Not only did we serve up a real American Home made lunch, we also had the privilege of showing a beautiful **American Flag blanket made by Beatriz Santana, a wonderful Caregiving Staff member.**

Shane Lopez made his famous American Baked Beans which were served with the other complimenting American Faire. **Music for the week was provided by Susan Stanfield, a member of Our Extended Family ;-)** with recordings of **"Music of WWII"**. **Thank you Susan...**

I'd like to share with you a little piece of what sums up a Veteran.

"What is a Veteran"?

A "Veteran" - whether active duty, discharged, retired, or reserve - is someone who, at one point in his life, wrote a blank check made payable to "The United States of America" for an amount of "up to, and including his life".

ALL gave some, some gave ALL.

We salute ALL Veterans for their service to our Country and their dedication to keeping our Freedoms intact.

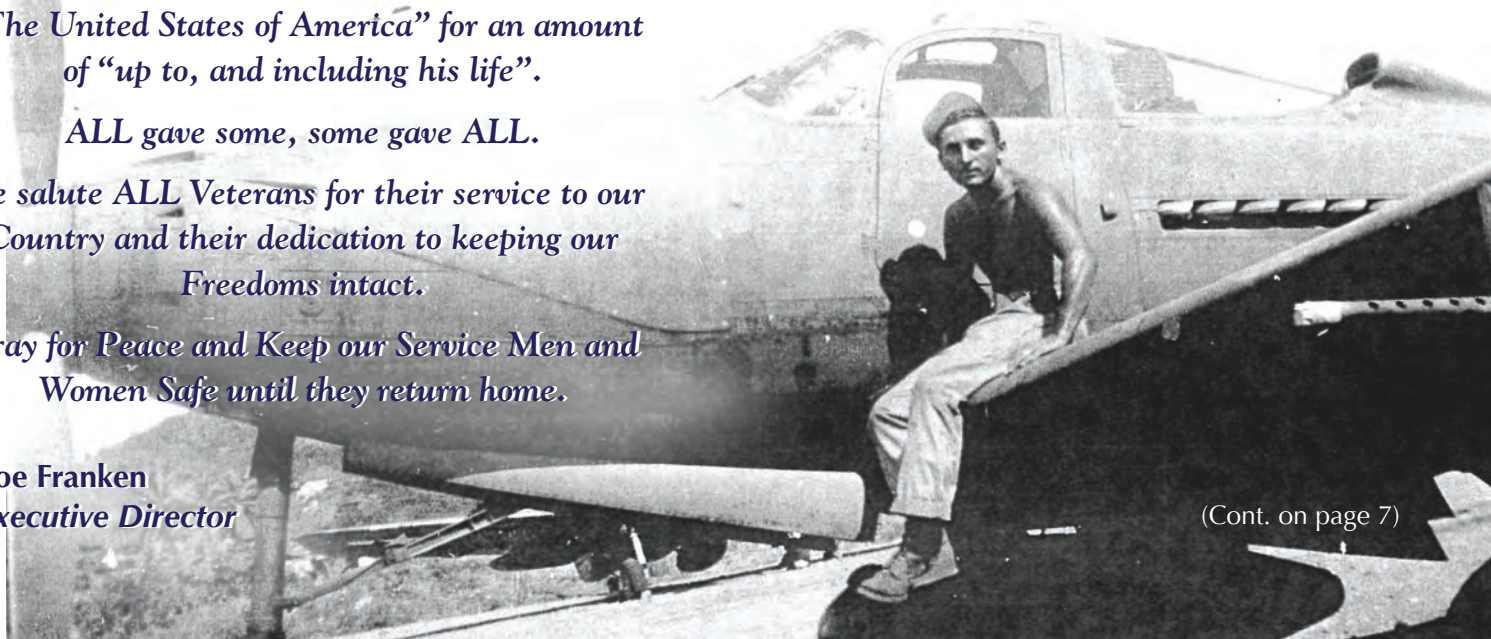
Pray for Peace and Keep our Service Men and Women Safe until they return home.

—**Joe Franken**
Executive Director



Resident Earl Stanfield's wedding photo

Resident Vince Cavallero sitting on a WWII plane



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In the News... (Cont. from page 6)



*Top photo:
Resident David Curland on the far left*

*Middle Photo:
Resident David Curland group photo*



*Resident Vince Cavallero
and his jeep*

In the News...

OAK COTTAGE PARTICIPATES IN THE ALZHEIMER'S WALK AGAIN...

For the second year Oak Cottage participated in **The Central Coast Chapter Alzheimer's Walk on November 7th.** It was a beautiful day, and a fun time was had by all. Our team had a chance to share stories and resources with other senior services and care providers, walk our banner down State Street, and raise funds for an incredibly valuable cause. It was an honor for Oak Cottage to participate again in this year's Alzheimer's Walk to end Alzheimer's and give our support as we work together to advance the fight against this horrible disease.



— Mark and Valerie Maldonado



Kitchen Corner...



Mrs Maldonado's Famous Zucchini Bread Recipe

Ingredients:

(approx 7 Zucchini for 2 loaves)

- 1 tsp. salt
- 2 tsp. baking soda
- 2 tsp. vanilla
- 3 tsp. Cinnamon
- 1 cup oil
- 1 cup walnuts (or pecans chopped)
- 2 cups flour
- 2 cups sugar
- 3 eggs
- 2 cups grated zucchini



Directions:

- Grease and flour two 8 x 4 inch pans. Preheat oven to 350 degrees
- Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
- Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
- Bake for 50 to 60 minutes, or until tester inserted in the center comes out clean.
- Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.



Facility News...

VINCENT CAVALLERO...

Vincent Cavallero was born on **Vancouver Island, British Columbia, Canada, November 8, 1922** to Northern Italian immigrant parents and was



brought to Santa Barbara at 4 months of age. He grew up speaking Italian and has one brother. He attended local schools—Franklin and Jefferson Elementary, Santa Barbara Junior High School and graduated from Santa Barbara High School in 1940. Following classes at Cal Poly, San Luis Obispo **he became a national award winning welder and later in life used his welding skills to make decorative small art objects.**

He is a World War II veteran, having served 27 months in the Pacific Theater, primarily in Japan and New Guinea as a member of the Army Air Corps. He was married in 1946, has two daughters, has lived in Santa Barbara his entire life and knows every street in town.

Vince joined the Santa Barbara City Fire Department in 1947 as a fireman, and due to his mechanical aptitude and talents, he was promoted

to Fire Department Master Mechanic and the rank of Captain. He was in charge of 33 pieces of fire equipment and wrote and designed the specifications for all new fire equipment through the 1970's. **He also designed the logo which was on every truck and still appears on the original Chapala Street Fire Station.** He was instrumental in the design of the mechanic's shop at the C. L. Tenney Memorial Fire Station #1 on Carrillo Street where he reigned until his retirement. He and a buddy from the Santa Barbara City Yards actually built a fire truck from the ground up! He taught every fire fighter to drive the "rigs" and gave each engineer his/her driving exam, taking them up California Street where they had to demonstrate how to double clutch on the steepest street in Santa Barbara. He encouraged the hiring of women applicants to the department in the early 1970's. **He retired in 1978, but the City of Santa Barbara found his boots hard to fill and called him back as a consultant twice, over a period of seven years until 1985.**

He could fix anything, diagnose any auto's maladies and called his home shop his **"Thanks a Lot Shop"**. He loved to garden and knows how to graft a tree. He is a member of Santa Barbara Masonic Lodge, Shriners and the local Elks Lodge. His 4 grandchildren are his pride and joy.

—(Biography written by Gloria Cavallero).

Recently, thanks to the help of Santa Barbara City Fire Chief Pat McElroy and dedicated Oak Cottage staff, Vince was able to take a trip down memory lane with the department. Today, there are only a few firefighters who are active, that use to work alongside Vince, **Chief McElroy** being one of them. Engine 1, along with **Captain Aguillar**, who also worked with Vince, came out to Oak Cottage

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Facility News...

VINCENT CAVALLERO... (Cont. from page 10)

to say hi. They even brought the “**creeper**” that he use to go under the trucks to work on them. After they chatted about the old days, they offered to take Vince for a ride on the engine which he happily accepted. While the Firefighters were



helping Vince into the front seat of the Engine, Vince said, **“Do whatever you have to do to get me in there.”** You could see the look on his eyes when he got back in that seat how honored and proud he was! As they started down De La Vina Street, Vince asked if they could “hit the siren,” and sure enough they did. After returning to Oak Cottage, where his daughters Diana and Gloria were, they sat down for lunch and told old stories and shared pictures from his “good-ol-days.”

A special thank you to the Santa Barbara City Fire Department for making this reunion happen!

— Philippe de L'Arbre
Facilities Manager



Health News...

introducing...

LUPE CASTANEDA
Certified Nursing Assistant



Here at the Oak Cottage our residents and employees come first. We also believe that if we have qualified and happy caregivers our residents will always be the primary beneficiaries. Having said this, **all of our Shift Supervisors are CNA's (Certified Nurses Assistants,) with years of experience working with the geriatric population** and specialize in assisting residents with cognitive decline.



Lupe Castaneda is one of our key staff members in the Direct Care Department, and has over 10 years of experience working as a Certified Nursing Assistant.

Lupe is our Monday – Friday 7AM-3PM shift supervisor and has the responsibility of passing medication to our residents under the Nurse's supervision. Lupe is an experienced professional with an ability to establish rapport with both peers and our residents alike. She is always looking out for our resident's best interests and frequently goes above and beyond her call of duty. Most recently, with the help of our other caregivers, she organized an outdoor patio lunch for all of our residents to enjoy the beautiful weather. It was a hit with all of our residents and visiting family.

Lupe is a devoted parent to three beautiful and active children, Tania, Danna and Ernesto. She loves animals the outdoors, roller skating and ice skating.



— **Matei Geanta**
Wellness Director

Activities Avenue...

introducing...

CLAUDETTE CATIBAYAN

Activities Coordinator



Claudette started volunteering her time at Oak Cottage and began to share not only her voice but her special talent to get everyone around her involved and excited about daily activities. **We quickly realized we couldn't let her go and are very happy to have her joining our team.**

— **Claire O'Dell**
Activities Director

Oak Cottage would like to welcome Claudette Catibayan to the activities department.

Claudette was born and raised in the Philippines where she found her love of cooking and taking care of others. Claudette is a registered nurse and brings creativity and endless energy to our programs at Oak Cottage. She enjoys reading, has an incredible singing voice and has done a large amount of travelling. She has been to London, Ireland, Amsterdam, Thailand, China and Singapore. **Claudette has two sons, Alan who is 12 and Al who is 5.** She also a dog lover and has an **English lab named Sparky and a Boxer Pit Bull mix named Sweetie.** She has lived in Santa Barbara for about 2 years and enjoys frequenting the many restaurants we have to offer with her fiancé Gene.



Claudette with her fiancé Gene

Contact

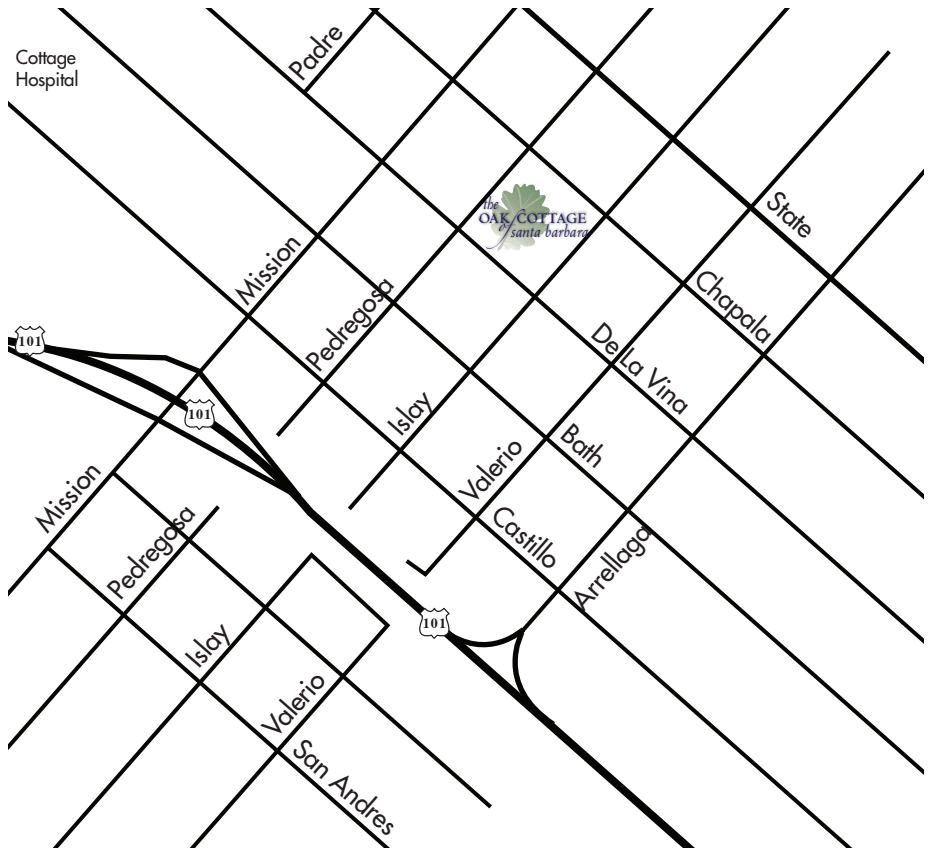


the
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Joe Franken
Executive Director

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

