

the OAK COTTAGE of santa barbara

NEWS

November 2014

www.oakcottagesb.com

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*there is
no greater
love.*



In the News...

Happy Thanksgiving!

Greetings from Oak Cottage and our family, to you and yours this Thanksgiving Day. This is a seminal year for the Maldonado Family as we welcomed a beautiful **new**



granddaughter Sophia, celebrated the individual achievements of our son and daughters, and started construction on Oak Cottage! Many hopes and dreams have been realized, and we have much to be thankful for. We are working diligently with **McGeever Management** and the rest of our Oak Cottage team to complete



our program development while construction continues apace. We are still on track to open our doors in late March.

Expect an invitation in late January for a Friday afternoon cocktail and barbecue, graciously hosted by Heritage House, where you will have the opportunity to meet with

our team in person and request a follow up tour once we open up our doors at Oak Cottage. Our best wishes for a wonderful start to the holiday season!

— *Mark and Valerie Maldonado*

Dining Services Manager

Oak Cottage of Santa Barbara's Dining Program is Cooking!

In anticipation of our opening in March of 2015, Oak Cottage is pleased to announce that **Nicole**



Ornelaz will be joining our team as a **consulting Dining Services Manager**, bringing her considerable talent in crafting a farm to table dining experience for our residents and employees.

Working on the premise that exceptional food is one of life's true pleasures, Nicole has earned accolades in her role as Dining Services Manager and Chef for Heritage House Assisted Living Community. She has agreed to lend that experience to Oak Cottage, as we develop a personalized meal program for our memory care clientele. Menu options will showcase locally sourced and organic ingredients, and will be prepared fresh each day. There will be focus on holistic nutrition, easy to eat and digest entrees that appeal to the sense of smell, visual appeal, and taste. Nicole is also preparing holiday celebration menus, when we will encourage families to come and dine with us and share in the joy of the season. Be sure to check out the sample holiday menu included in this newsletter, as well a special recipe Nicole allowed us to share with our readers.

Nicole comes from a family of chefs and has worked in the restaurant business since she was a teenager. She obtained an Associates Degree in Culinary Arts at Community College, matriculating

afterwards to the Le Cordon Bleu College of Culinary Arts in Portland Oregon where she completed a two-year Culinary Arts Certificate. Following a six-month internship at the Biltmore in Santa Barbara, Nicole worked at a local retirement community for two years, at the Santa Barbara School District as a Food Service Manager for 4 years, and at Heritage House for the last ten years, honing her talents.

Be sure to check out Nicole's delicious Sample Holiday Menu



What's Cooking?



Join us at Oak Cottage for superior dining and excellent food!

**HAPPY
THANKS
GIVING**

Risotto with Butternut Squash, Leeks and Sage (serves 6)

Ingredients:

- 1 large butternut squash (about 2 pounds), peeled, seeded, cut into 1/2-inch pieces
- 4 tablespoons olive oil
- 6 cups (about) chicken stock or canned low-salt chicken broth
- 3 large leeks (white and pale green parts only), thinly sliced (about 3 cups)
- 2 cups Arborio rice
- 1/2 cup dry white wine
- 1/2 cup whipping cream
- 1/2 cup grated Parmesan cheese
- 2 tablespoons chopped fresh sage

Instructions:

Preheat oven to 400°F. Place squash on large rimmed baking sheet. Drizzle with 2 tablespoons oil and sprinkle with salt and pepper; toss to coat. Roast until tender and beginning to brown, stirring occasionally, about 40 minutes.



Bring stock to simmer in heavy large saucepan. Reduce heat to very low; cover and keep stock warm.

Heat 2 tablespoons oil in another heavy large saucepan over medium-low heat.

Add leeks and sauté until soft but not brown, about 10 minutes. Add rice; stir 1 minute. Add wine and simmer until absorbed, stirring constantly, about 2 minutes. Add 1/2 cup hot stock; simmer until absorbed, stirring frequently. Add remaining stock 1/2 cup at a time, allowing stock to be absorbed before adding more and stirring frequently, until rice is tender and mixture is creamy, about 25 minutes longer. Add roasted squash, cream, Parmesan cheese and sage; stir until heated through. Season to taste with salt and pepper. Serve warm.

Alzheimer's Walk

Oak Cottage sponsored its first team for **The Central Coast Chapter Alzheimer's Walk on November 8th**. 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. Understanding that there is great need for compassionate Alzheimer's care in this town, the walk helped to cement our intent to be as empathetic and focused a provider as we can strive to be. If you and your family don't already participate in the walk, we encourage you to look into it next year. There is nothing more gratifying then supporting the search for a cure, and having fun doing it.



*Oak Cottage sponsored its first team for The Central Coast Chapter Alzheimer's Walk
November 8, 2014*

Construction Update

Construction is proceeding apace. We are still on schedule to open in late March of next year. Right now drywall is being erected, all of our rough-ins at the interiors are complete. We begin sheathing and window installs next week!



One item of note is that we have recently contracted with Stanley Health Care Systems to provide a sophisticated Roam Alert System. This system will allow us to monitor residents and to provide secure access in and out of the facility at all entry doors. The system is both hard wired and wireless and will automatically page our care staff in the event that a resident needs assistance. Watch for more updates on the equipment and systems to be installed as we proceed with finish work.



Klang and Associates

We are fortunate to have retain **Klang and Associates to design the interiors for Oak Cottage**. Klang & Associates, Inc. have been creating award-winning interiors since 1995. The firm specializes in senior housing – including independent living, assisted living and memory care – as well as hospitality, commercial and residential communities in locations throughout the United States, China and Russia.

President and owner, **Lisa Klang Schriver**, employs a dedicated design team with a broad range of talent and experience, including LEED certified personnel. In senior living design, the team is committed to providing comfortable, inviting, residential environments while adhering to commercial regulations that meet the needs of both the resident and the owner.

The success of this firm is the result of thoughtful design, quality products and services, and long-standing relationships with clients, vendors and the company team. Klang & Associates is active in the 55+ Housing Council and is a long-standing member of the Building Industry Association.

Although we don't yet have photos of Oak Cottage's completed interiors, we asked Klang and Associates to **share samples of their design work from other assisted living and memory care communities**, so you have an idea of how beautiful we expect Oak Cottage to look come next Spring!



Contact

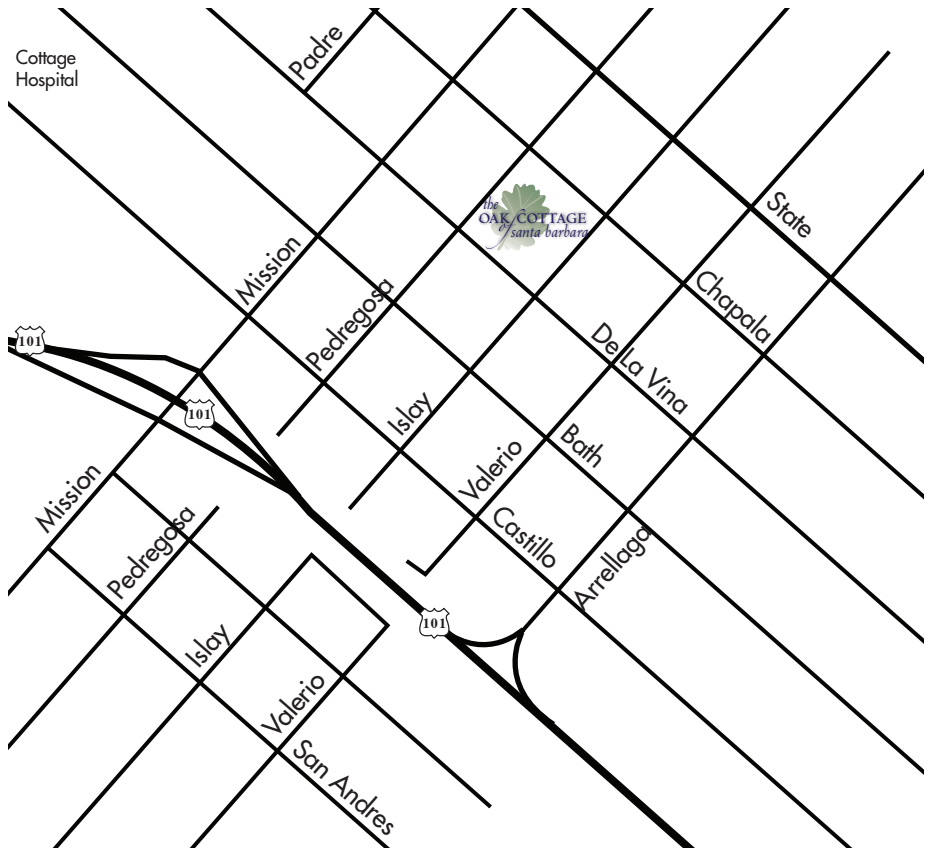
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Please forward our newsletter on to friends and family. We are welcoming additions to our email list and will be providing bi-monthly updates on our progress.

