

# the OAK COTTAGE *of santa barbara* NEWS

October 2015

[www.oakcottagesb.com](http://www.oakcottagesb.com)

## Inside this issue

In the News	1-3
Kitchen Corner	4
Resident Services News	5
Facility News	6-7
Health News	7-9
Activities Avenue	10
Contact	11

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*there is  
no greater  
love.*



## In the News...

### OAK COTTAGE PARTICIPATES IN WINE DOWN FUND-RAISER!

Our Oak Cottage team spent a wonderful evening attending **The Friendship Center Wine Down on September 18th, at St. Marks Episcopal Church in Montecito.** Manager **Julie McGeever** serves on the board for Friendship Center, which provides affordable day-care services for residents of Santa Barbara challenged with Alzheimer's and cognitive decline. The annual Wine Down is a fundraiser for the organization, and way for the general public to get to know The Friendship Center as a valuable resource and neighbor. **Oak Cottage donated cookies and a silent auction basket to**



**the event,** and our facilities manager, **Philippe** and resident services manager, **Shane**, graciously agreed to circulate during the evening serving food and libations.

**Joe Franken and his lovely wife Kimberlee** also attended, as well as **Mark Maldonado**, Oak Cottage's owner. The evening was a perfect Indian Summer night, held on the central terrace of Friendship Center's main building in Montecito. Eleven wineries donated and poured some of their finest vintages, followed by a rousing live auction and jazz music as the sun set.



Proceeds will support Friendship Center's continuing efforts to support clients with cognitive decline, their caregiving families and friends, and to provide a conduit of education and outreach to the general community. **Oak Cottage is proud to be a sponsor of their efforts.** For more information on the services offered by Friendship Center, please visit their web-site at [www.friendshipcentersb.org](http://www.friendshipcentersb.org).

—**Julie McGeever**  
*Manager*

(Cont. on page 2)

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

### A CARNIVAL IS COMING TO TOWN...

There are scents starting to waft around this place that smell suspiciously like.... **caramel popcorn? Corn dogs? Candy apples?**

Does that mean what I think it does? **That a carnival is coming to town?**

You bet it does. In honor of our first Halloween celebration, **Oak Cottage has chosen a theme of "Dark Carnival"** to add a bit of whimsy, old-fashioned Ray Bradbury-like chills, and a hearkening back to the newly minted wonder we felt as kids when entering the fun-zone.

We will kick off the **week starting on the 26th** with ghoulish job assignments for all of our residents. **Pumpkin patch field-trips** will roll into handmade decorations and costumes, an opportunity to share ghost stories, watch circus themed movies, and plan for a **gala event on October 30th at 3pm.**

We invite all family members and employees, especially their kids to this last event. We can promise games of chance, a haunted piñata toss, and some great eats with a healthy carnival theme (no fried twinkies, alas!). We will all be dressed up in carnival themed attire (be afraid. Very, very afraid). We welcome you to guess who hides under the guise of Oak Cottage's own strong man, bearded lady and mermaid. Come one, come all. This is a Halloween celebration not to be missed!

—**Julie McGeever**  
*Manager*





## In the News...

### SEPTEMBER & SETTLING IN...

Hello All, and where does the time go?

**Am I the only one who cannot believe it is Autumn ALREADY!?!?** If I were still back East it would mean the flannel shirts and light jackets being brought to the front of the closet, and the shorts and sandals being put away. So nice to have shorts and sandals continue here in Santa Barbara.



Settling in for my family means getting started in routines and establishing employment. Daughter **Riley** has acquired work at one of Carpinteria's "**Health-based**" food vendors called "**Beach Bowl**". Her quick work and judgement landed her an assistant manager position; and although long hours, she is loving the challenge.

My wife **Kimberlee** has too acquired employment, doing what she had hoped would come her way and that is being an RN to seniors in both **Medical Center and Assisted Living at Casa Dorinda**. The same place were the two of

us were married 25 years ago. Given we were both working there it was the easiest way to bring residents to the event... Bring the event (the wedding!) to them.

Settling in, it's also a phase each of our residents face when moving into The Oak Cottage. Not an easy transition for some, a guarded approach by others, and definitely an adjustment for all. Routines begin, friendships are born, and employment is remembered; especially by our young staff as they marvel at what residents spent their lives doing prior to their arrival at The Oak Cottage.

As staff, we are settling into the holiday season, **beginning with Halloween and flowing right into the first of the year... 2016!!** It'll be here before we know it... **WOW time does FLY!**

—**Joe Franken**  
*Executive Director*

## Kitchen Corner...

## Cloud 9



## Cloud 9 Cookies

## Ingredients:

- 1 cup unsalted butter, softened
- ½ cup granulated sugar
- ½ cup packed brown sugar
- 1 large egg
- ½ teaspoon vanilla extract
- 2 ¼ cups all-purpose flour
- 1 tsp baking soda
- ½ tsp. salt
- 1 cup toffee bits
- 1 ½ cups white chocolate chips
- ¾ cups sweetened shredded coconut
- ½ cup chopped macadamia nuts

## Directions:

Preheat oven to 375 degrees.

Cream butter and both sugars together, then add egg and vanilla. Stir.

Mix in flour, baking soda, and salt until just combined. Stir in toffee bits, white chocolate and coconut.

Drop dough by rounded tablespoonfuls onto un-greased cookie sheet. Bake for 7-10 minutes or until lightly golden.

Allow to cool for a couple of minutes before removing to a rack to cool completely.

Makes 4 dozen cookies.



—Valerie Maldonado

## Resident Services News...

### WALK WITH A DOC...



**Dr. Jennifer Hone** started, “**Just Walk - Walk With a Doc**” in Santa Barbara in June of 2014, as a means for her neighbors and interested community members to have direct, informal access to Dr. Hone’s own practice as an endocrinologist, as well as other invited health care practitioners with disciplines focused on improving health, proactively addressing health conditions, and offering resources for area residents confused about symptoms, or the best path to all-body wellness. The walk has gained a loyal following and continues **every Thursday at Shoreline Park, commencing at 5:45pm, and ending at Stearns Wharf.**

Dr. Hone encourages anyone in the community to join in the walk, armed with friends, pets (on leashes please), and whatever questions they might have. The program is free and pre-registration is not required.

My fiance Albert, myself, and our dog, Gunnar, routinely join the group and have come to know and respect Dr. Hone immensely. She is approachable, non-judgemental, and offers information in plain-speak. Not only have I come to greatly anticipate these beautiful walks by the beach, but I have been blessed to become part of a new circle of interesting and engaged people who want to better their own lives and those around them. I thank Dr. Hone for the privilege and recommend her program to anyone looking to move their body and wanting to act as their own best advocate when pursuing medical guidance.

*“We are all unique with, different talents, different dreams, yet as we grow, we grow together as a community. It is to help change lives in many ways. We are all Human, same functional system. Yet, extraordinary beautiful in our own way.”*

— **Dr. Jennifer Hone**

I encourage everyone to come and experience, “Walk with a Doc” and be a part of a new family. Santa Barbara joins a growing list of communities nationwide that have created local Walk With A Doc chapters. **WWAD was originally created by Dr. David Dabgir, a cardiologist who practices at Mount Carmel Health Systems in Columbus OH, and has been walking since 2005.** Don’t let this opportunity pass you by!

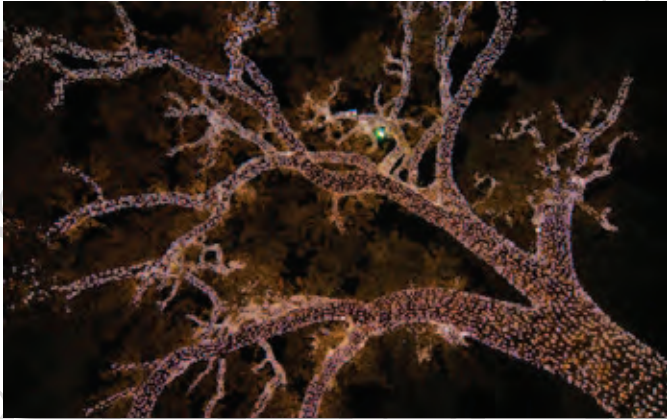
— **Shane M. Lopez**  
*Resident Services Manager*



## Facility News...

### LIGHTING OF THE OAK TREE...

We are excited to announce that our **60 year oak tree will be getting a nocturnal facelift!** We will be putting up white spiral lights starting from the



base of the tree, extending up to all the branches, stopping where the leaves start. Being such a prominent fixture on our property during the day, we now have a way to show off its enormity and presence all the time.



Our oak tree is the last vestige of the original oak trees which surrounded the farm houses that previously occupied the property decades ago. As part of our initial planning and development of Oak Cottage, the City of Santa Barbara's Planning Department took great interest in the preservation of the tree. **Hochhauser & Blatter Architecture & Planning took great pride in designing Oak Cottage around the tree which is evident in its presentation.** So keep your eyes out at night and let us know what you think!

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

### BIRTHDAY FISHING...

As climatologists tell us of the possibility of "Godzilla" El Nino, we have noticed increased humidity, increased land temperatures, and increased ocean temperatures. Along with the increased ocean temperatures have brought some extraordinary fishing to our local waters.

Some fish have been caught around our Channel Islands like Bluefin Tuna, Dorado, and Sailfish, which is very abnormal. **I had the pleasure of going out with my friends, Alex McGeever and Connor Coffin** to fish just north of Gaviota for my birthday in August. We woke up at 4am and launched their 15' aluminum dingy from the



(Cont. on page 7)

## Facility News... (Cont. from page 6)

beach, using flashlights to light our way. As soon as we got out to where we heard the fish were biting, we caught dozen of squid which we used as bait, and then set out our fishing lines just as the sun was rising. We put 4 rods in the water and started the waiting game. Within 30 minutes we got our first bite! I had hooked a fish that gave me a run for my money. This beast took me about **20 minutes to reel in**, during which time I was



making sure that it didn't break the line or pull me overboard. **Before I knew it we had a 50 pound White Seabass on board.** Not a few more minutes went by after we put the lines back in the water that we got another bite! **Another 50 pound White Seabass! It was an amazing experience with great friends that I will never forget.**

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

## Health News...

That's right. I drove my newly acquired **1988 Land Cruiser and camped/glammed for the next 10+ days, pocking around Utah with my family.**

**Why?** I've been to 16 countries and 3 continents, yet still haven't driven 10 hours from my apartment in Santa Barbara to go see some of the good old U.S of A. I hardly ever consider going to the World Wonders or interesting places that are in the U.S., and feel like they are often overlooked when compared to those in other countries.

I've also become accustomed to the luxuries and perks of being able to stay in a hotel when I travel, but opted for the full experience (Ok maybe we stayed a night or two in a hotel for the sake of Wi-Fi) to see if we could actually do it, and how much more affordable it is as an accommodation option.

So off we went, on a hope and a prayer that the nearly 30 year old SUV would not leave us stranded in the middle of some scorching, yet beautiful desert.

**The pre-requisite departure shot: Note the bikes on the home made roof rack.** Yes, I am also a budding carpenter.



(Cont. on page 8)



## Health News... (Cont. from page 7)



**1st stop Nevada, Valley of Fire.** Beautiful yet it really earned its name. **It was 95 degrees in the dead of night.** Sleep was tough that first night yet we didn't really get bothered by that much.

**Scenery on our way up to Zion.** *Note: All of Utah looks more or less like a postcard!*



**Bryce Canyon:** We took a nearly 6 hour, 9.5 mile hike down in the canyon with temperatures **reaching +100.** Fun but exhausting. In the end, worth every bead of sweat.





## Health News... (Cont. from page 8)



**Arches anyone?** Not the McDonalds kind but the Utah variety.

**Monument Valley:** A monumental fun time.



**Glamping/Camping.** Directly behind the bushes in the foreground is the Colorado River. Quite a bountiful quantity of mosquitos as well.

Until our next adventure, possibly Egypt...maybe Cambodia...



— **Matei Geanta**  
*Wellness Director*

## Activities Avenue...

### CANADIAN THANKSGIVING...



**Every year I get to celebrate my favorite holiday twice.** I get to bake two pumpkin pies or three or four if I'm being honest and give thanks for all that I have been able to experience with the people that I love. I am lucky enough to **have spent my youth growing up in Canada with my family and attend the same high school that my parents did in the beautiful town of Orillia.** Thanksgiving in Canada is celebrated on the second Monday of October and this year I get to go back and experience the vibrant orange and red trees and the clean crisp air that fall brings as everyone prepares for winter.

Part of the history of Thanksgiving in Canada goes back to **1578 when English explorer, Martin Frobisher had been trying to find a northern passage to the Orient.** Even though he did not succeed he held a formal ceremony in what is now **Newfoundland** to give thanks for surviving the long journey. This was considered the first Canadian Thanksgiving. During the American Revolution, Americans who were loyal to England moved to Canada and brought customs such as pumpkin pie and cornucopias. Today, the celebration is very similar to that in the United States except that now Canadian Thanksgiving is a way to show thanks for the years' bountiful and successful harvest.

**Here is a picture of my mom in 2007 at Miller Lake in Ontario,** the last time we were there to visit for Thanksgiving.

— **Claire O'Dell**  
*Activities Director*





## Contact

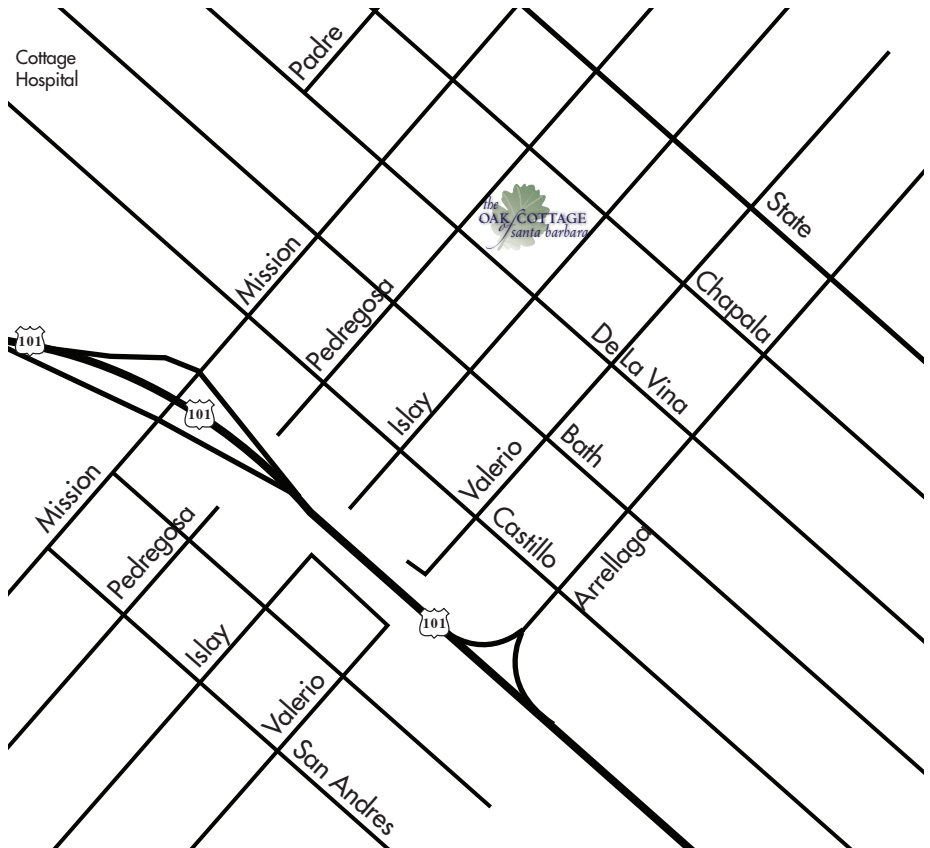


*the*  
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*of santa barbara*

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