

# the OAK COTTAGE *of santa barbara* NEWS

October 2014

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

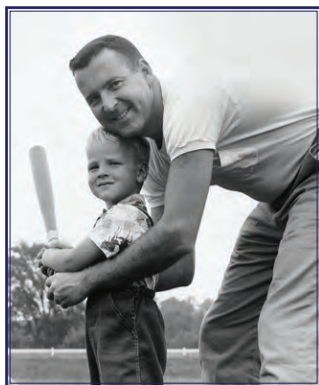
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*there is  
no greater  
love.*



## In the News...

We are very excited to announce the newest memory care community soon to be open in Santa Barbara. **Oak Cottage of Santa Barbara** is located at **1820 De La Vina Street**, and will include three intimate neighborhoods focused on providing personalized care for up to 40 senior residents. The program is tailored to provide empowerment, safety and comfort for senior suffering from Alzheimer's and age-related dementias. The project is now under construction and will open in **March of 2015**. For more information, we encourage you to check out our web-site at [www.oakcottagesb.com](http://www.oakcottagesb.com), or our Facebook Page at **The Oak Cottage of Santa Barbara Memory Care**.

This announcement has been a long-time coming. In 2009, Valerie Maldonado began researching ways to revitalize a property she and her husband Mark owned in downtown Santa Barbara. As with many families, Valerie and Mark had experienced the ravages of Alzheimer's disease within their own extended family and felt that



a project dedicated to the care of persons struggling with memory care issues needed to be the focus. After identifying a local management partner and architecture firm, both with deep experience in the design and operations of senior residential care, Valerie and Mark commenced on a journey through entitlement, underwriting, and now construction of what will soon become The Oak Cottage of Santa Barbara.

Much thought was put into the arts and crafts cottage design of the final building, including outdoor gardens, large welcoming windows, and three gracious common areas, or "neighborhoods" where residents will gather, enjoy a meal and participate in activities.

Ample parking has been provided for guest and family members. Apartments were planned to ring the perimeter of these neighborhoods, ensuring short traveling distances for residents, immediate visual cues and a sense of security for residents and their families. Each apartment has its own memory niche and private entry, a small kitchenette (with a counter-top, bar sink and refrigerator), high ceilings and single hung windows. There are both private and semi-private bathrooms planned, all of which are completely accessible to walkers and wheelchairs. Additionally there will be a spa-style bathing room at each floor, an activity kitchen where residents can participate in the cooking presentations, as well as visual and aural stimulation (musical and spoken work) to promote relaxation and recognition.

(Cont. on page 2)

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

Working with **McGeever Management** as their Operations Manager, the Maldonado's have begun crafting a program that empowers residents to live life as full as possible. **Bill and Julie McGeever, principals of McGeever Mgmt.,** also



own and operate **Heritage House**, an established Santa Barbara assisted living and memory care community located on Hollister Avenue. Building on the successful programs and amenities offered at Heritage House, Oak Cottage is going to offer a farm to table meal experience, outsourcing local purveyors and organic food wherever possible. Transportation will be available to take residents to medical and personal appointments, as well as social outings in town. There will also be an open invitation for family involvement. Multiple events held at the community throughout the year will allow children and grandchildren to come and celebrate holidays, family celebrations, and informal barbecues and get-togethers. Residents will also receive one on one attention from a full-time nurse working with resident's physicians and families to ensure that medications are effectively calibrated, and that care programs for residents reflect not only their health care needs, but are also respectful of that resident's personal preferences, both past and present. The goal of Oak Cottage is to honor and respond to the whole person, and not just the disease.

The Oak Cottage Team will be distributing a periodical newsletter as the project progresses through construction, offering both updates on the physical plant and our evolving operations. Look for news on our growing team of professionals, local organizations we will be partnering with, and even treasured family recipes and traditions we will be integrating into our meal and holiday programs.

Our first ad campaign is titled "**There is no greater love**", and shows a vintage photo of a father playing ball with his two sons. We think that says it all. We know your family is your greatest treasure, and we only hope that when you need memory care services for your loved ones, Oak Cottage will be one of the communities you will consider.

— *Mark and Valerie Maldonado*

*the*  
**OAK COTTAGE**  
*of* **santa barbara**  
*memory care*

*there is no greater love.*

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RCFE License #425801969

## What's Cooking?



*Mrs. Maldonado  
Vintage 1960's*



### Mrs. Maldonado's Chocolate Cake

#### Ingredients for Chocolate Cake:

2 cups flour, sugar and milk  
 2 eggs  
 2 t. of baking soda dissolved in the milk  
 2 t. vanilla  
 4 squares bitter chocolate melted with 4T. of butter

#### Instructions:

Beat for 7 minutes. Use (2) 9" layer pans.  
 Bake at 350 degrees for 35-45 minutes.

#### Icing for Chocolate Cake:

2 egg whites  
 1/4 cup sugar  
 3/4 cup clear Karo Syrup  
 1 1/2 t. vanilla

#### Instructions:

Beat whites until they form peaks. Little by little add sugar, beating until smooth. Slowly add Karo, beating continually. Add vanilla and beat until thick enough to spread.



## Alzheimer's Walk

The Oak Cottage of Santa Barbara will have their very first team participating in the upcoming **Walk to End Alzheimer's on November 8, 2014**. The walk, sponsored by The Alzheimer's Association will be held at the **Earl Warren Showground**, located at the corner of Las Positas and Highway 101. Registration is at **9 am and the walk commences at 10:30am**. We encourage you to join the fun, and help us to fund a cure as well as community resources for families challenged with the disease.



We will be **manning a table at the event** with more information about Oak Cottage, our care team and an up to date timeline for our grand opening. Please stop by, pick up a treat, and **add your contact information** to our interest parties list.

*We promise the Alzheimer's walk will be more fun than a game of Twister!*



*Maldonado's family photo  
Vintage late 1960's*

## Construction Update

*Construction crew busy at work forming the understory parking garage. Look at the view we will enjoy at the second floor!*



*Framing at the planned second floor neighborhoods.*

*Stems walls completed at ground level garage. The finished building will meet most current seismic and Cal Green Code standards.*



## Contact

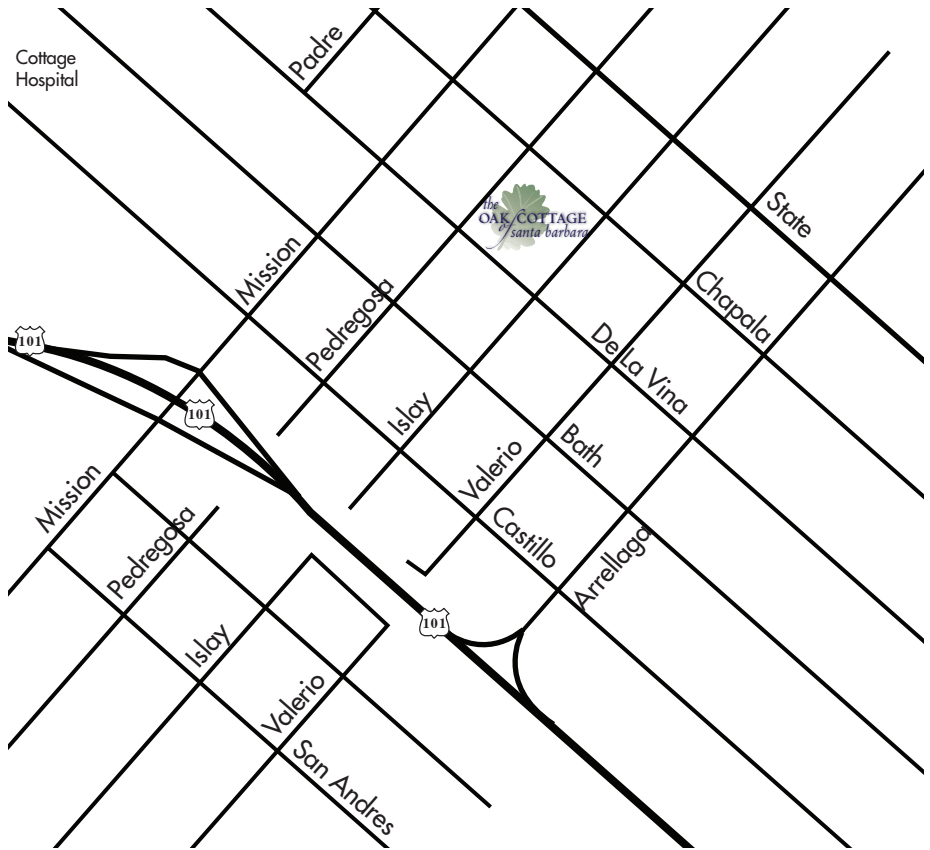
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*Please forward our newsletter on to friends and family. We are welcoming additions to our email list and will be providing bi-monthly updates on our progress.*

