

# Cottage

THE MAGAZINE OF COTTAGE HEALTH SYSTEM

FALL 2011



**GRAND OPENING EVENTS**

**INTRODUCING  
THE NEW SANTA BARBARA  
COTTAGE HOSPITAL**





Dear fellow community members,

With the new Santa Barbara Cottage Hospital nearing completion on the west block of Pueblo and Castillo, so many of you have asked in recent months about when we'll actually be opening the doors. Well, that time is approaching. We've completed the most significant construction phase of the new hospital, and are now preparing to move patients into the spectacular new facility in February.

Years in the planning, this critical project has involved hundreds of people, thousands of hours, and millions of dollars. Designed to meet new earthquake safety standards set for all acute-care hospitals in California, the new facility has also allowed us to develop a vision for the future, to take advantage of today's and even tomorrow's technology, and to improve significantly on how we can care for our patients in a more personalized manner.

I hope you'll join us at our community open houses on January 7 and 8 [see page 9]. It will be a pleasure to share details of the new hospital with you and celebrate this important moment in the long history of Santa Barbara Cottage Hospital.

Ron Werft  
President and CEO  
Cottage Health System

# Cottage

THE MAGAZINE OF COTTAGE HEALTH SYSTEM

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### Charity care for the uninsured

Cottage's charity care guidelines, part of our long history as a not-for-profit organization serving the healthcare needs of the greater community, state that all uninsured patients in need of emergency services will be eligible for financial assistance—including free or reduced payment care. We have expanded this program to include those with medically necessary but non-emergent needs. To find out more, feel free to call us at 805-879-8900. We are here to help.

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## Our Hospitals

**Santa Barbara Cottage Hospital (SBCH)** Today a 408-bed acute care teaching hospital and level II trauma center, the largest of its kind between Los Angeles and the San Francisco Bay Area, the hospital was founded in 1888 by 50 women determined to provide a healthcare facility for the growing community of Santa Barbara. With annual admissions of 18,000 patients, 41,000 emergency department visits, and 2,500 births, the hospital is renowned for its comprehensive maternal-child and pediatric services (**Cottage Children's Hospital**), cardiac, neurosurgical and oncology programs, emergency and trauma services, modern operating rooms, sophisticated diagnostic radiology equipment, outpatient surgery, eye center, psychiatric and chemical dependency services, and inpatient and outpatient rehabilitation services (**Cottage Rehabilitation Hospital**).

Its medical staff of more than 600 includes specialists in all major clinical areas, many of whom are involved in the training and education of new physicians in the hospital's internal medicine, general surgery and radiology residency programs.

**Goleta Valley Cottage Hospital (GVCH)** Founded in 1966 to serve the growing community of Goleta Valley, the hospital today is licensed for

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## ON THE COVER: YOUR NEW HOSPITAL!

This is your new Santa Barbara Cottage Hospital. With construction complete, the transition is under way with plans to welcome the first patients in early 2012. Before the rooms and hallways are filled with hospital bustle, we invite you to tour the building and join us in celebration of this important new chapter in the health of our community. See the schedule of opening events on page 9.

COVER PHOTO BY GLENN DUBOCK

122 acute-care beds, admits 1,600 patients a year and sees 17,000 emergency visits. Recognized for its Breast Care Center, specialized subacute unit and Center for Wound Management, the hospital joined forces with Cottage Health System in 1996.

**Santa Ynez Valley Cottage Hospital (SYVCH)** Offering acute-care services to the residents and visitors of the Santa Ynez Valley since 1964, the 10-bed hospital became affiliated with Cottage in 1995, and today continues to provide inpatient and outpatient surgery, 24-hour emergency services, and a physician office rental program that brings specialists to the Valley on a regular basis. Inpatient admissions in 2010 totaled 318. There were 6,200 emergency visits, and Valley residents increasingly rely on the hospital's busy outpatient radiology and laboratory services.

(Statistics from the year 2010)



## New Leader for Surgical Education

Dr. Jeffrey M. Gauvin joined us last May as the new Medical Director for Surgical Education at Santa Barbara Cottage Hospital. An inspirational teacher, widely published author, and frequent presenter at



surgical conferences and meetings across the country, Dr. Gauvin was most recently associated with the UC Davis Medical Center in Sacramento as Associate Professor of Surgery, Program Director for the Department of

Surgery, and Medical Director for its Center for Virtual Care. A Board-certified and highly honored surgeon, Dr. Gauvin received his bachelor and master of science degrees in aquatic biology from Eastern Michigan University. This was followed by his MD and his general surgery residency from Michigan State University, and later a GI Surgery Fellowship at the Mayo Clinic. Dr. Gauvin has been recognized for excellence in teaching and was named clinical faculty of the year award winner by surgical residents at Michigan State and UC Davis—which translates into a huge bonus for the surgical residents here at SBCH.

## Orthopedic Honors

The Cottage Center for Orthopedics has earned the Joint Commission's Disease Specific Certification for Knee and Hip surgery. The Joint Commission's Gold Seal of Approval™ for accreditation recognizes Cottage's continuous compliance with national state-of-the-art standards for quality and safety in hospitals.

"In achieving Joint Commission accreditation, Goleta Valley Cottage Hospital and Santa Barbara Cottage Hospital have demonstrated their commitment to the highest level of care for its patients," says Mark Pelletier, R.N., M.S., executive director, Hospital Programs, Accreditation and Certification Services, The Joint Commission.

"The certifications represent a true multi-disciplinary effort that has its roots in almost every department of the organization," says Gary Milgram, service line director for Neurosciences and Orthopedics. "Of

remarkable note is that the surveyor requested permission to send many of our program elements to the JC home office as examples of 'best practice' for consideration in the development of national standards."

In addition, both Goleta Valley Cottage Hospital and Santa Barbara Cottage Hospital earned the Aetna Institute of Quality award for knee and hip surgery. Santa Barbara Cottage Hospital also earned this award for spine surgery. Both hospitals also earned the Blue Cross and Blue Shield Center of Distinction award for knee and hip surgery.

## More Accolades for The Center for Wound Management

Since opening at Goleta Valley Cottage Hospital (GVCH) more than five years ago, The Center for Wound Management has performed more than 7,700 hyperbaric oxygen treatments, treated more than 11,009 patients, completed more than 21,820 wound care visits, and seen a 25 percent increase in patient volume each year. The Center, the only such program on the Central Coast dedicated to providing outpatient treatment for patients with wound problems, has also received multiple Center of Distinction awards for exceeding the benchmarks for healing outcomes including the time it takes for healing to occur. In addition to developing individualized treatment plans for patients with wound problems, the Center offers comprehensive antibiotic therapy, nutritional counseling and education for patients and their families. Most recently, the Center expanded its services to include a satellite wound management clinic at Santa Ynez Valley Cottage Hospital. A multidisciplinary team of four qualified physicians and a staff of 16 nurses plus support staff are now providing these much needed services for the Central Coast.

## Congratulations, Gerd!

Cottage Health System (CHS) adds its hearty endorsement of Gerd Jordano as the recently announced Woman of the Year for 2011. This coveted annual award from the Santa Barbara Foundation and KEYT honors local individuals for exceptional contributions to their community. We know Gerd well: She served on our Board of Directors from 1992 to 2001 (during the formation of Cottage Health System, the umbrella organization for Santa Barbara, Santa Ynez Valley and Goleta Valley Cottage Hospitals); she chaired the Nursing Committee of the Board (she's a nurse her-

self); and she was a fully committed volunteer and active cabinet member during The Campaign for Cottage Health System's philanthropic effort to support the rebuilding of Santa Barbara Cottage Hospital.

## Get a Lift: nurses in Santa Ynez love it

The first hospital in the Cottage system to install patient lift equipment in its new medical-surgical rooms, Santa Ynez Valley Cottage Hospital (SYVCH) staff are already big fans of the change.

"Not only does it give our patients more dignity when we need to move them," claims clinical manager Gayle Mercado, "but it really increases our ability to give good care. At the end of a long day, our nurses may be tired but at least their backs aren't hurting!" In place at SYVCH since the new wing was completed last spring, both overhead ceiling-mounted versions and special floor/sheet lifts can be used to transport patients to the commode, the chair, or the shower. Similar equipment will be installed at the new Cottage hospitals in Santa Barbara and Goleta.



## Baby, You're the Greatest!

Cottage Health System held its most successful Family Fitness & Baby Fair yet at Oak Park in September. Thank you to the hospital staff, volunteers, and 62 external organizations that participated. Crowds especially enjoyed demonstrations that illustrated the importance of a safety helmet: Helmet-clad eggs (more than 100!) and melons were dropped, showing

how well helmets protected these fragile items. Low-cost helmets were offered for sale.

## Center of Excellence

The Cottage Center for Weight-Loss Surgery recently received a renewal of its designation as a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery. The designation recognizes surgical programs with a demonstrated track record of favorable outcomes in bariatric surgery. Bariatric surgeons at the Cottage Center for Weight-Loss Surgery specialize in state of the art, minimally invasive techniques, and a trained staff helps guide patients through every step of the weight-loss process, from pre-surgery counseling through post-surgery support groups.



## Cottage Children's Hospital is on Facebook

Join more than 1,100 "followers" on Facebook by typing **Cottage Children's Hospital** in the search window, or go to this address

<http://www.facebook.com/cottagechildrenshospital>.

We invite you to log on and read the posts from families who have been touched by the care we provided. If you have your own Cottage Children's Hospital story, please consider sharing it on our Facebook page.

How has Cottage touched your life? Here's what some of our Facebook followers had to say:

*Rachael: The whole team (MA/RN/MD/ Front Desk/Dieticians) at the CCH Pediatric GI clinic are absolutely amazing! Dr. Kelts didn't miss a beat when he discovered my daughter was having potentially life threatening symptoms caused by her reflux. With no hesitation she was referred to Dr. Keshen and a Fundoplication was performed a week and a half later. Great pediatric team at the clinic!*

*Mario: Thank you cottage hospital!!! My son had Botulism, DEC2010, and your entire staff was crucial in curing him!! Without your support and intelligence I might not have been able to celebrate this fathers day! Thank you all.*

*Robyn: We LOVE our NICU nurses! We were truly blessed with the best. Every single one of you. Thank you for your tender care with our son Hayden and for loving our family. We miss you!*



# Tracking & Treating TRAUMA



Jennifer Wobig and Dr. Stephen Kaminski stand on the site of the new SBCH helipad, scheduled to open in February 2012. The addition of a helipad to the new hospital will eliminate the need for ground transport from other landing locations, getting trauma patients more quickly to the care they need.

JENNIFER WOBIG, TRAUMA SERVICES PROGRAM MANAGER, and Dr. Stephen Kaminski, director of trauma services and the surgical intensive care unit, talk about their first weeks with the trauma team at Santa Barbara Cottage Hospital.

Jennifer makes time in her schedule for an interview about the trauma program, as pictures of her newborn flash on her computer screensaver. Dr. Kaminski joins the meeting directly from his afternoon working in the County Public Health Department's clinics, where he oversees education of Cottage's surgical residents (it's a long-established affiliation and a tradition he is proud to continue). These are two hard-working, busy people. And their passion for trauma care is clear.

Santa Barbara Cottage Hospital's Trauma Center is a care hub for the Central Coast. Jen's role is to coordinate all aspects of care necessary for trauma patients—with the ultimate goal of returning them to their pre-injury state.

When a trauma activation occurs, an entire interdisciplinary team responds to the call. This might happen five to ten times each day, and Jen tracks the progress of these most severely injured patients as they work toward recovery.

"Trauma touches every department in the hospital," observes Jen. "We want people to know who we are and understand the level of care offered here. There are lots of good things about the hospital. We're just one of them."

What sets Cottage apart? "I can tell that Cottage is really dedicated to the community. There's a

commitment of physicians and administration to trauma services, and it's a program that takes a lot of financial support and can sometimes drain hospitals," observes Jen.

Dr. Kaminski agrees. "This is a public resource gem," he says. "Here's this pristine resource in our own backyard, ready when you get injured. And it requires support from within the hospital and within our community in order to continue to excel."

Trauma centers are unique—set apart from emergency departments—by the requirements to have specialists on call. This improves care for all patients, not only the hospital's trauma patients, because all patients have access to these specialists. It elevates care throughout the system.

Santa Barbara Cottage Hospital's trauma center does just that, with more than 100 physician specialists. It is a refer-

**Trauma centers are unique—set apart from emergency departments—by the requirements to have specialists on call. It elevates care throughout the system.**

ral center for a wide swath of the Central Coast and is complementary to other primary care hospitals in the region, improving patient outcomes.

The national Trauma Quality Improvement Project (TQIP) tracks outcomes of more than 100 trauma centers nationwide, and SBCH consistently ranks among the best, outperforming some of the major metropolitan teaching centers.

"That's who we are," says Dr. Kaminski. "This is a smaller community but the specialists we recruit are top-of-the-line, better than in many larger cities. We don't need to send anyone away. We can treat all types of injuries right here."

He adds, "When a person gets a traumatic injury they don't have time to shop around for hospitals. Often they get what's closest. So here we are fortunate. Patients will not only get a designated Trauma Center. They'll get an *outstanding* Trauma Center."

Transfers from Santa Ynez Valley Cottage Hospital and Goleta Valley Cottage Hospital are seamless and instantaneous, largely due to what Dr. Kaminski observes is a closely knit medical staff among the hospitals. "It helps that we all participate in the same professional education opportunities. We know each other by name... that improves communication and collegiality."

Cottage continues to focus on building and strengthening Trauma Services, adding a helipad atop the new hospital opening in early 2012.

◆ BY COLETTE BRIERE | PHOTO BY GLENN DUBOCK

## THE SBCH TRAUMA TEAM IS RECOGNIZED FOR EXCELLENCE

During the recent American College of Surgeons (ACS) survey for verification of its Level II Trauma Center, the SBCH Trauma Program was given a preliminary re-certification by the ACS site surveyors, with zero deficiencies.





## Future Thoughts. Future Achievements.

As the last issue of Cottage Magazine for 2011 is distributed throughout the greater Santa Barbara region, we are already looking forward to what the New Year will bring.

For Santa Ynez Valley Cottage Hospital it will mean continuing to enjoy their new, well received patient care wing and moving into the final stages of renovation and retrofitting of existing portions of our small but mighty rural hospital. It serves the growing healthcare needs of our friends on the other side of the mountains and as the “gateway” to more tertiary resources in other parts of Cottage Health System.

For the new Goleta Valley Cottage Hospital it will mean seeing the steel beam frame’s completion celebrated this past summer, shelled out, taking Goleta style form and being readied for the installation of electrical, plumbing, steam, medical gases and other internal systems.

And lastly, for the new Santa Barbara Cottage Hospital, it will mean officially opening the doors of “phase four” of our award-winning facility encompassing the elegant Ridley-Tree and Oak Park Pavilions and the Main Entrance and Lobby

on Pueblo, and, the Junipero Pavilion housing diagnostic and treatment areas including Brittingham Family Women’s Services, the Operating Suites and McAlister Family Radiology.

To help mark the Santa Barbara Cottage Hospital Grand Opening, a series of celebratory events and tours is planned.

Incredible community philanthropic support from individuals, foundations, corporations and businesses has been instrumental in making this healthcare infrastructure a reality for those of us lucky enough to call this locale “home.” I hope you share my pride and satisfaction in that accomplishment that will also be true for generations to come.

If I can ever be of service, please do not hesitate to let me know. Thank you for your trust and your generosity.

Yours for Cottage,

Suzanne Ryan Curran Dalston  
Vice President for Advancement  
Cottage Health System



The Oak Park Cloister at the corner of Oak Park and Pueblo

# AMAZING THINGS *are happening!*

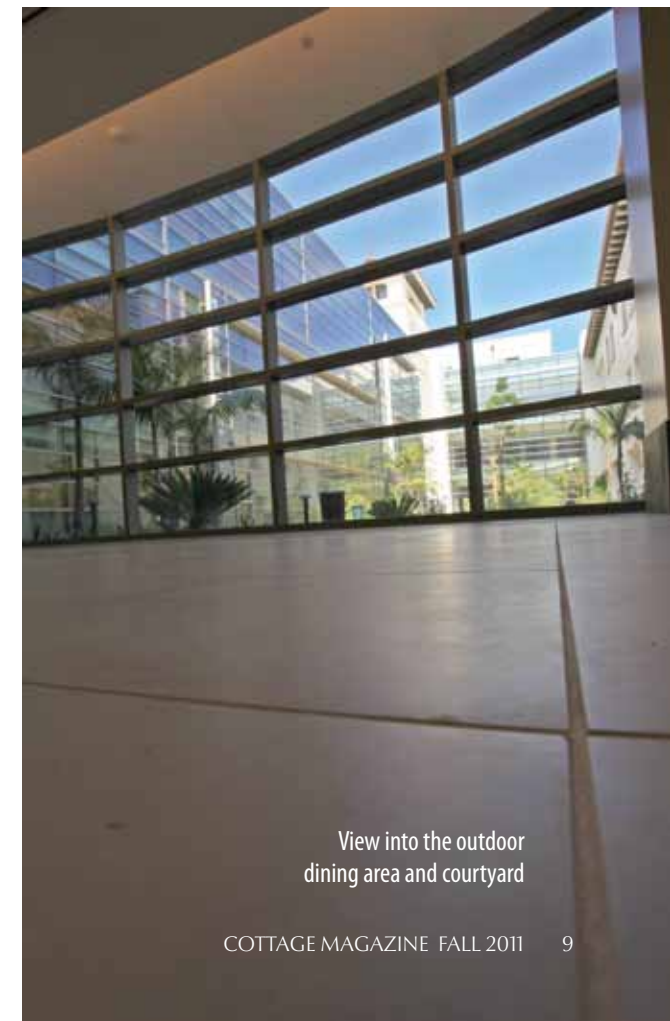
**Please join us for a tour and celebration of  
the new Santa Barbara Cottage Hospital.**

### Community Open House Events

Saturday, January 7  
9:00 am – 3:00 pm

Sunday, January 8  
9:00 am – 3:00 pm

**Reservations are necessary:  
Call 1-855-CHS-WELL (1-800-247-9355)**



View into the outdoor  
dining area and courtyard









## HEALING ARTS

# Another Dimension to Medicine

Arts in health care has become an international movement. And it's not just about looking at pretty pictures.

Integrating arts with the healing process transforms hospital settings into restorative and calming environments that benefit patients, visitors, and staff.

Exposure to the arts aims to enhance patient care and help speed recovery. Improving the environment in this way can help to ease patient and caregiver stress and anxiety and improve overall patient satisfaction.

CHS is embracing the Healing Arts by including an unprecedented collection of original works by local artists in all its facilities—the largest collection of its kind on the Central Coast.

The new Santa Barbara Cottage Hospital will celebrate “The Vibrancy of the Central Coast” by featuring original works in patient rooms, corridors, waiting rooms, elevator landings, lobbies, gardens, and other public areas of the hospital. The pieces include stunning landscape paintings, whimsical sculptures, mixed media collages, and much more.

More than 400 Central Coast artists submitted samples of their work and concepts for consideration, of which 123 were selected to provide art for the new Santa Barbara Cottage Hospital. Ultimately, more than 1,200 pieces will enrich the patient experience in all CHS facilities.

A number of significant pieces of what we have called the Landmark Collection have been sponsored by generous donors. Many others are available for sponsorship. Please browse some of the pieces on our website.

If you would like more information about the Healing Arts Program, please contact Carla Long, Director of Planned Giving, at 805-879-8980.

To see more of the artwork featured throughout the new hospital, visit our website at [www.cottagehealthsystem.org](http://www.cottagehealthsystem.org)

◆ BY TERESA ROUNDS | PHOTO OF 'TALULAH' BY MARTY GOLDSTEIN. THE BRONZE SCULPTURE WILL BE INSTALLED AT OAK PARK LANE GARDEN



The River of Life meanders through an interior courtyard





# PEDALLING TO A Steady Beat

At age 60, Martin W. feels like his heart is in great shape again after suffering for many years with an irregular heart beat called atrial fibrillation (Afb). His symptoms started about seven years ago while he was on a bike ride near his home in Ventura County. An avid cyclist who would pedal more than 100 miles per week, Martin made it a habit to wear a heart monitor to help push himself during workouts.

“At that time, I felt like I was in the best shape I’ve been since I was 30 years old,” says Martin. “I was at the same weight I was when I was 30. I felt great. Life was great.” But one day, while he was resting after his usual ride, Martin was shocked by what he saw on his heart monitor. His resting pulse was 178 heart beats per minute.

“Seeing that number scared me so much that my heart rate went up to 188 from all the adrenaline,” Martin recalls. “I rode my bike into a nearby park and told the ranger what was happening and to keep an eye on me in case I passed out.” When his heart rate returned to normal, Martin rode home and

called a cardiologist. The diagnosis was atrial fibrillation.

Atrial fibrillation is an irregular beating (arrhythmia) of the heart. Either the upper or both upper and lower chambers of the heart beat rapidly and that can lead to lightheadedness, palpitations, shortness of breath and tiredness. But some people can have atrial fibrillation and feel fine without any symptoms.

A normal heartbeat is about 70 beats per minute. But in a heart with atrial fibrillation, the upper chambers can race to 600 beats per minute. Physicians perform a test called an electrocardiogram to determine if a person has atrial fibrillation.

A steady heartbeat is controlled by electrical impulses that travel through the heart, first through the upper chambers, called the atria, and then through the lower

chambers, called the ventricles. In order to reach the ventricles, electrical impulses must pass through the atrioventricular, or AV node.

Atrial fibrillation occurs when a storm of electrical impulses spreads through the atria in a chaotic and disorganized pattern, causing the atria to begin rapidly contracting. As a result, the ventricles may also begin contracting faster. When the heart is in atrial fibrillation, the body can’t receive the blood and oxygen it needs, causing symptoms.

The chances of having atrial fibrillation are relatively high, states Dr. Brett Gidney, an electrophysiologist at Santa Barbara Cottage Hospital. Between the ages of 40 and 95 a person has about a one in four chance that during their lifetime they will have the condition.

“This is an enormous health burden. And Afb is the most common cause of stroke,” Dr. Gidney says. While the exact cause of the condition is unknown, some factors that can contribute to it are high blood pressure, coronary heart disease, damage from a heart attack or surgery, sleep apnea, and aging.



Sometimes episodes can be triggered by substances like alcohol, tobacco, and caffeine. An episode may last just a few seconds, where a person is aware of a rapid heart-beat. Or episodes can last several minutes to all day long. Symptoms can appear once a year to every-day.

Even with mild symptoms, atrial fibrillation needs to be treated, or serious complications can develop. If left untreated, atrial fibrillation can cause blood clots that can lead to a stroke. Over time, a rapid heart rate can also weaken the lower chambers of the heart, causing other health problems.

For seven years, Martin tried various ways to manage his atrial fibrillation. He took prescription medications, which helped for a while but eventually lost their effectiveness. He also had two procedures involving ablation, one surgical and one by catheter, in which a small amount of heart tissue is scarred by a high-frequency current.

But his atrial fibrillation came back. Again he returned to using medications, but he was frustrated that he could not be cured of his condition.

Then Martin's doctor referred him to Dr. Gidney. Dr. Gidney (*pictured*) performs ablations using an advanced technique involving

a next generation 3-D mapping system with magnetic navigation technology. A catheter is inserted into a special IV called a sheath and then into the femoral vein at the groin. Patients are only under a light anesthetic. Unlike other procedures that can take about seven hours, Dr. Gidney performs the procedure in three to five hours.

"The new technology allows the physician to track the catheter in the patient, similar to a GPS system," Dr. Gidney explains.

Dr. Gidney uses 3-D mapping and intracardiac echocardiography of the left atrium to perform pulmonary vein isolation using radio-frequency ablation to cure atrial fibrillation.

The simple explanation of the procedure: "It's like putting electrical tape around the four pulmonary veins of the heart so that the electrical signal (that causes the irregular heartbeat) can't get out," Dr. Gidney says.

He is one of only a few physicians in the region who performs this procedure, which can dramatically reduce and even cure atrial fibrillation while exposing patients to much less radiation than other ablation treatments.

"Here the average X-ray exposure is six minutes. In other places, the patient gets exposed to 45 to 50 minutes of X-ray," Dr. Gidney emphasizes.

Martin was very pleased with the results after having the ablation performed by Dr. Gidney in October 2010.

"I'm finally cured of my Afib," said Martin, who is back on his bike and riding up to 50 miles per week. "I don't have to take medications for it anymore and I'm not restricted in my activities. Now I just have to work on losing some weight."

◆ BY MARIA ZATE | PHOTO BY GLENN DUBOCK



## Have a hearty laugh

As we've all heard, laughter is the best medicine. Here are some ways humor helps your heart:

- Laughing burns approximately 50 calories in 10-15 minutes.
- Laughing can raise your heart and respiratory rates along with increasing oxygen consumption, which is similar to your body's reaction during aerobic exercise.
- Laughing exercises the diaphragm, abdominal muscles, and even the shoulders.
- Laughing helps the lungs release more air which leads to a cleansing effect, similar to that of deep breathing.
- Laughing improves the function of your blood vessels and increases blood flow which can help protect against a heart attack or other cardiovascular problems.
- Laughing strengthens your immune system.
- Laughing relaxes your muscles for up to 45 minutes.

Ways to fill the laughter prescription:

- Watch a funny movie with family or friends.
- Post cartoons around you that make you chuckle.
- Participate in fun activities like karaoke and bowling.
- Go to a laughter yoga class.
- Look for humor in everyday activities.
- Spend time with children doing something silly.

## Expanding Arms of Robotic Surgery

Traditional surgery involves an open incision. Laparoscopic surgery uses small incisions but, until recently, was generally limited to simple procedures. Now more complex surgical procedures can be accomplished with a robotic system using the smallest of incisions—often through a natural orifice—meaning less pain, minimal or no visible scarring, shorter hospital stays and faster recovery for patients.

The "daVinci Team" at Santa Barbara Cottage Hospital is a group of operating room specialists dedicated to minimally invasive robotic surgical procedures. They are highly trained and many have been involved in the program since its inception. The program began with one daVinci robot purchased with the help of generous community support to the Santa Barbara Cottage Hospital Foundation. Currently the hospital has the third generation, state-of-the-art robotic system and offers more minimally invasive procedures than ever before.

The benefits are countless and the technology is advancing rapidly. Dr. Phillip West recently performed Cottage's first robotic esophageal myomectomy to correct a patient's restricted esophagus. And patients



who have thyroid surgery no longer have a scar across their necks; instead only a small lateral incision is made under the arm.

More and more physicians and other hospitals outside of the region are embracing the technology and requesting certification and training at SBCH. The Cottage team is more than willing to help in this collegial sharing of information among hospitals.

Mary Meola, administrative director of surgical services at SBCH observes, "What's unique to Cottage is that it has the best of both worlds. It's a teaching hospital and it's

community-based. We have all of the sophisticated technology here but also we have staff being empowered to make decisions and give feedback to improve processes."

What's on the horizon? A new robotic system enabling surgeons to perform procedures with a single incision. And for the new Santa Barbara Cottage Hospital scheduled to open in early 2012...a centrally located robotic surgical suite that will provide easy access to the operating room for various service lines.

◆ BY COLETTE BRIERE | PHOTO BY GLENN DUBOCK

*With support from the highly trained team at Cottage, surgeons are performing minimally invasive procedures including these:*

- TUMOR REMOVAL
- UROLOGICAL PROCEDURES:
  - Prostatectomy – to remove an enlarged prostate causing urinary problems
  - Partial and total nephrectomy – kidney removal
  - Pyeloplasty – kidney reconstruction
- GYNECOLOGICAL PROCEDURES:
  - Hysterectomy – removal of the uterus
  - Myomectomy – removal of uterine fibroids
  - Endometriosis treatment
- VIDEO-ASSISTED THORACIC SURGERY (VATS) to diagnose and treat conditions in the chest and lungs

Physicians currently performing robotic assisted surgical procedures at Santa Barbara Cottage Hospital:

- Dr. Carin Craig, Gynecology
- Dr. Margaret Echt, Gynecology
- Dr. David Raphael, Gynecology
- Dr. Ann Rodriguez, Gynecology
- Dr. Ralph Quijano, Gynecology
- Dr. Benedict Taylor, Thoracic Surgery
- Dr. Phillip West, Thoracic Surgery
- Dr. Daniel Curhan, Urology
- Dr. Alex Koper, Urology
- Dr. David Laub, Urology





## VOLUNTEER PROFILE

# Toni Straka: The 50-Year Volunteer

July 8, 1961. That was when today's Auxiliary president began volunteering at Santa Barbara Cottage Hospital.

Toni Saadi, a new kindergarten teacher at Garfield School on Padre Street (today's Schott Center), was off for the summer. She'd recently been introduced to the hospital because part of the school's curriculum encouraged teachers to learn more about their community. The hospital's main entrance at the time faced onto Pueblo Street. So Toni had walked her class of 18 students up the street for a hospital tour. And she loved the connection.

Now, with school out, Toni wanted to maintain that link. Thus began her extraordinary fifty years of volunteer service to the hospital. They began at the information desk in the main lobby, moving to the surgery information area where Toni today still continues to act as a liaison between the operating room staff and the families of patients undergoing surgery. She has also delved into pediatrics, helped out with community health fairs and events, become involved in Spiritual Care, and for the last six years has been available as a docent and tour leader. Her leadership skills have seen her elected president of the Auxiliary not once, but twice: in 2003/2004 and now as the current president, helping to guide Auxiliary members through the complex preparation of moving into the new Santa Barbara Cottage Hospital.

During those initial years, Toni continued to volunteer on Sunday afternoons during the school term. She met her future husband, Bill Straka, also a teacher at Garfield. The couple married in 1964 and had two

sons, Todd and Matt. Toni then retired from teaching to raise their boys, but continued volunteering on Wednesday afternoons, trading babysitting with other moms she knew. "I felt it was important to keep the contacts at the hospital," she acknowledges, "and I needed to have adult contact!"

Well-known throughout the community, Toni's other major involvement has been with First United Methodist Church on Anapamu Street. She served as the education director for the Sunday school programs for 20 years, and has a long history of coordinating weddings and events at the Church. More recently, her outreach activities have extended to the Prime Time Band, a weekly gathering of concert band lovers aged 50+. Husband Bill was in at the beginning of the informal gathering more than 16 years ago, with Toni subsequently joining the group and today playing the timpani and other percussion while serving as the official band manager.

**FIFTY YEARS LATER**, how does this feisty lady maintain her enthusiasm and drive? Director of volunteer services Patricia Dooley asks the same question. "She's so full of energy. It's like she's beginning her first year."

Adds Steve Warner, president elect of the Auxiliary, "Santa Barbara is a better place because of Toni."

"There's no question that you get more back than you give," Toni says about volunteering. "If I can help somebody's day be better, that's great. And there's always someone thankful that you came to work that day. It makes a difference."

Toni is among those eagerly awaiting the transition to the new hospital. "The surgical waiting rooms are going to be really great," she promises, aware that families often need to stay there for two, three hours or more while their loved one is in the operating room. "We've made such progress over the years with how we treat our visitors and patients. One Napa family told me recently that other hospitals don't compare. We get frequent comments about our cleanliness and friendliness and the fact that someone actually picks up the phone when you call the hospital. The Cottage philosophy of putting patients first really makes a big difference."

Fifty years later, there's no talk of retirement for Toni. She recently added caregiver to her roster of duties when husband Bill suffered a stroke, but he's recovering well with the support of all those he's grown to know at Cottage through the years. "We continue to meet staff in the hospital who say they were one of Bill's students years ago. It really feels like family."

Toni also likes to point out to that family, five decades after she first visited SBCH, that the entrance to the new hospital will face onto Pueblo Street once again. ♦ BY JANET O'NEILL | PHOTO BY GLENN DUBOCK

## Make a Difference

Make a difference in your life and the lives of others. Consider volunteering at one of our hospitals.

If you have some time to spare and a heart to share, please know that your skills, smiles and compassion can make a big difference in people's lives at our not-for-profit hospitals. We have many opportunities for people of all ages—whether retired, currently employed, or in school.

Download an application:  
[www.cottagehealthsystem.org](http://www.cottagehealthsystem.org)

Email us:  
[auxiliary@sbch.org](mailto:auxiliary@sbch.org)

Call us:  
805-569-7357

We'd love to have you as part of our family.



# Creating Paths to Mental and Physical Health

**AN IMPORTANT PARTNERSHIP** in Santa Barbara helps individuals with disabilities or disadvantages overcome barriers to employment or independent living. Called PathPoint, it relies on countywide teamwork to provide physical and psychiatric services including health and medication management as well as community living skills such as cooking, hygiene, safety, banking and money management.

Cottage is proud to support the partnership, helping PathPoint clients via its Parish Nursing Community Outreach Program. Supporting the Paths to Recovery initiative within the Mental Health Division of PathPoint, Parish Nursing serves 130 clients with approximately 13 staff, including a psychiatrist, lead clinician, registered nurses and case managers, one of whom specializes in the treatment of substance abuse disorders.

Serving as hinge points in the partnership, case-workers help individuals reach their highest level of independence in the community. This varies from client to client since some have jobs and some take classes, while others have cognitive impairments or mental illness that requires more careful intervention.

Cottage nurses manage medications for clients who need that service; they administer intramuscular psychiatric medications and they go into homes to provide care. Commenting

on the synergy, PathPoint director Jennifer Newbold says, “In my 25 years with PathPoint I have found this to be a significant improvement in the way we deliver services to seriously mentally ill people. As medical [Cottage] and mental health [PathPoint] care providers we have similar goals in diagnosing and treating illness early and therefore avoiding crisis care wherever possible.”

Nurses will also assist case-workers by providing education on physical illness. “We will take a client’s vitals and measure blood sugars, provide nutrition and diabetes education, and educate case-workers,” says Parish Nurse Kim Madden. “It’s our role to advise and assist clients on accessing help in the community with referrals or suggestions from a medical position, and we provide flu vaccina-

tions for clients and CPR training for caseworkers.”

Funding for the programs comes from the Alcohol, Drug and Mental Health Services Department of Santa Barbara County, from the St. Francis Foundation and from Cottage Health System. The Paths to Recovery program helps to decrease the number of emergency room visits and extended hospitalizations, and it has been an important factor in combating homelessness.

What does her involvement in the program mean to Cori Beveridge? “As a team, we all pull together when a client declines, and we move quickly. This has been a huge factor in the success of the program, as we act both proactively and reactively to care for a client.” Clients have progressed from

living on the streets and being severely psychotic, to securing housing, finding a job, taking classes and reconnecting with family.

“I couldn’t be more pleased with this partnership and look forward to having more nurses involved and reaching more clients,” says Jennifer Newbold. Cori adds, “When I pull up to a house where some of our clients are living, I find a common and enthusiastic question—‘Are you here to see me?’ This shows me how much they value and appreciate us.”

◆ BY IAN VORSTER | PHOTO BY GLENN DUBOCK



Pictured:  
Cori Beveridge (l) and Kim Madden (r)



## Building a new Goleta Valley Cottage Hospital Construction Progress

The landscape is changing daily at the site of the new Goleta Valley Cottage Hospital on Patterson Avenue. Check out the webcam and follow the progress: [www.cottagehealthsystem.org](http://www.cottagehealthsystem.org), click on Building for the Future. Scheduled for completion by late 2013, the new 52-bed hospital will place greater priority on the patient-centered experience, while expanding its emergency department, surgery suites and wound management program, and increasing its medical/surgical beds (in all-private rooms).



# RETIREMENT SOLUTIONS

## INVESTMENT NEWS

### Take the Worry out of Retirement Income

Whether you are currently retired or planning to retire sometime in the near future, the economic downturn has affected nearly everyone's retirement expectations. Fluctuations in retirement and other asset values have made it more difficult than ever to predict exact levels of retirement income, a scenario that makes some soon-to-be retirees nervous about the next phase in their lives. Some of Cottage's friends are combining charitable gift planning with retirement planning, a creative strategy that provides an opportunity to fulfill meaningful philanthropic goals while at the same time securing a reliable retirement income stream.

How does it work? You transfer assets to the Santa Barbara Cottage Hospital Foundation now. You get a charitable tax deduction for a portion of the assets now. The Santa Barbara Cottage Hospital Foundation contractually agrees to pay you a specific dollar amount each year beginning at a time of your choosing. Your future income is guaranteed regardless of what happens in the market and, in certain cases, a portion of your future income may be tax-free. Many of our friends find Cottage's rates an attractive alternative to the low rates currently available on CDs and other traditional income-producing investments. This gift vehicle is called a charitable gift annuity.

How might a gift annuity fit into your plans? The chart at the right shows the rates we offer at various representative ages for an annuity that begins paying immediately. Often the rates for a deferred annuity (where the payout is deferred for at least one year) can be even higher.

Charitable Gift Annuity Payment			
Single Life		Joint Life	
Age	Rate	Age	Rate
60	4.8%	60	4.3%
65	5.3%	65	4.7%
70	5.8%	70	5.2%
75	6.5%	75	5.7%
80	7.5%	80	6.3%
85	8.4%	85	7.4%
90	9.8%	90	8.8%

The figures here are sample rates and are for illustration purposes only. Please call us and your advisor to see if a gift annuity is right for you.

For more details on this Cottage program or for a complimentary, no-obligation proposal, call: **Carla A. Long, Director of Planned Giving**  
Cottage Health System  
805-879-8987  
or [clong@sbch.org](mailto:clong@sbch.org).

You may designate the Cottage Health System hospital and program of your choice as a beneficiary of your generous gift.

## COMMUNITY HEALTH PROGRAMS

### Healthy Balance Weight Management Clinic

8-week weight-loss program focusing on healthy choices for nutrition and exercise.  
Call for next orientation meeting date. 805-569-7201

### The New Santa Barbara Cottage Hospital: Community Open House

Saturday and Sunday, January 7 and 8, 2012  
9:00 am - 3:00 pm  
Reservations required: 855-CHS-WELL

### Healthy Joint Wellness Seminar

Thursday, January 19, 2012  
3:00 - 4:30 pm  
Goleta Valley Cottage Hospital, Ashton Center  
Information: 855-366-7246

### Diabetes Classes: Living Well

Goleta Valley Cottage Hospital, Ashton Conference Room  
First Tuesday of the month, 10-11:00 am  
Second Wednesday of the month 3-4:00 pm (class in Spanish)  
Third Tuesday of the month, 6-7:00 pm  
Fourth Tuesday of the month, Noon-1:00 pm  
Learn about diabetes prevention and management.  
Free and open to the public.  
Information: 805-681-6441

### Childbirth & Breastfeeding

Information: 805-569-8229

### Community CPR

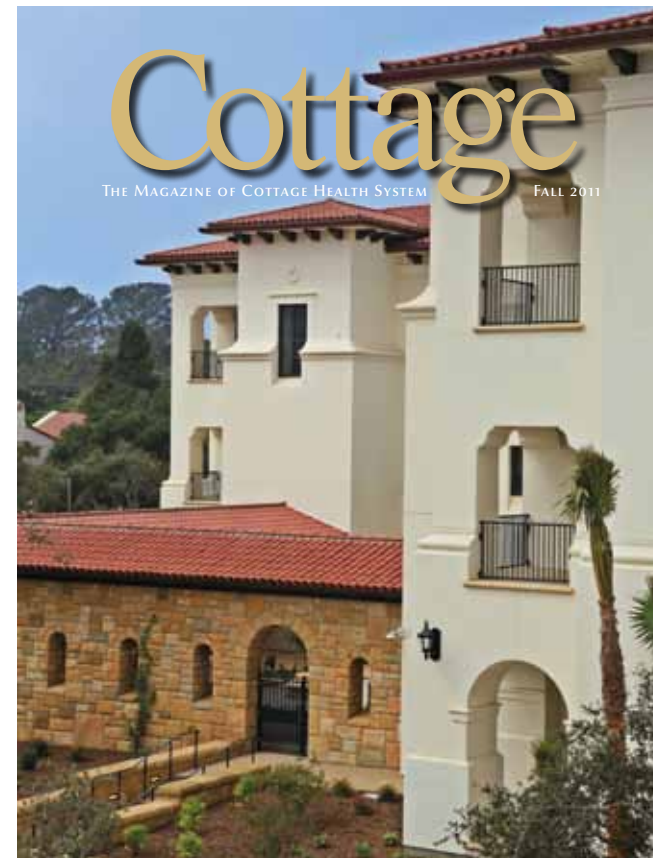
Information: 805-569-8229

### Smoking Cessation Classes

Call for schedule. 855-CHS-WELL

Access Cottage's online calendar: [www.cottagehealthsystem.org](http://www.cottagehealthsystem.org)

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### Reader Comments: Fall 2011

We'd like to hear from you. If you have a comment or question, please fill out this form and mail it postage-free, call us at 805-879-8980, or email [cottagemagazine@sbch.org](mailto:cottagemagazine@sbch.org).

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In future magazines, I'd like to read more stories about the following:

- Santa Barbara Neuroscience Institute at Cottage Health System
- Medical Education
- The Cottage Emergency/Trauma Center
- Nursing
- Cottage Women's Services
- Healing Arts
- Cottage Children's Hospital
- Rebuilding SBCH Foundation Assets
- Cottage Rehabilitation Hospital
- Rebuilding Goleta Valley Cottage Hospital
- Santa Ynez Valley Cottage Hospital

Other:

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- Please contact me about making a tax-deductible gift to Cottage.



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