

Cottage

THE MAGAZINE OF COTTAGE HEALTH SYSTEM

WINTER 2009

Back on the Water

New technology helps stroke survivors regain motion

BUTTERNUT SQUASH SOUP

Stop at Cottage's weekly Farmer's Market for fresh produce to create this tasty—and healthy—winter soup.

Find Your Healthy Balance

HELPING FRIENDS THROUGH Breast Cancer

One woman's story of overcoming cancer and living to help others

Healing Arts

Creating aesthetic experiences to promote healing in our hospitals of the future

Tribute to Bob Andrews

Honoring a long chapter of community service



Taking Shape Rising on the block west of the current hospital at Pueblo and the now-closed portion of Castillo Street are the first two patient pavilions and the diagnostic and treatment center of the new Santa Barbara Cottage Hospital. Scheduled for completion in the summer of 2011, this phase of the rebuilding calls for more than 300 workers to be on site each day, half of them from our local area. From this view south of Pueblo, you can also spot the outline of the future helipad and elevator tower.



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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 19,000 patients, 40,000 emergency department visits, and 2,800 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 122 acute-care beds, admits 1,700 patients a year and sees 18,000 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 20-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 2008 totaled 300. There were 6,900 emergency visits, and Valley residents increasingly rely on the hospital's busy outpatient radiology and laboratory services.

(Statistics from the year 2008)

Simple Pleasures of the Season

As autumn approaches, Marlee Betzing takes time to savor the sweet smell of citrus at her Paso Robles home. The new season marks a joyful milestone for Marlee. Last summer she suffered from stomach-aches and extreme fatigue. Doctors at Cottage Children's Hospital diagnosed her with an aggressive form of cancer and began six months of chemotherapy. Today Marlee is cancer-free and, as a healthy five-year-old, she's full of energy and smiles.



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Cottage Health System's mission is to provide superior health care through a commitment to our communities and to our core values of excellence, integrity, and compassion.

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 recently 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.

Cottage Magazine

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Dear fellow community members,

It's good to recognize the incredible work that goes on day after day at Cottage Rehabilitation Hospital (CRH) on De la Vina Street. So many of its patients share stories that are inspirational and moving, and the staff and physicians providing the care and encouragement that these patients need are true heroes. With the facility and unique programs of the former Rehabilitation Institute at Santa Barbara (RISB) part of the Cottage family since 2007, we're providing an uninterrupted and valuable resource to the greater community and indeed, to the Central Coast. Offering medical rehabilitation services for those with brain and spinal cord injury, stroke-related disorders, neurological and orthopedic conditions, and more, CRH continues to make a major difference in the recovery and comfort of these patients and their families. We're grateful for that.

We're grateful, indeed, for much at this time of year, and on behalf of Cottage Health System and its staff, volunteers and physicians, we wish you happy holidays, best wishes for the year ahead, and of course, good health. It's a privilege and honor to serve you.

Ron Werft
President and CEO
Cottage Health System

Tips for Using Our Emergency Departments

What to know to be prepared



Santa Barbara Cottage Hospital (SBCH) is a Level II trauma center. It sees the most seriously injured and ill patients throughout the community, and their care—and that of

all critical or what we call “emergent” cases—will have priority over other patients. Remember that initial triage, physician evaluation, procedures, test results, and discharge or inpatient arrangements take time. Please be aware that we can allow no more than two healthy visitors to accompany a patient to any of the treatment rooms, so please don’t bring the whole family along. Our space is limited.

Your length of stay in the ED at SBCH will average about 2 ½ hours from arrival to discharge, or 3 ½ hours if you are to be admitted. While these times are at or below the national average for EDs, we constantly work to reduce them even more.

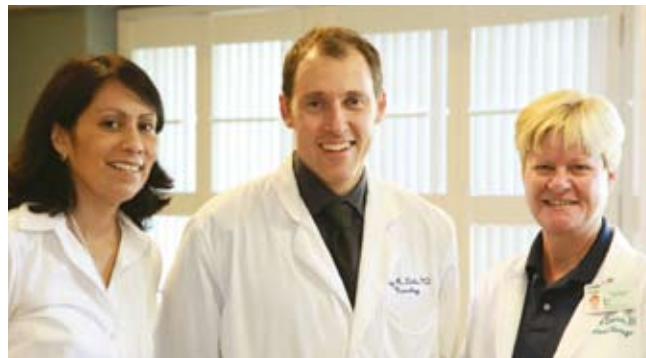
Goleta Valley Cottage Hospital (GVCH) is staffed by the same group of emergency physicians as SBCH, but you may be seen more quickly at GVCH.

If you live in the valley, seek treatment at Santa Ynez Valley Cottage Hospital (SYVCH); you will be transferred to other hospitals if you need additional care.

Our hospitals’ EDs are open around the clock every day of the year to meet emergency needs. Please use them if you believe your situation cannot wait. However, if you don’t feel the situation to be life-threatening, please consider using one of the community’s urgent care centers.

In addition, the Santa Barbara Neighborhood Clinics on Milpas, on the Westside, and in Isla Vista, offer care to all—not just the uninsured and underserved. Drop-in care is available but appointments are even better. They are generally open weekdays from 9 am to 6 pm (later on some days), and on Saturdays from 9 am to noon. Find times and locations at www.sbclinics.com

And, as always, remember that you can call your primary care physician for advice. ♦



Zarith Alvarado, RN; Phil Delio, MD; and Lorie Loomis, RN, make it their mission to provide the highest level of care for stroke patients at SBCH.

SBCH Earns Prestigious Designation as Primary Stroke Center

Santa Barbara Cottage Hospital has earned an Advanced Certification for Primary Stroke Centers from the Joint Commission, a leading healthcare accreditation agency.

This certification, granted last August, makes Santa Barbara Cottage Hospital the only stroke-certified center on the Central Coast between Los Angeles and the Bay Area. The hospital joins the ranks of distinguished stroke centers at Cedars-Sinai, UCLA, Stanford, and UCSF that also have earned this coveted certification.

The Joint Commission’s Advanced Certification for Primary Stroke Centers recognizes centers that make exceptional efforts to foster better outcomes for stroke care. Achievement of certification signifies that the services provided by Santa Barbara Cottage Hospital have the critical elements to achieve long-term success in improving outcomes for stroke patients.

The lengthy certification process started about four years ago with a multi-disciplinary vision that included the stroke neurologists, the nursing and quality departments, and significant support from hospital administration.

Together, this team focused on the continuum of care for stroke patients—from outreach education, to emergency intervention, to the acute patient care stay, then onto rehabilitation and finally back to the community.

“This certification is just one in a series of steps that Santa Barbara Cottage Hospital is undertaking in its development of a neuroscience institute. The institute will embody best practice, state-of-the-art equipment, research and physician

NEWS BRIEFS

expertise in the pursuit of the highest outcomes possible for neuro patients,” said Gary Milgram, service line director for neuroscience at SBCH.

Santa Barbara Cottage Hospital offers the only neuroendovascular surgeon and the only critical care neuro intensivist on the Central Coast. These physicians work with a specialized medical team to offer the highest level of care.

“Eighty percent of strokes are preventable,” said Zarith Alvarado, stroke coordinator at SBCH.

“Education is key. People need to know their risk factors for stroke so they can do something about it.”

◆ MARIA ZATE / PHOTO BY GLENN DUBOCK



As part of its community outreach efforts, the stroke education team at SBCH participated in Old Spanish Days Fiesta in Santa Barbara. The booth at the Mercado del Norte featured a game wheel to help players learn the facts about stroke and their individual risk factors. During the four days of festivities more than 500 people visited the booth staffed by Cottage nurses.

STROKE FACTS

- Every 45 seconds, someone in the United States suffers a stroke.
- Stroke is the nation's #3 cause of death and a leading cause of serious, long-term disability. (For Santa Barbara County, stroke ranks as the #2 leading cause of death, and #1 cause of disability.)
- About 700,000 Americans will have a stroke this year and approximately 24 percent will die from it.
- 80 percent of strokes are preventable. Education is key to avoiding a stroke.

To assess your risk factors, check the stroke risk scorecard at cottagehealthsystem.org under **Our Services/ Neuroscience Institute**

Leading the Way in Stem Cell Research

Join us on June 14, 2010 for an evening with **Hans Keirstead, PhD**, a leader in the field of stem cell research. Dr. Keirstead is an associate professor of anatomy and neurobiology at the University of California, Irvine. In 2004, he led a team at UC Irvine to successfully develop a human embryonic stem cell derived treatment for acute spinal cord injuries in rats. The treatment was recently approved by the FDA for clinical trials in humans with acute spinal cord injuries. This marks the first human embryonic stem cell trial ever approved in the United States. For more information on the June 14 event, contact Tom Reeg, RHF administrator, at 569-8999.

CMN Calls Volunteers to Help

The 24th annual Children's Miracle Network Celebration will air locally on the weekend after Memorial Day and include coverage of community events held throughout the year to raise funds for children's services. Volunteers interested in helping to organize community fundraising events for the Children's Miracle Network are encouraged to contact Audrie Krause, manager of annual giving, at 879-8985. The 2010 Telethon will include format changes, including more interviews with hospital supporters. The broadcast will also be shorter and will air as a pre-recorded program rather than live.



ABOVE: Frances Carricaburu, RN, greets a visitor at the SYVCH Health Fair.

RIGHT: Community members take a seat for flu shots at the Hotel Corque.

PHOTOS BY MONIE DE WIT

Flu Shots in the Valley

More than 750 Santa Ynez Valley residents lined up to get health information and flu shots at the 27th Annual Santa Ynez Valley Cottage Hospital Health Fair held in the fall. Generous donors enabled the hospital to offer free seasonal flu vaccines, discounted mammography and bone scan services to hundreds of underserved or underinsured members of the community.





COMMITMENT TO SERVICE

Chair of the Board

J. Robert Andrews

YOU CAN'T TOP J. ROBERT ANDREWS.

Not when you're talking about who might have the broadest understanding of Cottage and the Santa Barbara community. His history, involvement and insight run deeper than almost anyone's. And that benefits all of us who live here.

Currently completing a second term as Chair of the Cottage Health System Board of Directors, Andrews was first elected in 1976 and served until 1993, including his first two-year term as Chair. Re-elected in 2000, he has served continuously since then. He steps down as Chair in January of 2010, handing the baton to active community volunteer and businesswoman Gretchen Milligan, but continuing to serve as a Director on the not-for-profit board for another year.

A California native since age one, graduate of UC Santa Barbara and the Hastings College of Law, Andrews has been a practicing attorney in Santa Barbara for the past 42 years. If there's anyone who knows this community, it's him. Curious to discover his passion and history, "Cottage" magazine asked him a few questions.

Why did you choose Cottage as the place to volunteer so many years of your service and leadership?

I've always been deeply involved in my community. And not only at Cottage; I have served on many other local boards including the Board of the Santa Barbara Museum of Art for 17 years. A large number of our most important institutions are not-for-profit, and if we don't support them, we won't be able to preserve them. Plus, all three of my kids were born at

Cottage. It's a leading organization and it's a natural fit for me.

Are there particular Cottage people who stand out from your 30+ years of involvement?

Going back to those early years, **Baxter Starbuck** [of Starbuck, Tisdale investment counselors] comes to mind immediately. He was Board Chair at Cottage when I first joined; in fact, his grandmother, Mrs. Henry Starbuck, headed the board from 1910 through 1913, when the first replacement hospital was being built on Pueblo Street. And **Dick Welch**, also on the Board [Welch-Ryce-Haider was the family business]—who introduced me to the Hospital. I remember that he and I were stunned at the time to find that financial information was not routinely shared with the Board in those days.

What are some of the high points of your years with Cottage?

I'd have to say that the formation of the **SBCH Foundation** ranks as a major highlight. This resulted from the enormously generous bequest from Alice Keck Park in the late 1970s—a gift that was shared with Cottage, the Museum of Art, and the Botanic Garden. The Hospital's share of that gift amounted to \$30 million and it continues to have a major impact on what Cottage has been able to do, primarily because of a Board policy regarding its use. [Read about this gift at www.cottagehealthsystem.org, "Cottage" magazine, Dec07 issue, p10, One Gift that Changed Everything.]

All of the **construction projects** through the years have been critically important too, including the current rebuilding of SBCH. Closing Castillo Street, and the whole approval process for that, is certainly memo-

rable and historic. And of course, the recent campaign to support this enormous rebuilding project has been extraordinary; we witnessed total strangers [to Cottage] supporting the Hospital who remain important friends today.

It has been fascinating and stimulating to be involved in the development of **workforce housing** for hospital staff—a lengthy process and a social issue, and one we trust will benefit this community for generations to come. Housing costs will continue to impact our physicians too. And, dealing with the challenges of the **future practice of medicine** and finding new ways for the Hospital to align with physicians present opportunities that are revolutionary not only for hospitals and our medical staff but for our entire community for generations to come.

Witnessing the development of Santa Barbara Cottage Hospital into a major **not-for-profit health system** with three affiliated hospitals has been educational. The economies of scale, efficiencies of consolidation, and avoidance of duplication have helped preserve services for our communities. The current success of Cottage Rehabilitation Hospital is the best example of that in recent years.

How can others become more involved in their communities and make a difference, like you have?

I think it's grounded in a personal commitment, a belief system that donating time, talent, and energy to one's community is of value, and a belief system which says that without these contributions, we're not going to be able to sustain the multitude of vital resources for our community provided by our not-for-profit institutions.

Truly, it's a privilege and an honor to serve on the Cottage Board and a special honor and privilege to serve as Chair. To those who follow me, I offer this advice: CHS has the most impressive administration and staff of any organization I have ever been involved in—hands down. Stay out of their way and don't be tempted to micromanage! Focus your time and talent at the lofty level of policy. That's where you'll be most valuable. ♦

INTERVIEW BY JANET O'NEILL / PHOTO BY GLENN DUBOCK

HEALING ARTS



Healing Arts Programs are dedicated to transforming the healthcare experience by connecting people with the power of the arts at key moments in their lives.

Arts in healthcare programs and creative arts therapies have been applied to a vast array of health issues from post traumatic stress syndrome to autism, mental health, chronic illnesses, Alzheimer's and dementia, neurological disorders and brain injuries, premature infants, physical disabilities—all to improve health outcomes, treatment compliance and quality of life.

New evidence is emerging that such programs result in patients requiring shorter hospital stays and less medication and having fewer complications. Healing Arts Program supporters are convinced that it takes more than bricks and mortar to create a healing environment that fosters inspiration and comfort as well as exceptional medical excellence.

The current rebuilding of Cottage hospitals gives us a unique opportunity to initiate Healing Arts Programs concurrently with the opening of the new facilities. The new hospital facilities will be healing environments where architectural elements are enhanced by gardens and natural features and where the visual art has been carefully selected for its aesthetic quality. Woven throughout our new hospitals will be visual elements that reflect peace, natural beauty, and positive human interactions, all designed to add ambiance and warmth to the clinical settings.

A large percentage of the new art collections will focus on regional art and artists. If you are an artist and would like to know more about how to submit artwork for consideration, please email Project Manager Leah Goodwin at goodwin@aesthetics.net.

Philanthropic support is critical to the success of this program. If you would like to support our Healing Arts Program through a gift of art, an outright gift of cash or securities, or a gift through your estate plan, contact Carla A. Long, Director of Planned Giving, Cottage Health System, 805-879-8987.

Back on the Water



For Conrad Schmidt, life on the Central Coast just wouldn't be the same if he lost the ability to drive his sporty GTO or race his sailboat.

Conrad, 61, of Ventura, faced that gloomy reality last year when he suffered a stroke that partially paralyzed his left side.

But after two months at Cottage Rehabilitation Hospital, where he spent six weeks using an assistive technology device, Conrad was soon behind the wheel of his sportscar and his boat, once again enjoying an active lifestyle.

An assistive technology device is defined as equipment or a system that is used to increase, maintain or improve the functional capabilities of individuals with disabilities.

Conrad's path to recovering his motion included doing specific exercises

with the help of a special device that uses electrical impulses to improve muscle function. One exercise required him to open and close his left hand, a task he found difficult to do on his own.

"If I tried it by myself, I couldn't move it as far as I could when I was using the device," he explained. "It allowed me to have a larger range of motion than trying to activate the muscles on my own."

Kelly Matutina, an occupational therapist at CRH, remembers the gains Conrad made in movement, not only from using the device but also because of his positive outlook.

"Conrad constantly engaged his arm outside of therapy in functional tasks that were meaningful to him. His attitude and consistent perseverance is the main reason that Conrad has returned to living his life to the fullest. This is what occupational therapy is all about," she said.

"I've pushed myself to do things by setting my mind to it," Conrad explained.

For example, he waited four months after his rehabilitation to renew his driver's license. His goal was to drive his 2005 GTO, a car he purchased just before his stroke and didn't want to give up.

"That car had a manual transmission and I managed to drive it again," he beamed. "That was really important to me because I didn't want to have to sell my car."

Driving a stick shift isn't all Conrad can do these days. He's also back to sailing and participating in competitions. "I'm very pleased that I could do that again," he said.

His can-do attitude has allowed him to improve his range of motion even a year after his stroke. It's evident in little things he does every day.

A few months ago, Conrad needed to buy new footwear because he had worn out the sole in the front part of his left shoe.

"I had been dragging my foot when I walked," he recalled. "When I bought new deck shoes, I prevented them from wearing out by thinking about picking up my toes every time I take a step."

"Even now," he says proudly, "I can learn to get better at things." ♦

MARIA ZATE / PHOTO BY GLENN DUBOCK



ASSISTIVE TECHNOLOGY CENTER AT CRH

The loss of independence associated with disability is often devastating, both physically and psychologically. Assistive technology can help an individual regain independence in activities of daily life such as self-care, communication, work, driving, and recreation.

In order to meet a growing need in the Central Coast region, Cottage Rehabilitation Hospital (CRH) recently expanded its assistive technology services by establishing a comprehensive Assistive Technology Center (ATC). This new center, which debuted in spring 2009, serves the Tri-Counties and is available for referrals from throughout Southern California.

The CRH Assistive Technology Center offers individuals a wide range of choices in assistive technology, including these:

- **Speech Synthesizers** that help individuals communicate.
- **Computer Access** with adaptive pointing devices and keyboards, voice-activated systems, and head-controlled systems that make computer use available, even for those with the most severe impairments.
- **Home Automation** via electronic aids that operate household devices such as the TV, mechanical bed, lights, telephone, and infrared-operated curtains that increase safety and independence.
- **Home Safety** monitoring systems such as wheelchair and bed alarms that decrease the potential for falls and wandering.
- **Adaptive Driving Program** which provides clinical and on-the-road assessments to determine the ability for safe driving.
- **Neuroprosthetic Systems** that compensate for upper and lower extremity limb paralysis and weakness caused by central nervous system disorders such as stroke, spinal cord injury, brain injury, and multiple sclerosis.
- **Adaptive Leisure Skills Training** with the use of a Wii game console to help improve balance, upper-and lower-extremity function, and cognitive and visual skills.

For additional information about CRH's Assistive Technology Center, please call Denise Dowd at 805-569-8999 ext. 82311.

SURVIVING BREAST CANCER



Teresa with her mom, Alice Velasco and her "chemo pendant."



Teresa Bannon fingers the pendant around her neck and muses on the day she first learned of her abnormal mammogram.

A registered nurse, she perhaps knew too much. She understood the ultrasound and needle biopsy that followed the questionable screening three years ago, but as she looked at those results with her physician and the radiologist, it hit home.

"Even though I was suspecting it, the news was crushing," Teresa admits today. "I was 46. Because of breast cancer in my family, I'd had a baseline mammogram at 35, and since 40, have been faithfully scheduling my annual screenings at the Breast Care Center [at Goleta Valley Cottage Hospital]. But you're never really prepared. I remember going down to the Goleta beach to reflect on the news. I was numb."

Yet early detection can pay off.

The October 31 mammogram had detected a spot so small, and aggressive treatment got under way so immediately that time was on her side.

Following consultation with breast surgeon Dr. Kim Grafton—"she is intensely fabulous," claims Teresa—a lumpectomy, or partial mastectomy, was performed in November at Santa Barbara Cottage Hospital. Chemotherapy began in January at the Cancer Center of Santa Barbara: four rounds of chemicals, timed three weeks apart, basically invaded her entire body and all organs, poisoning the cancer.

"I lost my hair and was sicker than a dog," she recalls. "It really was the worst part of the treatment. At one time I passed out in

the shower. I was basically dehydrated and had been too sick and too out of it to get up for a drink of water."

With the support of family, friends and co-workers, Teresa survived those months, moving next to a six-week course of radiation, again at the Cancer Center. On July 1, 2007, eight months after the mammogram, she was back at work. A clinical resource nurse on the Mother/Infant unit at SBCH for more than a decade, she continues to work the night shift. "I'm a vampire nurse and proud of it," she jokes, explaining that she's grown to love the schedule she chose as a single mom when her three children were young.

Her YaYa sisters. Looking back on those challenging months, and what she learned, Teresa is quick to acknowledge her

“YaYa sisters.” These long-time childhood girlfriends—some from St. Raphael’s Elementary School in Goleta, and all from Bishop Garcia Diego High School—now live up and down the coast between Ventura and Paso Robles. Following Teresa’s diagnosis, they donned pink t-shirts, picked her up, took her “strutting” on the beach, ending up with pink cocktails and dinner on one friend’s best holiday china. “I know I’m never alone,” she claims. “Friends, family, co-workers—they’ve been such a support.”

Ironically, it is time now for Teresa to be the support system. Her older sister, Jill, was recently diagnosed with the same type of breast cancer. Teresa has pledged to be there for her. “It’s my turn to help out now, just as my mother helped me,” she says.

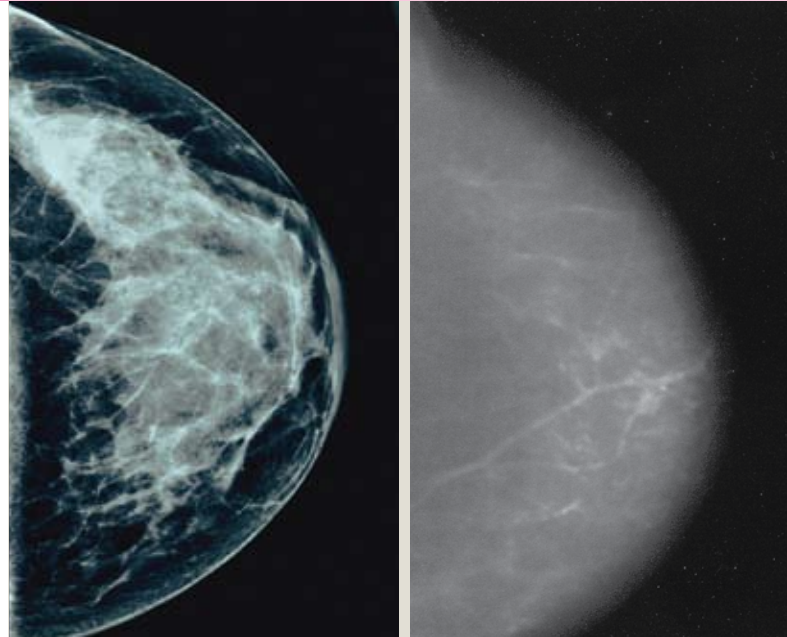
The realization of one’s own strength. It’s something she hopes Jill will also discover. “Physically, you find out that your body can deal with much more than you thought. That was something I didn’t expect to learn, particularly when I was going through chemo.”

That was a difficult time, but there’s the good-luck charm to consider. Too weak and nauseous to do much more than sleep and watch television, Teresa admits that in the fog of chemotherapy one night, she called one of the shopping channels that air in the wee hours. She ended up purchasing the piece of jewelry she’s now fingering. “I barely remember doing it,” she grins, “but I call it my chemo pendant.”

Teresa continues to do well today, and recently scheduled her next mammogram—this time on the new digital mammography machine at Goleta Valley Cottage Hospital. “I live in Goleta, I started my nursing career there, and I think the Breast Care Center is outstanding. It’s why I go there, and this new equipment is a huge bonus.”

JANET O’NEILL / PHOTO BY GLENN DUBOCK

For more information about breast cancer—the risk factors, the warning signs, the diagnosis and treatment options—go to Online Health on our website (www.cottagehealthsystem.org) and check Women. You’ll find valuable, current information for women—and men—of all ages.



The clarity of a digital mammography (above, left) compared with a film image.

In a first for the Goleta community, digital mammography is now being offered through the Breast Care Center at Goleta Valley Cottage Hospital. It represents the latest technology in screening for breast cancer.

The new machine features a sophisticated computer-aided detection system that provides crisp, clear images that help clinicians pinpoint cancer in its earliest stages. And because these images are immediately available in digital form, there’s no need to develop film. That makes the entire process much shorter.

The American Cancer Society guidelines for mammography recommend **a baseline screening for women between ages 35 and 39** (possibly earlier, if there’s a family history of breast cancer), and **annual mammograms each year after the age of 40**, so here’s a reminder to schedule that test.

Digital mammography is offered at multiple sites in Santa Barbara, including Sansum Clinic, Pueblo Radiology and the office of Dr. Judy Dean. And now it’s offered in Goleta at the Breast Care Center. Simply call for an appointment (681-6459) between 8 am and 4 pm weekdays. A screening mammogram generally takes only 15–20 minutes, with results mailed to patients within 48 hours.

And, good news for residents of the Santa Ynez Valley: Digital mammography is coming to your local hospital in 2010.

FINDING THE BALANCE

SONJA HERRERA SPENT THE LAST TWO DECADES PUTTING THE NEEDS OF HER FAMILY BEFORE HERSELF. But with her kids now grown and off to college, she felt now was the time to focus her attention on her health and well-being.

She wanted to lose weight but in a healthy way. “I didn’t want to do shakes and fad diets,” she said.

Sonja decided to try the Healthy Balance weight management program at Santa Barbara Cottage Hospital last spring.

“Healthy Balance is based on science, not fads,” explained Michelle Smith, coordinator of both the program and cardiac rehabilitation at Santa Barbara Cottage Hospital.

“The program emphasizes nutrition and exercise with a goal of 1 to 2 pounds of weight loss a week,” she added. “That’s the kind of weight that stays off. The aim is to lose body fat and not body mass.”

A team of physical therapists, a dietitian and an occupational therapist work with program participants to achieve weight loss and fitness goals.

Sonja joined the eight-week program in March 2009, and five months later she had dropped 34 pounds.

“The first 10 pounds are the easiest. But after 12 weeks I lost 24 pounds,” she said. “The program really made me more aware of my eating and exercise habits. I’m really happy with the results.”

Portion control plays the key role, she explained: “I learned that when it comes to eating, it’s all about moderation and knowing how much a healthy por-



Sonja finds nutritious food options—essential to maintaining her healthy weight—at the Santa Barbara Farmers Market.

tion size is compared to what we tend to eat.”

When she first began her exercise program, she had some knee pain. Her doctor determined it was arthritis. But by gradually increasing her strength and stamina, she was able to run comfortably.

“At first I wasn’t able to run for more than a minute on the treadmill,” she admitted. “But now I’ve been able to build up to running for a quarter mile.”

Sonja’s trim and glowing appearance is now having an influence on her friends who also want to make a change for the better.

“They want to lose weight and get in shape now, too, after seeing what I was able to do,” she said. “But I tell

them, the key to success is you have to do it for yourself, and not for anyone else.”

◆ MARIA ZATE / PHOTO BY GLENN DUBOCK

HEALTHY BALANCE IN A NUTSHELL

Cost: \$575 for 8-week program including:

- 3 pre-assessment visits with physical therapist
- Individually tailored training program
- 16 sessions of personal training
- Private consultation with a dietitian
- 6 specialized lectures

For more information call 569-7201.



BUTTERNUT SQUASH SOUP

a recipe from Chef Pedro Garcia of Santa Barbara Cottage Hospital

SERVES 4-6

INGREDIENTS:

- 1 large butternut squash
- 2 cups chopped sweet onions
- 1/4 cup chopped shallot
- 1 quart vegetable stock or broth
- 1 tablespoon garlic
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1/2 teaspoon red pepper flakes
- 2 teaspoons fresh sage
- 2 tablespoons butter
- 1/2 cup half-and-half
- 2 tablespoons olive oil
- 3 tablespoons maple syrup
- 1/4 cup chopped green onion

PREPARATION:

1. Cut squash in half, scoop out seeds and place both halves on a baking sheet.
2. Mix together cinnamon, cloves and red pepper flakes in a small bowl.
3. Spread 1 tablespoon of butter on the squash and sprinkle half of the cloves, cinnamon and pepper mixture on top. Place the squash in the oven and bake at 375 degrees for approximately 2 hours or until soft. Leave squash uncovered, so that top can caramelize.
4. Sauté onions, garlic and sage in the remaining butter and the olive oil in a stock pot until translucent and soft.
5. When squash is cooked, scoop out of its shell and put into a bowl with the onion/garlic/sage mixture. Working in small batches at a time, blend in a food processor until smooth. Add some of the stock or broth if mixture is too thick to blend.
6. Return mixture to stock pot on medium heat and add remainder of stock or broth until desired consistency.
7. Add the rest of the cinnamon, clove and pepper mixture to the soup and stir well.
8. Add a little of the heated mixture to the half and half to warm it up but keep it from curdling and then add to the soup.
9. Add maple syrup to pot and stir.
10. Garnish with chopped green onions.

NUTRITION INFO

Serving Size: 478 g (approx 2 cups)

AMOUNT PER SERVING

Calories 280
Calories from Fat 108

		% Daily Value*
Total Fat	12.0g	18%
Saturated Fat	4.9g	24%
Cholesterol	18.0mg	6%
Sodium	559.0mg	23%
Total Carbohydrates	40.9g	14%
Dietary Fiber	5.8g	23%
Sugars	13.2g	
Protein	7.0g	

Vitamin A	490%
Vitamin C	88%
Calcium	17%
Iron	14%

Nutrition Grade A-

* Based on a 2000 calorie diet





Sustainable Serveware

Say goodbye and good riddance to styrofoam serveware at Santa Barbara Cottage Hospital. Last August, the indestructible white foam containers were replaced with an eco-friendly line that is 100 percent plant-based.

All take-out boxes, soup containers, bowls, plates and coffee cups used at SBCH are now 100 percent compostable. These items can be placed in the composting receptacle in the Cafeteria or in recycling bins.

The Cottage Nutrition and Environmental Services departments earn gold stars for their diligent work to reduce waste and to improve sustainable practices at SBCH. Compostable serveware will be coming soon to the Goleta Valley Cottage Hospital Cafeteria.

Fresh From the Farm to Cottage



THE FARMERS MARKET NOW COMES TO SANTA BARBARA COTTAGE HOSPITAL EVERY WEEK, offering employees and neighbors a convenient way to buy and eat more produce that is fresh, local and organic.

Local farmer John Givens, of Givens Farms, personally delivers his just-picked, good-for-you-goodies, like broccoli, lettuce, bell peppers, strawberries and peaches, grown right in the Goleta Goodland.

A dozen different items bearing the Givens Farms' "Something Good" label are available every Wednesday, from noon–5 pm in the Cafeteria of Santa Barbara Cottage Hospital.

"Instead of making a trip to downtown and having to find parking, you can now buy local, organic produce here," explained Maria Svensson, Nutrition manager at Santa Barbara Cottage Hospital.

The convenience factor is just one of the benefits. Buying organic produce grown nearby supports sustainable farming and cuts down on fossil fuels used to transport food.

But perhaps the best reason to buy local is the unbeatable taste of fresh, ripe produce that didn't have to survive a 500-mile road trip to reach the grocery store.

"The peaches were perfectly ripe and so sweet," said one shopper who purchased the fruit sold during the summer months at the Cottage Farmers Market. "It was like eating candy." ♦ MARIA ZATE / PHOTO BY IAN VORSTER



Do You Know What to Do in the Case of the Flu?

Take our quiz to find out...

True or False?

- If my children have had the flu or received flu shots in previous years, they are less likely to get a bad case of H1N1.
- There is no antibiotic that I can take for the flu because it's a virus and not an infection.
- I can't keep liquids down and have not been able to urinate in eight hours. I need to go to the Emergency Department.
- If I'm worried that I might have the flu, I should call the Emergency Department to get medical advice.
- I'm healthy, but if I wash my hands too often, I'll remove my natural immunity to disease.

**Find the right answers at
www.cottagehealthsystem.org**

These are just a few of the issues addressed in a new Cottage *HealthLife* program that has been airing on KEYT Channel 3. Featuring emergency medicine specialist Dr. Brett Wilson, the 30-minute program unravels beliefs people have about the flu, and advises on appropriate use of local emergency departments. If you'd like to learn more, call 879-8992 for a copy of the show, or go to www.cottagehealthsystem.org

Cottage has directed significant resources toward this year's flu season, and is cooperating with the Santa Barbara County Public Health Department and a host of other local agencies in helping to protect and care for the most vulnerable members of our community. We acknowledge the efforts of many of our staff, particularly our Infection Control Department which has been kept busy since early fall. And all of us appreciate the expertise of Dr. David Fisk, a local infectious disease specialist who serves as the medical director of Infection Control for Cottage Health System.

Healthy Beginnings

BREASTFEEDING SUPPORT

The Santa Barbara County Breastfeeding Coalition presented its first ever Doctor of the Year award to local pediatrician Dr. Daniel R. Brennan (*pictured at right*), for his work in helping to promote and support breastfeeding.

Research has shown that breastfed babies tend to be healthier. The American Academy of Pediatrics recommends breastfeeding for at least one year and, if possible, exclusive breastfeeding for the first six months.

A child who is breastfed for a year tends to be sick only about half as often as a formula-fed child during the entire school-age years. Breastfed children tend to have keener eyesight, higher IQs, better teeth alignment and fewer ear infections and digestive upsets. Mothers who breastfed their babies lost pregnancy weight more quickly, had fewer female cancers and less osteoporosis later in life.

Despite these healthy outcomes, however, breastfeeding promotion from pediatricians is on the decline, according to the American Academy of Pediatrics. But Dr. Brennan's work is an exception to the trend.

Dr. Brennan, a native of Santa Barbara and a grad-



uate of Dos Pueblos High School, is the chair of the Santa Barbara County Breastfeeding Coalition and a certified lactation counselor.

The Santa Barbara County Breastfeeding Coalition and The Lactation Center provide support and supplies to mothers and encourage them to breastfeed their babies for at least a year. Thanks to

the hard work of these advocates, Santa Barbara Cottage Hospital has a 98 percent start-up rate for breastfeeding among its maternity patients compared to a national rate of 75 percent. ♦ MARIA ZATE / PHOTO BY IAN VORSTER

A Mother's Circle offers free, drop-in support and breastfeeding information on Tuesdays from 3:30 to 4:30 pm at Santa Barbara Cottage Hospital. Professional lactation consultants and clinical educators are available to answer questions from expectant, new and nursing mothers.

Call 569-7826 to confirm meeting location and times.

Family Fun

Parenting and fitness information, music, dance, car seat safety, low-cost bike helmets and fire hats...the fall Family Fitness and Baby Fair at Oak Park was a festival of fun!





SANTA BARBARA COTTAGE HOSPITAL
POST OFFICE BOX 689
PUEBLO AT BATH STREET
SANTA BARBARA, CA 93102-0689

ONGOING PROGRAMS

Child Car Seat Safety Checkups

*Parking lot of Cavaletto Medical Building at
334 South Patterson Avenue
(Across the street from Goleta Valley Cottage Hospital)*
Appointments available every
2nd and 4th Saturday of the month
9:00 am – 3:00 pm
681-6413 or cboyer@sbch.org

Childbirth & Breastfeeding

Information: 569-8229

Community CPR

Information: 569-8229

Health Life – TV Series

Sundays, 5:30 – 6:00 pm on KEYT TV Channel 3

Healthy Balance

8-week weight-loss program.
Orientation meeting offered on
January 5 and March 23.
Information: 569-7201

Smoking Cessation

Next course starts January 5, 2010.
Information: 879-8992

Weight-Loss Surgery Seminar

First and last Wednesdays of each month.
Information: 730-1470

COMMUNITY EVENTS

Heart Health Fair

Saturday, February 20, 2010
7:30 – 10:00 am
Santa Barbara Cottage Hospital conference rooms
*Low-cost blood chemistry panel, cholesterol screening,
blood pressure checks, body composition profiles, etc.*
Information: 879-8992

Asthma Screening Fair

Saturday, June 12, 2010
9:00 am – noon
Santa Barbara Cottage Hospital
Burtness Auditorium
Free screenings for asthma
Information: 879-8992

Access Cottage's online calendar of events:
www.cottagehealthsystem.org