A Better Kind of Brain Surgery

Life after a brain tumor

Know Your Medicines

Important tips to protect yourself and others from danger
Our Not-For-Profit Hospitals

Santa Barbara Cottage Hospital (SBCH) Today a 510-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 18,204 patients, 44,397 emergency department visits, and 2,216 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 1,553 patients a year and sees 14,684 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 11-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 2013 totaled 228. There were 6,751 emergency visits, and Valley residents increasingly rely on the hospital’s busy outpatient radiology and laboratory services and wound care clinic.

(Statistics from the year 2013)
FEATURES

9  KNOW YOUR MEDICATIONS
In the US, adverse drug events cause over 700,000 emergency visits each year. Read labels and ask questions to stay safe.

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Building, growing, renovating: hospitals for the future.

12  BURTNESS LIVES ON
A family continues a special legacy of giving to our community.

ON THE COVER: JOE HUERTA
Joe Huerta had a brain tumor removed. A week later, he and his wife, Carol, boarded a plane for their vacation.  PHOTOS BY KEVIN STEELE
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.

Cottage Magazine

Editor: Colette Briere, manager, public affairs dept – interim
Contributors: Patricia Heller, major gifts officer; Gary Hopkins; Dana Goba, community health administrator
Contributing Designers: Karen Owens, Leslie Lewis Sigler
Illustration: Chris Edwards
Photography: Glenn Dubock, media services coordinator
Contributing Photographers: James Chen, Monie Photography, Kevin Steele

Comments?
Letters to the editor, address changes, requests to be added/removed from our mailing list, or other magazine inquiries can be addressed to:
Cottage Magazine
Public Affairs Dept, Cottage Health System
PO Box 689, Santa Barbara, CA, 93102
or emailed to cottagemagazine@sbch.org

Cottage Health System
PO Box 689 • Santa Barbara, CA 93102 • 805-682-7111
www.cottagehealthsystem.org

JULY 2014
Dear fellow community members,

While 2013 brought many changes to both patients and healthcare providers, the Cottage Health System Board of Directors continues to prepare for further change and to plan how best to meet the needs of our community. This is done in close collaboration with Cottage’s medical and executive staff, always keenly aware that now, more than ever, we must be good stewards of the resources our predecessors have established.

As developments take place on the national and state levels, work continues on our hospitals in Santa Barbara, Goleta and Santa Ynez. With great anticipation we look forward to the completion, by year’s end, of construction at both Santa Ynez Valley Cottage Hospital and the new Goleta Valley Cottage Hospital. We’ll welcome patients into the new Goleta Valley Cottage Hospital in the first quarter of 2015. Preparations for Phase 6 of the new Santa Barbara Cottage Hospital, which will include the construction of a third patient care pavilion, are also continuing.

We’re pursuing several collaborative alignment efforts with physicians, including a possible affiliation with Sansum Clinic, and look forward to sharing any new developments as they occur.

Last year was a successful financial year for Cottage, which meant that, as a not-for-profit organization, Cottage was able to reinvest funds into improvements in facilities, equipment, people and technology, keeping our hospitals at the forefront of new medicine. Importantly, we will be able to make a significant commitment over the next two years in developing a new patient-centered electronic medical record system.

None of this would be possible without the generosity of the donors listed in the pages of this report, and the hundreds of volunteers who serve in our hospitals every day. At Cottage, it is our privilege to provide the highest possible level of care for this community, and we value your trust and support in that endeavor.

Robert E.M. Nourse
Chair, Board of Directors
Cottage Health System
JOE HUERTA remembers the shock of learning at age 66 that he had a potentially life-threatening brain tumor.

“I was flabbergasted,” said Joe. “As soon as I picked myself up off the floor, I started looking for the best brain tumor doctor—and the best place to be treated.”

His inquiries led him to highly skilled and experienced brain tumor neurosurgeon John Park, MD, PhD, Medical Director of the Brain and Spinal Tumor Program at the Santa Barbara Neuroscience Institute (SBNI) at Cottage Health System. Dr. Park was recently recruited to Cottage from the National Institutes of Health, where he served as the primary brain tumor surgeon for the National Cancer Institute.

Thousands of Americans are diagnosed with brain or spinal tumors every year. For many, it’s a life-changing moment filled with confusion and anxiety. Finding the right care can offer comfort, hope and reassurance. Joe found that at Cottage.

Dr. Park led the multidisciplinary team that designed a personalized care plan for Joe and successfully treated him using the latest surgical technology.

“Dr. Park was so confident and so positive about everything, I wasn’t worried one bit,” Joe recalled. “He explained everything to me. I felt very safe in his hands, and I was very reassured.
by the fact that he specializes in removing tumors like mine.”

The staff at SBNI believes the best care results from a collaborative approach, because not all tumors are alike. By working together and sharing their expertise and experience, this team of medical experts—including board-certified neurologists and neurosurgeons as well as specially trained nurses, therapists and others—is focused on achieving the best possible outcome for every patient.

“Every case is unique,” notes Dr. Park. “Treatment options vary according to tumor type and stage. Individual patients may have to see several different types of doctors over the course of their treatment, which can include surgery, chemotherapy or radiation therapy—or a combination of all three. The multidisciplinary team approach allows us to take care of each patient’s specific needs.”

To treat Joe, Dr. Park performed MRI-guided stereotactic brain surgery—a minimally invasive procedure that is less traumatic and allows for quicker healing. Using a computerized imaging system that enabled him to determine the exact location of the tumor before even making an incision, Dr. Park made a bone opening in Joe’s skull precisely over the tumor.

“Joe’s tumor was fairly large, but I was able to cut away all of the abnormal tissue and completely remove it through the opening in his skull,” Dr. Park said. “A follow-up MRI after the surgery showed no trace of any residual tumor tissue, which meant he didn’t need to have radiation therapy.”

In the unique healing environment of Santa Barbara Cottage Hospital, Joe had access to virtually all the clinical resources of a large academic medical center—but with the added personal touches that only Santa Barbara Cottage Hospital could provide.

“I’d never spent a night in a hospital before, so I wasn’t sure what to expect at Cottage,” Joe said. “But it was like staying in a four-star hotel. The room and the food were excellent. The nurses were very kind. Everyone—from the surgeon who operated on me to the person who cleaned my room—was so friendly and caring. I was Joe, not just a number.”

Joe was able to go home from Santa Barbara Cottage Hospital just two days after surgery. One week after the operation, he was well enough to fly to Philadelphia with his wife, Carol, for a well-deserved vacation. The scalp incision from his surgery is now virtually unnoticeable.

“No one would even guess I’d had an operation to remove a brain tumor,” he said. “I feel great!”

The Santa Barbara Neuroscience Institute at Cottage Health System

SBNI features highly specialized resources to treat the most complex brain tumors, strokes and other conditions affecting the brain. Its new iMRI/Angio/Brain Lab Surgical Suite will open in 2015. Santa Barbara Cottage Hospital will be one of only four hospitals in California with this type of advanced surgical suite. Intraoperative magnetic resonance imaging (iMRI) enables physicians to confirm successful removal of the entire tumor before surgery completion and preserve healthy brain tissue surrounding the tumor.

FACTS ABOUT

Brain Tumors

What kind of symptoms do brain tumors produce?

Symptoms produced by brain tumors vary according to their location, size, rate of growth and stage. Some noncancerous, slow-growing brain tumors do not produce any symptoms until they enlarge and put pressure on the brain.

Brain tumor symptoms may include:

- Persistent, recurring headaches
- Difficulty walking or sleeping
- Dizziness
- Vision problems
- Seizures
- Vomiting

Individuals who have persistent symptoms that do not go away should seek medical attention immediately.

What percentage of brain tumors are noncancerous?

More than half of all brain tumors are benign, slow growing and respond well to treatment, but even benign brain tumors can cause serious problems if they put pressure on the brain or spine.

How common are cancerous brain tumors?

Brain tumors account for one of every 100 cancers diagnosed annually in the United States.

How is a brain tumor diagnosed?

Diagnosis of a brain tumor usually involves a neurological examination, a brain scan and a biopsy.

How is a brain tumor treated?

The main treatments for brain tumors are surgery, radiation therapy and chemotherapy, either alone or in combination.
Thank you, Santa Barbara! Your support of our Tiara Ball helps to provide exceptional critical care services to our patients, including Melissa Shew (pictured here, third from right, surrounded by her family and Cottage friends). We are grateful to the 2014 Tiara Ball sponsors, committee, volunteers and others who made this year’s event a success. Generous community donors helped to raise nearly $430,000 in support of critical care services. The 2015 Tiara Ball will be held on February 7 at the Bacara.

In May, author, nurse, social worker and cancer survivor Hollye Jacobs (pictured, left, with oncology nurse Gina Bifano) visited Santa Barbara Cottage Hospital to present a book lecture in recognition of Oncology Nursing Month. Hollye is author of the New York Times Bestseller The Silver Lining: A Supportive & Insightful Guide to Breast Cancer.

Save the date for the Santa Ynez Valley Cottage Hospital Health Fair: Saturday, October 4, 2014, 10:00 am—12:30 pm at the Marriott Hotel in Buellton. Free admission and seasonal flu shots will be offered to adults over 18 on a first-come, first-served basis. Onsite discounted laboratory tests will be performed: a lipid panel for heart disease (fasting required), hemoglobin A1C (diabetes screening) and PSA (prostate) test. Over 40 health-related booths will be featured. Last year more than 1,000 community members attended the event. Chrissy Hubbard, RN, and Claire Shoemaker, RN (above), were among the nurses that administered 445 flu shots. At left, showcasing SYVCH volunteer services are therapy dog Sunny and handler Dawn Summerlin along with pet therapy volunteers Phyllis Irwin, Valorie Hodgert and Marie Rayburn with six Bichon Frisé dogs in training.
Approximately 82% of American adults take at least one medication, and 29% take five or more. But they don’t always know what they’re taking, and sometimes they don’t take it correctly.

Adverse drug events are a serious public health problem. It’s important to know your medications and only use them as prescribed to you by a healthcare professional.

Each year in the United States, adverse drug events—injury resulting from the use of medication—result in over 700,000 visits to hospital emergency departments. Many of these adverse drug events are preventable.

Take precautions to ensure that you and your loved ones are safe.

- Only take medications prescribed to you, and never share your prescription medications with others.
- Never take larger or more frequent doses than what is prescribed, particularly with pain medications.
- Read all warning labels on your medication.
- Ask questions of your physician and pharmacist if you are unsure about a medication that you are prescribed.
- Do not take your medications in dark conditions where you can’t see well and might make a mistake.
- Closely monitor all use of medicines prescribed for children and teenagers. Among young people ages 12–17, prescription drugs have become the second most abused illegal drug, behind marijuana.
- Store medications away from children, and properly dispose of prescription drugs that are no longer needed. Disposal methods vary by medication.

Mark D. Kovacs, MD, is a senior resident physician in radiology at Santa Barbara Cottage Hospital. Dr. Kovacs completed his medical school and internship at Virginia Commonwealth University. A former software engineer, he is very active in medical research that finds innovation in the connections between people, technology and information. Dr. Kovacs was the principal investigator for a nationally recognized clinical study recently completed at Santa Barbara Cottage Hospital that identified a new method for highly detailed mammograms to be easily transmitted electronically without affecting diagnostic accuracy.

At the first annual Resident Research Symposium at Santa Barbara Cottage Hospital in June, resident physicians from internal medicine, radiology and surgery presented their research findings on studies ranging from the benefits of screening for osteoporosis after trauma, to Type 2 diabetes management protocols during pregnancy, to whether patients having an unsedated colonoscopy would choose the same option in subsequent colonoscopies (most did).

Dr. Kovacs received the House Staff Choice Award for his research on the electronic transmission of mammograms to improve breast cancer detection.

Be aware of what they are and where they are. Know your medications

Santa Barbara County residents can use “Operation Medicine Cabinet” to deposit all unwanted medications—both prescription and over-the-counter—in designated drop boxes located outside the Santa Barbara Sheriff’s station at 4434 Calle Real, and the Goleta Sheriff’s substation in the Camino Real Shopping Center at 7042 Marketplace Drive.
At Santa Ynez Valley Cottage Hospital, construction continues on the new front entrance of the hospital lobby. The Emergency Department has expanded with four new treatment rooms (as pictured at right) and the original areas are being renovated to provide an additional four rooms.

At Santa Barbara Cottage Hospital, the new Cardiology Department was completed in the spring and the new Cardiac Cath Lab is nearing completion. Progress continues at SBCH on the Phase 5 construction of a link building (pictured at left, in center of photo) to connect the original and new buildings. Slated for completion this fall are this and other projects including:

- a new Therapy Services and Cardiac Rehabilitation Department
- a new conference center
- the new Burtness Auditorium, along with an adjoining conference room (see expanded story on page 12)
- a new Simulation Lab for clinical education.

In early 2015, the next phase of demolition work on Reeves Library, the Central and West Wings will begin, and the iMRI/Angio/Brain Lab Suite in Surgery is expected to be complete.

In mid 2015, Phase 6 construction, which includes a third patient care pavilion, will begin. When this construction is complete, an expanded Emergency Department will open, and Mother-Infant Care, the Birth Center and the NICU will be adjacent to one another on the third floor of the hospital, along with the acute pediatric and pediatric intensive care units of Cottage Children’s Hospital.
Great Care is Growing in the Good Land.

The new GOLETA VALLEY COTTAGE HOSPITAL

Opening on South Patterson Avenue in early 2015, the new Goleta Valley Cottage Hospital will feature:

• an expanded Emergency Department with 20 private rooms
• 44 private medical/surgical patient rooms
• healing arts featuring 285 pieces created by Central Coast artists
• four hyperbaric chambers in a new Center for Wound Management within the hospital
• six state-of-the-art surgical suites to support services that include our renowned orthopedic center and oral and maxillofacial surgery program.

It will be a hospital distinctly Goleta, and decidedly Cottage. The new hospital will provide an expanded, modern facility and state-of-the-art equipment to support the personal touch and excellence in care that is already a trademark of Goleta Valley Cottage Hospital. Great care is growing.
When Dr. Hildahl Burtness was honored by medical staff, the board of trustees and benefactors of Santa Barbara Cottage Hospital in 1973, the large, first floor auditorium was dedicated in his name “with respect and affection.” As the new hospital’s final construction phase fast approaches, “Burtness,” as it has come to be known throughout the community, will be taken out of service.

Since the hospital’s construction began in 2007, “What will we do without Burtness?” has been a question often asked by the physicians, nurses, staff and community members who have held as many as 1200 gatherings annually in the auditorium.

Now, thanks to a generous gift from Dr. Burtness’s sons, Bill, Bob and George, and Bob’s wife, Lynn (pictured above, from left), the many events held in this valued space will have a home in the new Burtness Auditorium, located on the sixth floor of the Pueblo/Bath tower.

“We wanted to continue the name after so many years and know it would mean a great deal to our dad and family,” said Bill.

Following his internship at Cottage, Dr. Burtness was hired by Dr. William D. Sansum in 1930 as he began assembling a group of doctors to form the Sansum Clinic, which was completed a year later. As did many children of physicians in those days, the Burtness boys grew up in the halls of the hospital.

**ALL THREE SONS** were present for the dedication of the original auditorium which, noted George, took their father by surprise. “Naming the space for our dad was a result of the high regard in which he was held for his many years of service—44 at the time of the dedication, which would extend to 53 years before his retirement, including serving as Chief of Staff from 1959–1960.”

“Naming the new auditorium is a fitting tribute to him, a tradition that deserves to be continued,” added Bob. Long before she knew Bob, Lynn Burtness worked in the hospital’s nutrition department for a summer while a student at UCSB, and her mother was a bookkeeper for the hospital, her own early involvement with Cottage reflecting that of the family she eventually would join.

At 2100 square feet, the new auditorium will accommodate a variety of uses, just as the original has: meetings, training and education, lectures, conferences, health fairs and more. A food service area, flat screen televisions for presentations, mountain and ocean views and access to the outdoor patio are some of the amenities that enhance the new gathering place.

Forty one years after the dedication of Burtness Auditorium, the brothers—this time with Lynn—will be in attendance to celebrate again when the “new Burtness” opens its doors, honoring both their dad and their mother, Luella. Cottage expresses enormous gratitude to the Burtness family for their generosity in maintaining an important and affectionately-held tradition at Santa Barbara Cottage Hospital.
**Charity Care**
The Charity Care and Community Service Programs provide financial assistance to patients who meet income-eligibility requirements. The Charity Care Program offers free or reduced-cost care for emergency services, while the Community Service Program provides free or reduced-cost care for non-emergent but medically necessary services. Together these programs assisted 1,954 patients in 2013.

**Government Underpayment**
(unreimbursed cost of Medi-Cal, Medicare, and others)
Payment rates for Medicare and Medi-Cal are set by law, and these reimbursement rates are currently set below the costs of providing care to patients, resulting in underpayment.

**Health Education & Research**
Cottage is a teaching hospital offering residencies in internal medicine, diagnostic radiology and general surgery. In addition, Cottage provides ongoing financial support of nursing education through the Associate Degree Nurse program at Santa Barbara City College and the CSU Channel Islands Bachelor of Science in Nursing program. Reeves Medical Library at Santa Barbara Cottage Hospital is the largest medical library between LA and San Francisco.

**Benefits for Vulnerable Populations and the Broader Community**
Cottage provides free and reduced-cost programs for community wellness, in addition to offering grants to support other health-related organizations. In 2013, over 10,000 people were served by Cottage programs which include:

- **ACCESS TO HEALTH SERVICES** through health fairs, Lifeline and Parish Nursing
- **ADAPTED RECREATION & THERAPEUTIC ACTIVITIES** with Cottage Rehabilitation Hospital
- **BEHAVIORAL HEALTH** including a community mental health fair and outreach
- **CANCER PREVENTION** including screenings and smoking cessation classes
- **DEMENTIA CARE RESOURCES** including Coast Caregiver Resource Center programs
- **DIABETES EDUCATION** free nutrition classes, and outpatient assistance programs
- **HEART DISEASE & STROKE PREVENTION** screenings, education and CPR courses
- **HOMELESS/TRANSITIONAL HOUSING OUTREACH** with Parish Nursing
- **IMMUNIZATION & INFECTIOUS DISEASE PREVENTION** including flu shot clinics
- **INFANT HEALTH & FAMILY EDUCATION** through birth and parent education classes
- **INJURY PREVENTION** including low-cost safety helmets, car seat safety programs and fall prevention and brain and spinal cord injury prevention outreach
- **NUTRITION, PHYSICAL ACTIVITY & WEIGHT MANAGEMENT** clinics and education
- **ORAL HEALTH** grants for dental programs for those most in need
- **SUBSTANCE ABUSE PREVENTION** assistance with the Every 15 Minutes Program

Cottage Health System is a not-for-profit organization which belongs to the communities it serves. A recent assessment of community health helped identify areas of need to guide Cottage Health System programs. The Community Health Needs Assessment is available at cottagehealthsystem.org.

In 2013, to cover shortfalls and wellness programs, Cottage provided more than $144 million of services for the benefit of the community.
FINANCIAL RESPONSIBILITY

Figures for January through December, 2013 (in Millions)

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Net revenues of $125.8 million were reinvested in our hospitals for construction and seismic retrofitting, new technology and state-of-the-art equipment.

$38.5 million for new clinical equipment and information systems

$87.3 million for new hospital construction and seismic retrofitting, including a new patient pavilion
Our not-for-profit mission
Cottage Health System is a private, not-for-profit community organization. Our sole purpose is to provide outstanding medical care to the communities we serve.

Together our hospitals — in Santa Barbara, Goleta, and the Santa Ynez Valley — provide a range and quality of services found only in the best hospitals in the country.

Cottage provides the majority of acute care to our region’s financially vulnerable population, and reimbursements do not cover the costs of this care.

A volunteer Board of Directors from the community provides strategic direction and fiscal management of the System. These women and men are not paid for this service, and they contribute generously to support our hospitals.

Because there is no Santa Barbara County public hospital, Cottage Health System also provides the great majority of acute care to our region’s financially vulnerable population, for which reimbursement does not cover our costs. These programs go beyond the legal requirements for providing emergency care and include our growing commitment to provide medically necessary but non-emergent services to patients who can’t afford to pay for the hospital care they need. This Community Service Program last year provided free or reduced-cost care to 1,954 patients. We thank not only the volunteer physicians who review these cases but also those who provide their services to these patients at no or reduced charges. Moreover, physicians in our graduate medical education program help staff the ambulatory care facility at the Santa Barbara County Public Health Department, providing a valuable service to some of the more vulnerable members of our community.

Generosity from the community helps Cottage to fulfill its mission each year.

Please see pages 17–31 for a list of donors to our Foundations.
A YEAR IN REVIEW

Awards & Recognition
The American College of Surgeons National Surgical Quality Improvement Program recognized Santa Barbara Cottage Hospital as one of 37 ACS NSQIP participating hospitals nationwide that have achieved meritorious outcomes for surgical patient care.

The Association of Women’s Health, Obstetric and Neonatal Nurses (AWHONN) presented its highest honor, the Distinguished Professional Service Award, to Dodi Gauthier, MEd, BSN, RNC-OB, C-EFM, for her contributions to the field of women’s and newborn care.

The National Rural Health Association named Santa Ynez Valley Cottage Hospital as a 2014 Top 20 Best Practice Critical Access Hospital in patient satisfaction.

The California Hospital Association (CHA) awarded the 2013 Award of Merit to Ron Werft, President and CEO of Cottage Health System. The Award of Merit is CHA’s highest honor and is given to a CHA member for outstanding contribution to the California health care community.

Santa Ynez Valley Cottage Hospital received an award for outstanding performance during the recent reporting period of HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) Survey. The survey results show that 90 percent of patients gave SYVCH a rating of at least 9 of 10.

Healogics named The Center for Wound Management a Center of Distinction for its outstanding performance in healing outcomes, patient satisfaction, and number of days to heal. The Center has also earned The Joint Commission’s Wound Care Certification. It is one of only three centers in California and one of 21 in the nation that have earned this prestigious designation.

The Heart and Vascular Center at SBCH received designation as a Blue Distinction Center for Cardiac Care.

The Trauma Program received certification of the Pediatric Trauma Program as a Level II site.

The Neuroscience Institute at SBCH once again earned an Advanced Certification for Primary Stroke Centers from the Joint Commission.

PATIENT SATISFACTION RATES FOR EMERGENCY CARE AND INPATIENT CARE AT ALL COTTAGE HEALTH SYSTEM HOSPITALS EXCEED NATIONAL AVERAGES.
Through The Alice Keck Park Society, Cottage is honored to recognize the individuals and organizations whose generosity continues Mrs. Park’s legacy, through commitments at the level of $1 million and above in support of one or more hospitals within Cottage Health System.

**$10 million or more**
- Lord Paul* and Lady Leslie Ridley-Tree
- The Wood-Claeyssens Foundation

**$5 million or more**
- Mr. and Mrs. Stephen A. Haselton
- Mr.* and Mrs. J. Jerry Inskeep Jr.
- Mr. and Mrs. Stewart MacDougall
- Orfalea Foundation

**$2.5 million or more**
- The Gary M. Hock Family
- Mrs. Lila M. Kommerstad
- Mr.* and Mrs. John Lea
- Brittingham Family Foundation
- Ann Jackson Family Foundation
- The McAlister Family
- SAGE Publications

**$1 million or more**
- Mr. Victor K. Atkins Jr.
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- The Burtness Family
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- Richard and Mary Compton
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- Santa Ynez Band of Chumash Indians Foundation
- Alice Tweed Tuohy Foundation
- The Oprah Winfrey Foundation
- CKE Restaurants, Inc.
- Costco

*deceased
Cottage is honored to recognize members of the Cottage Founders Society, donors who have made contributions of $50,000 or more since January 1, 2004.

PLATINUM
$10 million or more
Lord Paul* and Lady Leslie Ridley-Tree**
The Wood-Claeyssens Foundation**

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Mr. and Mrs. Stewart MacDougall

$2.5 million or more
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Mrs. Lila M. Kommerstad
Mr.* and Mrs. John Lea

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Valentine Family Foundation
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<td>Mr. &amp; Mrs. John Webster</td>
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<td>Mr. &amp; Mrs. Louis F. Weller</td>
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<td>Mrs. Gerda J. Willis</td>
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<td>Mr. &amp; Mrs. Roger Wolin</td>
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<td>Terry &amp; Jo Daly</td>
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<td>Leona Echeverria, PCT</td>
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<td>Darlee folk, RN</td>
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<td>Lori-Ann Freedman, RN</td>
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<td>Mary Gerlach, PCT</td>
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<td>Chrissy Hubbard, RN</td>
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<td>Manjit Nagra, LVN</td>
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<td>Carina Richardson, RN</td>
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<td>Kahina Rodriguez, PCT</td>
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<td>Deanne Villegas, LVN</td>
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<td>Lori Weitz, RN</td>
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<td><strong>In Memory Of</strong></td>
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<td>Ray Amsden</td>
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<td>Kathy Brown</td>
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<td>Larry Corte</td>
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<td>Phil &amp; Margaret Kimerlin</td>
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<td>Herb &amp; Betty Kuntz</td>
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<td>Jim Lindsey</td>
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<td>Annie &amp; Amanda Meissinger</td>
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<td>Gerald Townsend</td>
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<td>Paul C. Willis</td>
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$1 Million or more
Mr. & Mrs. Heinz Hoffmann*
Mrs. Florence Jarvis*

$100,000 – $499,999
Clifford F. Ahlers Trust

$50,000 – $99,000
Dr. & Mrs. George R. Guffey
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$10,000 – $49,000
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San Luis Obispo County Community Foundation
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$1,000 – $4,999
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Mr. & Mrs. David J. Borgatello
Central Coast Physical Medicine & Rehabilitation
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Fess Parker Winery
Mrs. Vasant Ferando Fithian
Mr. Carlos Fontes
Dr. Richard Gray
Mr. Paul A. Graziano
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Mr. Edward Medvene
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United Way of Santa Barbara
Mr. & Mrs. William H. Werts
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Mr. & Mrs. Peter D. Adams
Dr. Michele Amet
Business First Bank
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Mr. Harris A. Sprecher
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Mr. & Mrs. Richard A. Aylings
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Ms. Barbara A. Clark
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Mr. & Mrs. Gerald W. Harter
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Ms. Anita Hellman
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Mrs. Eleanor Van Cott
Ms. Ann E. Veazey
Mr. & Mrs. Edward W. Vernon
Mr. & Mrs. John H. Weidner
Mr. Seymour Weisberg
Ms. Deborah B. Williams
Anonymous

In Honor Of
Mark Connolly
Will Geare
Head Injury Support Group
Tariq & Maxine Kadri
Lailan McGrath
David Powdrell

In Memory Of
Lois Ashbrook
Tony Baragona
Helen & Jack Cratty
Pete Diamond
Merland Gerberding
Kenneth Glenn
Harriet C. Graham
Dorothy Ise
Herb & Betty Kutz
Fred Lindem
Betty Matthew
Lucille Prior
Kristen Reed
Rhoda Mace Simon
Michael Zaharias

*deceased

To learn more about how you can become connected with one of our foundations and help ensure the best possible health care for our community, please call 805-879-8980 or visit www.cottagehealthsystem.org
In addition to the services they provide to Cottage Health System, these employees have made another kind of contribution—philanthropic support for a variety of clinical initiatives and programs that sustain Cottage’s vision for the future. The following list recognizes Cottage employees who gave back to Cottage Health System in 2013.
Thank you to all of our generous supporters. Your gifts make a difference in the lives of others.

We appreciate your contributions toward helping us provide medical excellence close to home. Lists of donors include gifts made in 2013. Every effort has been made to ensure accurate information. Please let us know if there is an error or omission. You can reach us at 805-879-8980.
COMMUNITY HEALTH PROGRAMS

Childbirth & Breastfeeding
Santa Barbara Cottage Hospital
Information: 805-569-8229

Community CPR
Infant/child and adult courses
Santa Barbara Cottage Hospital and
Santa Ynez Valley Cottage Hospital
Reservations/Information: 805-569-8229

Healthy Balance
Weight Management Clinic
8-week weight-loss program focusing on healthy choices for nutrition and exercise.
Call for date of next orientation meeting: 805-569-7201

Healthy Joint Wellness Seminars
Information: 1-855-366-7246 or ortho@sbch.org

Carseat Safety Class
First Monday of each month, 7:00–9:00 pm
Santa Barbara Cottage Hospital
Free | Register in advance: 805-569-8229

Smoking Cessation
Next course: October 2014
Call for schedule: 1-855-CHS-WELL

Weight-Loss Surgery Seminar
First and last Wednesdays of each month.
Details on our website under Our Services.

Nutrition and Diabetes Class
Santa Ynez Valley Cottage Hospital
Wednesdays Noon–1:00 pm
Free | Information: 805-688-6431 x72351

Diabetes Classes: Living Well
Goleta Valley Cottage Hospital
Second Wednesday of each month, 5:00–6:00 pm
Third Wednesday of each month, 10:00–11:00 am
Free | Information: 805-681-6441

Find out more about upcoming events:
www.cottagehealthsystem.org

Readers: Send us your feedback. Email cottagemagazine@sbch.org