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Cottage
The Magazine of Cottage Health

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Cottage Health has adopted a financial assistance policy as part of our long history as a not-for-profit organization serving the health care needs of the greater community. All patients, whether seeking emergent or non-emergent care, are able to apply for financial assistance or discounts toward their patient obligation. Visit cottagehealth.org/financial-assistance to learn more.

COTTAGE MAGAZINE
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February 2019
Dear fellow community members,

I am pleased to introduce the winter edition of the Cottage Magazine. This issue includes a number of feature articles such as the remarkable story of Dick and Mary Compton, whose gift will assure medical excellence for generations to come. You’ll also see images of the newly opened Compton and Arlington Pavilions, marking the end of a 14-year journey of new construction to rebuild Santa Barbara Cottage Hospital. These new pavilions have resulted in significant improvements for patients and staff including the central location of the Cottage Children’s Medical Center services on one floor, the construction of a new Emergency Department with dedicated CT capability, and an amphitheatre for the education of physicians, nurses, and other health care professionals. We also constructed a museum to celebrate and honor 127 years of medical excellence, philanthropy, and continuous service to our community.

Goleta Valley Cottage Hospital features the Ridley-Tree Center for Wound Management, the Cottage Rehabilitation Foundation celebrates its very successful Storm Reading, and Santa Ynez Valley Cottage Hospital Foundation celebrates 40 years of philanthropy. These stories and more are included in this issue. As we enter our 128th year of service, as always, we welcome your ideas and feedback on how Cottage Health can best meet the health care needs of our region. On behalf of all of us at Cottage Health, thank you for your trust and confidence. We will continue to work very hard to provide you with the highest possible quality and patient experience.

Best wishes,

Ron Werft
President & CEO, Cottage Health

As we enter our 128th year of service, as always, we welcome your ideas and feedback on how Cottage Health can best meet the health care needs of our region.
Celebrating Phase 6
The buildings look much different, but the current day Santa Barbara Cottage Hospital (SBCH) has important things in common with the original SBCH that opened in 1891: a vision for outstanding health care for the community and a commitment to provide the medical expertise and the state-of-the-art facilities to anyone who needs them.

The history of SBCH is long and rich, with changes over the years to better serve a growing community and to keep pace with the rapid, innovative advances in medical science and health care.

It has taken years of new construction, retrofitting and rebuilding with 1,500 tons of steel, but today Santa Barbara Cottage Hospital offers greater capabilities than ever before. Phase 4 construction, completed in 2012, included most of the new Santa Barbara Cottage Hospital. Phase 6 marks the completion of new buildings being added as part of the rebuilding project. Two newly constructed pavilions have created 134,000 square feet of new space with 90 more licensed beds on three floors.

During Phase 8, work will continue within the existing buildings. This phase will bring expanded emergency room capacity to the campus.

<table>
<thead>
<tr>
<th>Phase 6</th>
<th>2 new pavilions</th>
<th>134,000 square feet of added space</th>
<th>90 licensed beds added</th>
<th>9 departments relocated</th>
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Inside the new Compton Pavilion and Arlington Pavilion, you will find:

- The new Cottage Children’s Medical Center Pediatrics, Pediatric Acute Care, Pediatric Intensive Care Unit (PICU), and the Haselton Family Neonatal Intensive Care Unit (NICU). CCMC is now adjacent to the Birth Center and Mother-Infant Care in Brittingham Family Women’s Services (in the Junipero Pavilion) on the third floor.

- Patient Access (Admitting) – first floor, Compton Pavilion

- Oncology – first floor, Compton Pavilion

- Telemetry – second floor, Compton Pavilion

- Inpatient Dialysis – second floor, Arlington Pavilion

- Expanded Emergency Department – second floor, Arlington Pavilion (with additional area scheduled for completion in 2020)
With current annual admissions of more than 20,000 patients, nearly 50,000 emergency department visits and 2,200 births, Santa Barbara Cottage Hospital continues to provide advanced health care for patients. The new pavilions will ensure that well into the future.
With gratitude

We continue to thrive because of Santa Barbara’s strong community support, dedicated volunteers, and local philanthropy.

Thank you to those members of our community who led the way in raising philanthropic funds to help make the opening of our new pavilions possible at Santa Barbara Cottage Hospital—our Campaign co-chairs Palmer Jackson, Lady Leslie Ridley-Tree and the late Michael Towbes, along with Campaign Cabinet Chair Peter MacDougall and 30 dedicated volunteers who partnered in five years of capital fundraising. And to the more than 6,000 donors who have supported this project, we express our profound gratitude for helping to make our community’s new hospital a reality, ensuring our ability to care for the people of the Central Coast for generations to come.

See new construction highlights at: cottagehealth.org/phase6
The third new patient care pavilion at Santa Barbara Cottage Hospital is named in honor of Mary and Richard “Dick” Compton and is now home to a broad range of inpatient services, especially for children.

At the recent opening of the new Compton Pavilion, however, Dick noted there’s an important name behind their gift. “I grew up in rural Michigan and went to a one-room schoolhouse,” Dick explained. “I became a mechanic, and one day a woman named Ann Dorr requested I come to her house. I thought she needed me to fix her lawn mower or tractor, but instead she invited me in for coffee and said, ‘I’d like to loan you the money to go to the University of Michigan.’ I wouldn’t be here if that hadn’t happened.”

Dick went on to co-found NuSil Technology in 1979 and now serves as the company’s Chairman of the Board. “Many people have asked us, ‘Why Cottage?’” Mary said. “The spark came from our friends – some are doctors and nurses – who work or have worked at Cottage. They are some of the brightest and best people you’ll ever meet. And we thought if Cottage recognizes the importance of having such quality people, it must be a fine, forward-looking institution.”

The $15 million Mary and Richard Compton Endowment Fund for Medical Excellence and Innovation is established for Cottage Health to be able to innovate rapidly with emerging technologies and in new areas of specialization.

Mary and Dick Compton hope their donation inspires others in the community to give and become philanthropists. The seed for that was planted decades ago by a retired dairy farmer named Ann Dorr who recognized potential and a bright future for Dick even before he did.

Visionary philanthropists lead the way

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“The thing to remember about a project like this is this isn’t the finish line – it’s the starting line,” said Steven Barkley, MD, Chief Pediatric Medical Officer at CCMC. “Where we go from here and where generations beyond us go, that’s the gift to the community and the generations to come.”
All together at Cottage Children’s Medical Center (CCMC)

Cottage Children’s Medical Center (CCMC) provides a full spectrum of pediatric programs, treatments and services to over 14,000 children each year in the Acute Pediatrics Unit, Neonatal and Pediatric ICUs, the Emergency Department, Pediatric Trauma Center and eight specialized outpatient clinics.

“Children will have many opportunities for interactive therapy while we care for them,” said Jennifer Ferrick, RN, clinical manager of the NICU. “They’re encouraged to stretch like a pelican, find the picture of the hummingbird and step on mountain lions’ paw prints, if they’re able, which aid ambulation and cognitive improvement.”
With the new pavilions at Santa Barbara Cottage Hospital, inpatient care is centralized to help keep parents near newborns who need care in the NICU. The third floor of the Compton Pavilion is now home to the Pediatric Acute Care and Pediatric Intensive Care Units (PICU), adjacent to the new Haselton Family Neonatal Intensive Care Unit (NICU) in the Arlington Pavilion, and also adjacent to Brittingham Family Women’s Services (home to the Birth Center and Mother-Infant Care) in the Junipero Pavilion. The inter-departmental proximity is by careful design, so that medical staff can collaborate in all three units and work to most effectively care for patients.

Among the new technologies is an app for parents and families of children in the Haselton Family NICU. Called NicView™, the app enables parents to view streaming, private video of their infant using a secured video feed.

For outpatient care, CCMC’s Grotenhuis Pediatric Clinics in hematology-oncology, gastroenterology, rheumatology and endocrinology are designated Special Care Centers by the state of California, which means children with acute and chronic diseases specific to these specialties can receive comprehensive care at CCMC instead of having to travel outside the region. Grotenhuis Pediatric Clinics are located on the Goleta Valley Cottage Hospital campus.

“With a feeling of nature and animals, the new Cottage Children’s Medical Center is designed to be both a healing and a playful environment for patients and their families,” said Liz Lundquist, RN, service director, Cottage Children’s Medical Center.
At Santa Barbara Cottage Hospital (SBCH), more than 2,200 babies are welcomed into the world each year. This year, SBCH was designated an official Baby-Friendly hospital for providing top-tier care for mothers and infants. In order to earn this distinction, SBCH was required to:

- Implement a comprehensive journey toward excellence in providing evidence-based maternity care with optimal infant feeding outcomes and mother/baby bonding
- Educate clinical staff on breastfeeding practices
- Promote rooming-in for mothers and infants to remain together 24 hours a day and to facilitate skin-to-skin contact and bonding
- Create support groups for continued breastfeeding beyond the hospital stay
- Develop high performance work teams for improved health outcomes and greater patient satisfaction
- Pass audit processes to assure quality in all aspects of maternity care operations
Helping the tiniest newborns thrive

Fiona and Sarah Haselton were toddlers when Stephen and Toni Haselton committed a leadership gift, in honor of their twin granddaughters, to help rebuild Santa Barbara Cottage Hospital, including its Neonatal Intensive Care Unit. The 22-bed state-of-the-art Haselton Family NICU is one of the three new pediatric care areas which opened in December, part of Cottage Children’s Medical Center (CCMC), which provides specialized care to children of all ages from throughout the Central Coast. To learn more about supporting Cottage Children’s Medical Center, please call the Advancement office at 805-879-8980, or visit cottagehealth.org.

CMN Partners help keep miracles alive and well

Cottage Children’s Medical Center is a proud member of the Children’s Miracle Network Hospitals alliance of premiere children’s hospitals across the U.S. and Canada raising money to help sick kids.

Major contributions to Cottage Children’s Medical Center (CCMC) come in different ways through the Cottage Children’s Miracle Network and include retail partners, student-organized events and individual donations. Last year, the Children’s Miracle Network raised over $750,000 for Cottage Children’s Medical Center. For more information about supporting CCMC or becoming a CMN partner, please contact Ann Peyrat at 805-879-8743 or apeyrat@sbch.org

Top 10 fundraising partners, programs and events

- Costco Wholesale Corp.
- Radiothons – Rincon Broadcasting, Lazer Broadcasting, Entravision
- Panda Express
- Credit Unions for Kids
- Dance Marathons – Cal Poly, UCSB
- Kirkland Signature
- Walmart Inc.
- Ace Hardware Corp.
- Rite Aid Corp.
- Vallarta Supermarkets Inc.
Coach Bill Bertka has 10 NBA Championship rings with the Los Angeles Lakers and just so happens to be the only person to have coached all the Laker greats – Wilt, West, Kareem, Magic, Kobe, Shaquille.

Now 91 years old, Coach Bertka is still going strong and lives in Santa Barbara.

With his 50-year career in the NBA, Coach Bertka understands more than most what it takes to overcome obstacles both on and off the court: years of preparation, uncompromising discipline and strong teamwork.

There’s no doubt his background prepared him to overcome a medical setback he experienced earlier this year when he fell at a restaurant in Los Angeles. He thought he was okay, but the next morning he saw bleeding from a large gash in his leg.

“My doctor said I’m sending you to the wound center in Goleta,” the coach recalled. “I said, ‘What’s a wound center?’”

The doctor explained that Bill was going to need ongoing care at the Ridley-Tree Center for Wound Management at Goleta Valley Cottage Hospital. It is one of only three centers in California and one of only 21 in the nation to earn a multi-year Gold Seal of Approval from The Joint Commission for providing measurable, high quality care with superior patient outcomes.

During his first visit, Coach Bertka quickly understood what his doctor was talking about. “They work together as a gifted team,” the coach said. “Dr. John Deacon and the staff were meticulous, and they carefully monitor each patient.”

The coach had weekly visits to the Center over about two months. During that time, he was able to work with the Lakers, but he was unable to exercise in the pool, and that was hard on him because it’s a big part of his daily routine, and he loves it.

The coach’s leg wound healed completely after two months, and he needed no further treatments. “I’ve lived in Santa Barbara a long time, and I’ve always been very satisfied with the care I’ve received at Cottage.”

Lakers legend bounces back with care at the Ridley-Tree Center for Wound Management

The expansion and improvements of the Center for Wound Management were made possible by the generous support of philanthropist Lady Leslie Ridley-Tree. It is the only comprehensive center between the Bay Area and Camarillo to offer the specialized care to treat chronic and hard-to-heal wounds.

• Treats more than 13,000 patients yearly
• Has 99.2% patient satisfaction score from Healogics
• Named a Center of Distinction and a Center of Excellence by Healogics
• Gold Seal of Approval from The Joint Commission for multiple years
• One of only three centers in California and 21 in the nation to earn Disease Specific Certification from The Joint Commission

Treatments and therapies at the Ridley-Tree Center for Wound Management include:

• Hyperbaric oxygen therapy
• Limb preservation
• Compression therapy
• Debridement
• Support surface recommendation
• Nutritional support

Watch Coach Bertka’s story: cottagehealth.org/woundcare
While the average person in Santa Barbara is healthy, there’s much more to the story. Recent data reveals significant disparity in health indicators based on race, education and income. Cottage Health expanded its mission to improve the health of our communities beyond hospital walls and conducted listening tours and a community health needs assessment to identify areas where outreach could affect outcomes.

Based on community interviews, surveys and focus group input, five priority areas were identified as shared goals for our community: behavioral health, chronic conditions, access to care, food insecurity and housing insecurity.

As part of its grant program, the Population Health Department provides community organizations with program evaluation support to ensure measurable outcomes to initiatives developed in the community, and a platform to share data via CottageData2Go.org.

**Employee Resource Connect**

Starting by looking at needs from within Cottage Health, the new Employee Resource Connect program was created to assist Cottage Health employees with needs in the areas of food, housing, transportation and behavioral health. When an employee requests assistance, Cottage partners with Family Service Agency (FSA), a community organization to connect employees with local resources.

**Recuperative Care**

Another new pilot program is a recuperative care program partnership with PATH (People Assisting the Homeless) that will assist individuals who are homeless with accessing continued health care for successful recovery from illness or injury, and facilitating resources for long-term housing and independence. The program recently received funding from CenCal Health and UniHealth Foundation.
Cottage Health expanded its mission to improve the health of our communities beyond hospital walls and conducted listening tours and a community health needs assessment to identify areas where outreach could affect outcomes.
For 30 years, the hospital’s Cardiopulmonary Rehabilitation Department has helped patients improve their health and fitness to safely return to daily activities; lower their risk of cardiac disease; learn how to better manage stress, blood pressure, cholesterol and diabetes and return to healthy, active lives.

Cardiac rehabilitation at Santa Ynez Valley Cottage Hospital helped Denise get back on course

Denise LeBeau’s active life was disrupted by a faulty aortic valve in her heart. She received an aortic valve replacement at Santa Barbara Cottage Hospital and then enrolled in cardiac rehabilitation close to home at Santa Ynez Valley Cottage Hospital.

Under medical supervision and monitoring, Denise’s cardiac and overall fitness progressively improved. The cardiac rehabilitation team has guided her recovery and helped her get back to the active life she loves of golfing, bocce ball and walking her dog.

The program is an 8 to 12 week medically supervised outpatient program where trained cardiac professionals serve patients like Denise. Patients also enjoy the social and emotional support of other rehab patients in the program. Services include:

- Medical supervision
- Assessment and counseling by registered nurses
- EKG and blood pressure monitoring during exercise
- Risk factor education/counseling
- Meeting with a registered dietitian
Empowerment takes center stage

To celebrate the 30th anniversary of Storm Reading – the play that has inspired audiences around the world – Cottage Rehabilitation Hospital Foundation hosted a special empowerment event at the Lobero Theatre on September 21, 2018.

Storm Reading premiered in Santa Barbara at the Lobero Theatre in 1988 and gained worldwide recognition for its thought-provoking, humorous and out-of-the-box approach to breaking down barriers that separate those living with disabilities from the rest of the world.

The central character is Neil Marcus, who played himself during the play’s six-year run. He lives with a very visible disability and works hard to represent life in a realistic way that is not focused on the fear of being different. Storm Reading spotlights Neil’s relentless pursuit of living life in an artistic and poetic way.

The acclaimed cast (Neil Marcus, Matthew Ingersoll and Kathryn Voice) and director/producer Rod Lathim, along with special guest Anthony Edwards, guided the audience in a look back at the impact the play had on audiences and at its sustaining message that art holds the power to transform and build bridges to understanding and compassion.

Celebrating Storm Reading was the 10th annual Empowerment through Medical Rehabilitation Series event sponsored by the Cottage Rehabilitation Hospital Foundation. This year’s event included a special tribute to Dr. Harris Meisel, the hospital’s founding medical director.

The Empowerment through Medical Rehabilitation Series brings current and vital information about medical rehabilitation to our community.

The Cottage Rehabilitation Hospital Foundation supports Cottage Rehabilitation Hospital, which provides care, healing and hope to people after amputations, stroke, brain and spinal cord injuries, and many other challenges.

For more information, please contact Thomas Reeg, Foundation Administrator at 805-569-8999, ext. 82143 or treeg@sbch.org.

Special thanks to event sponsors: The Gretler Foundation, Herbert and Elaine Kendall, Katina Etsell, CareMeridan Solutions Santa Barbara, Central Coast Physical Medicine & Rehabilitation Medical Group, Cottage Health, Karen Hickman, Tariq and Maxine Kadri, Renée Nordstrand, Ashley Parker Snider, and Melinda Staveley.

There’s a new movement happening in the world. People are beginning to realize they are more than what they’ve been told they are. Every moment is a new moment to do what’s never been done before. – from Storm Reading

See event video clips at: cottagehealth.org/crh
The robotic surgery team at Santa Barbara Cottage Hospital has performed over 2,000 surgeries since starting in 2005. Here, employees take a test drive on the latest da Vinci Xi robotic surgery console to experience how it works firsthand. Patients benefit through the minimally invasive procedures, smaller incisions, faster recoveries, less blood loss, less pain and shorter hospital stays.

Surgery evolves and patients benefit with advanced robotics

Robotic surgery is often used for:
- General surgery to treat hernia, gallstones, colon and rectal cancer
- Urological surgery to treat cancers of the prostate, kidney and bladder
- Gynecological surgery to treat cancer, fibroids, pelvic pain and prolapse
- Cardiothoracic surgery to treat lung and esophageal cancer

Sports, inspiration, fun and laughter

More than 40 enthusiastic campers – traveling from Los Angeles, Oregon, and points in between – joined the 32nd annual Junior Wheelchair Sports Camp (JWSC) to enjoy rugby, basketball, tennis, swimming, kayaking, SCUBA diving, racquetball, soccer, rock climbing, dancing, dodgeball and other fun activities at the UCSB campus. Cottage Rehabilitation Hospital Foundation and its supporters provided funding, so campers could attend the week at no cost. JWSC helps kids develop self-confidence through sports, and builds lasting friendships. Many campers return year after year for this fun-filled camp, the only one of its kind on the Central Coast. For more information or to support JWSC contact Thomas Reeg, Foundation Administrator at treeg@sbch.org or call 805-569-8999, Ext. 82143.
Forty years of life-changing philanthropy in Santa Ynez Valley

The Santa Ynez Valley Cottage Hospital Foundation celebrated a milestone this year – 40 years of philanthropy. Since its beginning, the SYVCH Foundation has raised $32 million to support significant hospital initiatives like the recent facility infrastructure upgrades, the telestroke and cardiopulmonary rehabilitation programs, the $7 million building campaign, and the funding of an endowment for long-term needs.

Also helping to raise funds for SYVCH is the volunteer-led New to You Thrift Shop. The shop, at 1689 Oak Street in Solvang, celebrated a remodeling and grand re-opening over the summer. Proceeds from the shop support hospital projects and programs, and fund the Santa Ynez Valley Cottage Hospital Auxiliary scholarships awarded to local high school students who want to pursue careers in a health or medical-related field.

For more information on how to support the SYVCH Auxiliary Scholarships or the Santa Ynez Valley Cottage Hospital Foundation please contact June Martin at 805-691-9509 or j2martin@sbch.org.
New insights into trauma care

At the 17th annual Trauma Symposium, more than 350 medical professionals learned about new technologies, techniques and data-based evidence to improve patient outcomes in trauma care. The symposium featured nationally recognized TED speaker, Ed Gavagan, stabbing survivor; Scott Scherr, MD, who treated victims of the mass shooting in Las Vegas; and Michael Cheatham, MD, who treated victims of the mass shooting in Orlando.

Saving the Brain – The 11th Annual Neuroscience Symposium of the Central Coast – was hosted by Cottage Health in November, drawing experts from across the country to share knowledge and research on neurosciences and patient care.
Save the date

Register early for the 2019

MILES FOR MOMS 5K

to benefit the Goleta Valley Cottage Hospital Foundation

Saturday, May 11, 2019

Goleta Valley Cottage Hospital
9:00 a.m. – Walk/Run Start

Register at cottagehealth.org/milesformoms

Refreshments, prizes, free children’s fun run, kids’ activities and more!

T I A R A B A L L 2 0 1 9

to benefit Critical Care Services at Santa Barbara Cottage Hospital

Saturday, February 2, 2019

The Ritz-Carlton Bacara

Thank you to all our 2019 guests and sponsors. To learn more about how you can join us for next year’s event or make a donation, contact Esther Takacs at 805-879-8985 or e1takacs@sbch.org
In December 2018, Santa Barbara Cottage Hospital opened a new chapter of care for our community. Cottage Children's Medical Center and its Haselton Family NICU have new adjacencies with Brittingham Family Women’s Services, helping to keep families closer together in the hospital.