Neil Myers
A triathlete’s toughest comeback
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## 2018 Annual Report

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### 2019 Cottage Health Board
Gregory F. Faulkner, Chair
Thomas J. Cusack, Vice Chair
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### Chiefs of Staff
- Santa Barbara Cottage Hospital: Philip Delio, MD
- Goleta Valley Cottage Hospital: Gerald Svedlow, MD
- Santa Ynez Valley Cottage Hospital: Miguel Loya, DO

### Financial Assistance
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
Letters to the editor, address changes, requests to be added or removed from our mailing list, or other magazine inquiries can be addressed to:
- Cottage Magazine Marketing Department
- Cottage Health
- PO Box 689
- Santa Barbara, CA 93102 or emailed to mystory@sbcch.org

Cottage Health
- PO Box 689
- Santa Barbara, CA 93102
- (805) 682-7111
cottagehealth.org

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JUNE 2019
With your continued partnership, Cottage is committed to providing the best health care possible in Santa Barbara and throughout the Central Coast.

Dear Community Member,

We’re pleased to offer this magazine and 2018 annual report to our community. As we look back on the year past, we reflect on the many accomplishments of our patients, first and foremost. You can read the inspiring story of one patient, Neil Myers, on page 4. It’s a testament to the hard work that patients put into healing and recovery, and the partnership between patients, families and caregivers to support that journey.

We also extend deepest thanks to our donors for their important philanthropic contributions. Your continued generosity helps to grow services, innovation and improve health care for our community. We hope you will be inspired by these stories of giving and recognition of our donors, beginning on page 18.

In 2018, Cottage Health completed Phase 6 construction and launched new Research and Population Health initiatives to build community partnerships and create a healthier community. With our volunteer Board of Directors, Cottage Health developed a 5-year plan that will bring exciting improvements and added services for our patients and our region. We’re deeply grateful for your support and trust as we respond to emergent needs in our community 24/7, and also plan for the future of health care in our region.

At Cottage Health, talented physicians, employees and volunteers work together to provide personalized care for every patient. It’s our honor to carry forward more than a century of caring for this community, and our commitment to ensure the people of the Central Coast have access to the best health care possible.

Thank you for your support,

Ron Werft
President & CEO, Cottage Health

Cottage Health Board Chair Gregory F. Faulkner; Chiefs of Staff Miguel Loya, DO; Philip Delio, MD and Gerald Svedlow, MD; and President & CEO Ron Werft
Cottage Health 2018 Board of Directors

Left to Right: Harry T. McMahon; Mark P. Scott, MD; P. Steven Ainsley; Gamble T. Parks; Susan Christol-Deacon; Edward S. Bentley, MD; Gregory F. Faulkner; Robert E.M. Nourse; Nancy Nielsen; Richard S. Ponce, MD; Dorothy Largay, PhD; Steven C. Zola; Ernesto Parades; Anne O. Rodriguez, MD Not pictured: Thomas J. Cusack
Care in the community

Cottage Health is reaching those in our community who may be underserved by traditional health care providers. After careful research and extensive listening tours throughout Santa Barbara County, one of the top priority areas that emerged was behavioral health. As a result, Cottage’s Population Health program launched a Behavioral Health Initiative to create collaborations among partner organizations and help where programs are most needed in the community.

As part of its 2019 Behavioral Health Initiative, the Population Health Program awarded grants to the following local organizations for these programs:

- **Child Abuse Listening Mediation (CALM)** – Adverse Childhood Experiences (ACEs) screening, onsite therapists, and referrals for young children
- **Doctors Without Walls** – Santa Barbara Street Medicine: Behavioral health services for unhoused populations
- **Family Service Agency** – School-based counseling to high school students
- **Pacific Pride Foundation** – Counseling and therapy groups for LGBTQ+/HIV Communities
- **Santa Barbara Alliance for Community Transformation (SB ACT)** – School-based counseling for elementary school children
- **Santa Barbara County Education Office** – Welcome Every Baby family visits and referrals to behavioral health services
- **AHA! (Attitude, Harmony, Achievement.)** – Social-emotional education and skills building for junior high school students
- **Carpinteria Children’s Project** – Adverse Childhood Experiences screenings, onsite therapists, and referrals as needed for 0-2-year-olds
- **Housing Authority of the City of Santa Barbara** – Case management and behavioral health services for onsite clients
- **Sanctuary Centers** – Psychiatric and licensed therapist services at Garden Court and for Integrated Care Clinic patients
- **Storytellers** – Therapy services and comprehensive case management for preschool children and families experiencing homelessness

Together, we are accomplishing more and creating a healthier community.

To learn more, visit cottagehealth.org/populationhealth.
“I never thought about whether a Level 1 Trauma Center was in Santa Barbara. And then my life depended on it.”

– Neil Myers
It was the summer of 2018 and only a month since Neil and his team celebrated their award-winning finish at the New York City Triathlon. Neil was home in Santa Barbara and back on one of his favorite cycling rides – Gibraltar Road – one he’s made more than 200 times, famous for its nine-mile climb, amazing view, narrow road and hairpin curves. He had reached the summit and was on his descent, heading home to go to dinner with his wife, Leigh.

“I was going around a sharp turn,” Neil said. “And then I remember seeing a white truck.”

The truck and Neil collided head on. Neil smashed through the windshield. His helmet and his bike broke into pieces. Neil opened his eyes, but he didn’t remember the crash and didn’t know who he was, where he was, what he was doing – or that he was bleeding profusely. He heard himself moaning. He recalls the first responders saying the helicopter would arrive at Santa Barbara Cottage Hospital in four minutes.

The hospital’s trauma team was activated, ready for the helicopter to land. Over the next four hours doctors, residents, nurses, technicians and staff worked to save Neil’s life.

Neil had more than a dozen broken bones – including seven ribs, a leg, both wrists and his nose. He had a punctured lung and head-to-toe lacerations. He also had a massive concussion.

The sun set while Leigh waited for word. At around 7:30 pm, she was led to his ER room.

Neil was in a neck brace and had an oxygen mask. “It was frightening to realize my strong husband was unable to even scratch his nose, let alone sit up or stand,” Leigh said. “But everyone at Cottage stayed positive and encouraging. Juliette, the trauma nurse practitioner, monitored Neil like a hawk and explained things to us. She even monitored me, to make sure I was okay.”

Neil was at Santa Barbara Cottage Hospital for the next two weeks, until he improved enough to move to Cottage Rehabilitation Hospital (CRH). “Juliette even postponed her vacation, so she could be there when I moved over to CRH,” Neil said.

Over the next three weeks at CRH, Neil received physical, cognitive and psychiatric therapy to re-learn how to do things like dressing, bathing and moving with a broken leg, wrists and ribs. Steadily, Neil improved and, in a wheelchair, was discharged to go home.

The next step for his rehabilitation was a daily outpatient therapy program – both physical and cognitive. He knew he had more work to do. But with the support of his care team, family and friends, he was getting better each day.

“I’m alive today because of the care at Santa Barbara Cottage Hospital.” – Neil Myers
“Neil never shies away from a challenge,” Leigh said. “He does the research, joins the team and does the work. This time we had an amazing Cottage team that made all the difference.”

“After a month of outpatient therapy, my doctor cleared me to start walking again, much earlier than expected,” Neil said. “When I told Lindsay, my physical therapist at CRH, she burst into tears and hugged me. I was blown away by how passionate she was about making me healthy again.”

By Thanksgiving, Neil could walk, swim and cycle indoors. Still, he worried about what it would be like to take his bike on the road again. How would it feel? How would he react?

Exactly 20 weeks from the accident, he took his new red bike out and climbed Gibraltar.

“There was no fear at all, just a Zen-like calmness,” Neil said.

“The time we spent at Cottage and Cottage Rehabilitation Hospital filled us with gratitude,” Leigh said. “Gratitude calms fear and opens the door to all kinds of possibilities. We are so grateful to the Cottage team and will be for the rest of our lives.”

What’s next for Neil? He will be back on his bike at the New York City Triathlon this summer, and he can’t wait.

To see video of Neil’s story, go to cottagehealth.org/tiaraball.
After 14 years of construction, Santa Barbara Cottage Hospital completed construction on new patient pavilions. Construction work continues within the hospital, with a major expansion of the hospital’s emergency department underway.

Consistently ranked among the top hospitals both in California and throughout the nation, Santa Barbara Cottage Hospital (SBCH) and its critical care services are moving fast into the future.

In 2017, SBCH was verified as a Level 1 Trauma Center by the American College of Surgeons. This recognizes the trauma center for providing the highest level of care for every aspect of injury.

In 2020, SBCH will become one of a select group of hospitals in the nation that provides the new, innovative “Care Initiation Model” for patients to receive even faster treatment in an expanded emergency department. The number of treatment rooms will increase to meet growing needs of more than 65,000 annual emergency care visits.

Santa Barbara Cottage Hospital is a nonprofit, community teaching hospital. Charitable gifts from families, individuals, grateful patients and friends are vital to help us keep the emergency department and trauma services in a constant state of readiness for anyone in need – 24 hours a day, seven days a week, 365 days a year.

The Elaine F. Stepanek Foundation has made a $1 million commitment to support the Care Initiation Model.

For information on how you can support the life-saving critical services at Cottage Health, please contact Patricia Heller at (805) 879-8988 or pheller@sbch.org, or visit cottagehealth.org/donate.
A new era of cardiac health care has emerged at Cottage Health. Technological advancements once unimaginable are now everyday occurrences at Santa Barbara Cottage Hospital (SBCH), and patients are benefiting with improved outcomes through minimally invasive procedures and quicker recovery times.

What is structural heart disease? It refers to heart disease acquired through wear and tear, or disease people are born with. An example is a leaky heart valve or a hole in the chambers of the heart.

The Cottage Heart & Vascular Center offers specialized procedures for different types of structural heart disease. With tiny, implantable devices and minimally invasive techniques, these innovative treatments offer options for patients who in the past would have
been considered too high risk for surgery. The results are changing their lives for the better.

- **Transcatheter Aortic Valve Replacement (TAVR)**
  - TAVR is one of the most significant advancements in structural heart disease over the past decade. For patients with aortic valve stenosis, this procedure allows a new aortic valve to be placed inside the old diseased aortic valve.

- **Watchman** – Patients with atrial fibrillation have an increased risk of stroke, because clots can form inside the left atrial appendage in the top chamber of the heart. While blood thinners can reduce the risk of stroke, not all patients are suited for those medications, and a procedure known as left atrial appendage occlusion offers a treatment option for these patients with the implantable Watchman device.

- **Transcatheter Mitral Valve Repair (TMVR)** – The MitraClip is a breakthrough therapy to correct a leaky mitral valve. Approved by the FDA in 2013, this transcatheter procedure is used to clip the leaky portion of the valve, closing it more completely so that blood flow through the heart is restored.

- **Patent Foramen Ovale (PFO) Closures** – A PFO is a hole in the heart that didn't close properly after birth. This affects about 25% of the general population, but most people don't realize they have it. PFOs are often discovered during tests for other problems.

- **Transesophageal Echocardiography (TEE)** is a test that produces images of the heart by using ultrasound to make detailed pictures of the heart and the arteries leading to and from it. Different from a standard echocardiogram, in this procedure the sensor is attached to a thin tube that passes through the patient’s mouth, down the throat and into the esophagus. Extremely clear pictures are captured since the esophagus is so close to the heart’s upper chambers.
In March 2019, Santa Barbara Cottage Hospital received advanced certification from The Joint Commission and the American Heart Association/American Stroke Association as a Comprehensive Stroke Center.

To earn this distinction, hospitals must exceed the standards of a Primary Stroke Center by meeting additional requirements for advanced imaging capabilities, 24/7 availability of specialized treatments, and staff education and competencies to care for complex stroke patients.

Santa Barbara Cottage Hospital is one of only 22 hospitals in California to earn this distinction for highly specialized stroke care.

Stroke is the number five cause of death and a leading cause of adult disability in the US, according to the American Heart Association/American Stroke Association. It’s important to know the signs of stroke and act F.A.S.T.

**Signs someone may be having a stroke**

When it comes to recognizing stroke symptoms and saving a life, every second matters. Know the signs. **Act F-A-S-T (Face, Arm, Speech, Time).**

- **FACE**
  Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?

- **ARM**
  Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

- **SPEECH**
  Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?

- **TIME**
  If a person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you’ll know when the first symptoms appeared.

Learn more about stroke care at Cottage: cottagehealth.org/stroke.
When a hospital earns a Stroke Ready certification, it means that the facility has met the standards of the county’s emergency medical services and allows paramedics to deliver patients at risk of stroke directly to that facility where the patient can begin receiving potentially life-saving treatment immediately.

Foreseeing the need for this advanced level of service, Santa Ynez Valley Cottage Hospital (SYVCH) began on the road to achieving Stroke Ready designation in January 2016 when SYVCH launched its Telestroke program to provide remote specialized neurological evaluations to patients who arrive in the ER with stroke or neurological symptoms.

In June 2018, the Joint Commission certified SYVCH as a Stroke Ready facility, and Santa Barbara County Emergency Medical Services provided the final designation on October 31.

When a patient arrives at SYVCH with stroke symptoms, the “stroke protocol” is immediately implemented with a CT scan, and lab work is done. The ER physician then collaborates with the on-call neurologist via a telemedicine platform on a computer with medical grade video, audio and diagnostic capability, which allows the physician to conduct an acute stroke consultation to determine the patient’s treatment.

In specific instances, stroke patients can be given a de-clotting drug therapy called “tissue Plasminogen Activator” (tPA) within the vital 4.5 hour window to reduce brain damage.

“With the Telestroke program and Stroke Ready certification, Santa Ynez Valley Cottage Hospital is saving lives and providing improved patient outcomes for patients suffering from a stroke,” said Wende Cappetta, Vice President of Santa Ynez Valley Cottage Hospital.

“In addition to treating stroke patients, this technology provides emergency room physicians with greater ability to diagnose and treat other neurologic conditions including seizure, intracranial hemorrhage, syncope, concussion and dizziness.”

The Telestroke Program has received major philanthropic support from the community, including generous grants from The Wood-Claeyssens Foundation and the Elaine F. Stepanek Foundation.

For more information or to support the Telestroke program, please contact June Martin at (805) 691-9509 or jmartin@sbch.org, or visit cottagehealth.org/donate.
Research to improve health

The Cottage Heart & Vascular Center provides essential care for about 2,000 inpatients a year, and consistently advances care through research. Cottage has the busiest cardiovascular center between LA and San Francisco for structural heart procedures, and the highest enrollment in California for aMAZE, WATCH-TAVR and Xience90 research trials. Read more about our structural heart program on page 8.

Each year Cottage Health and UCSB host the Collaborative Research Symposium to encourage connections among researchers in academia, health care and private industry. The symposium is sponsored by Alex Pananides and Jan Dunbar, and it provides a venue where ideas can be explored for, as they envisioned, “potential to impact and improve scientific knowledge and medical care.”

Research and innovation helps our patients and community in meaningful ways. Last year, Cottage Health Research Institute provided grant funding to advance innovations in diverse studies: eye surgery, macular degeneration treatment, disaster response and resilience in clinicians, gestational diabetes, autism intervention and many other areas. More than 30 physicians initiated new research projects last year.

For information or to support the Cottage Health Research Institute, contact Magda Stayton at (805) 324-9929 or mstayton@sbcn.org.

The Cottage Health Research Institute oversees more than 200 non-sponsored research projects, and last year researchers published 23 studies in areas ranging from trauma care to radiology to nursing.
Nursing students and philanthropists touch many lives including each other’s

Jerry and Jackie Inskeep always had two favorite causes they supported: education and medicine. However, they differed a bit on which was the priority. Jerry preferred medicine as his number one choice, and Jackie preferred education as hers. They were early supporters in 2005 with a leadership gift in the campaign for the new Santa Barbara Cottage Hospital (SBCH), and that gift had special significance.

“I felt the need to continue supporting education and medicine after Jerry died,” Jackie said.

Jackie was inspired when she learned that Cottage Health was partnering with California State University, Channel Islands to create the Bachelor of Science in Nursing (BSN) School. It was the perfect combination of education and medicine, and Jackie wanted to provide scholarships along with other donors to help make the dreams of future nurses come true. That generous tradition has continued for five years since the program began.

Jackie saw the lasting benefit of those gifts last May when she met Leslie Roth, a nurse who had received a scholarship three years earlier. Leslie, a working mom and former school teacher, had transitioned into nursing and taken on the challenge of earning a BSN.

“I thought that was just incredible,” Jackie said. “I could relate because I went back to school myself after marrying and having children.”

Jackie’s generosity meant everything to Leslie. “The scholarship support I received from Mrs. Inskeep was a miracle,” Leslie said. “With a mortgage, three children (the third was born seven weeks into her BSN program), day care, loans, and a husband who is a teacher, the financial assistance was critical to allowing me to go through program.”

Before becoming a nurse, Leslie was a high school teacher and coach for 11 years, but it was the births of her three sons that made her realize her true calling was nursing. Health care runs in her family: her grandmother was a nurse, her dad a pediatric cardiologist, her mom a nurse practitioner, and a sister and brother-in-law are both physicians. With plenty of family encouragement, she entered the CSU Channel Islands nursing program, and subsequently enrolled in the BSN program.

Leslie is now a nurse at the birth center at SBCH. “My parents always encouraged me to contribute to society,” she said. “In receiving the scholarship, I was recognized for what I was doing. I felt supported, and it gave me great self-confidence that I was doing something that would enable me to make that contribution.”

Cottage Benefactor Jackie Inskeep with BSN Nursing Scholarship Recipient, Leslie Roth.

HELPING FUTURE NURSES REACH THEIR DREAMS

Cottage Health and CSU Channel Islands teamed up to offer the region’s first Bachelor of Science in Nursing (BSN) degree. This partnership creates a highly qualified workforce to keep nurses local. The program’s facility is adjacent to Goleta Valley Cottage Hospital and includes high-tech classrooms, state-of-the-art simulation labs and faculty offices.

For more information on how you can support the BSN program, contact Brenda Stanley at (805) 879-8997 or bstanley@sbch.org or visit cottagehealth.org/donate.
Earning her degree in biopsychology from UCSB was a major accomplishment for Taylor Carson. She was the first person in her family to attend college. It was a challenging time for her, but she graduated in 2013 all while working nearly full time to cover her living expenses.

After graduation, Taylor was still trying to find her way. The job search proved difficult, and she didn’t know where to take her career. Bills were stacking up, so she picked up a job at a local winery. Her job allowed her to meet new people every day. Her interest in nursing was sparked by the physicians and nurses she met who appeared to be so dedicated to their work. She thought about nursing school and enrolled in science and nursing classes at SBCC. She also volunteered at the Neonatal Intensive Care Unit (NICU) at Santa Barbara Cottage Hospital.

“I fell in love with all aspects of nursing,” Taylor said.
Then a day came – call it fate, call it destiny – when Taylor happened to meet some new graduates who had just earned their Bachelor of Science in Nursing (BSN) degrees from California State University, Channel Islands. Among them was Gregory Shinn, who is now a clinical nurse in Cottage’s emergency department, and who shares a similar experience to Taylor’s, because he too had completed a different degree before discovering his calling to become a nurse.

Gregory encouraged Taylor to apply to the BSN program. The only catch was that the application deadline was two days away. She felt a sense of urgency and decided the time was right. Taylor worked feverishly to submit the application on time.

“I took on two new jobs to gain experience and save money while I completed the nursing prerequisites at SBCC,” Taylor said. “I became a nursing assistant at Valle Verde and a clinical research assistant at Sansum Diabetes Center.”

Then the day – and the mail – arrived. Taylor had been accepted to the BSN program. But there was another challenge – financial support. Fortunately, Taylor received scholarships, funded by generous donors, that made her nursing education possible. She knew everything had come together and that she could realize her potential. “I was ecstatic!” she exclaimed.

Taylor will complete the CSU Channel Islands BSN program this summer. Along with her busy school schedule, she works as a patient care tech at SBCH and volunteers in the emergency department and for Doctors Without Walls, where she coordinates the women’s free homeless clinic.

“Without financial support, many nursing students – myself included – would not be able to chase and achieve our goals of becoming nurses.”

Taylor Carson, BS (2013), BSN (2019)
Philanthropic giving in 2018

- **$15.1M** Total philanthropic support
- **44%** Individuals
- **16%** Foundations
- **28%** Gifts from estates and planned gifts
- **8%** Corporations
- **4%** Other organizations
- **15%** increase in Children’s Miracle Network contributions to Cottage Children’s Medical Center
- **27%** increase in online giving
Philanthropy at work

Thank you for your support

In fiscal year 2018, our generous community supported many important areas of caring including:

- Healing Arts Music Program
- Cottage Children’s Medical Center
- Nursing Scholarships
- Pediatric Resiliency Project
- Emergency and Trauma Care
- Family Assistance Fund
- Critical Care Excellence
- Cottage Concussion Clinic
- Little Cottages
- Equipment and Technology
- Junior Wheelchair Sports Camp
- Pediatric Hematology & Oncology Research
- Patient Care Simulation Center
- 3D Mammography Initiative
- Restorative Garden
- Health of the Community
- Geriatric Emergency Care Excellence

Together we are ensuring the very best health care for Santa Barbara and the Central Coast.
We extend our heart-felt appreciation to you, our donor family, for your partnership in maintaining and enhancing the level of care of Cottage patients and their loved ones. Thank you to those listed on the following pages and those who continue to make donations toward pledges acknowledged in previous reports. New gifts and pledges made in 2018 are listed in the hospital Foundation pages.

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.

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Employee Giving 42
The Alice Keck Park Society

The Alice Keck Park Society is Cottage Health’s premier recognition society honoring philanthropists who have cumulatively invested more than $1,000,000 in one or more Cottage Health hospitals.

$15 MILLION OR MORE
Richard & Mary Compton
Lord Paul* & Lady Leslie Ridley-Tree
The Wood-Claeyssens Foundation

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Mr. Michael Towbes*
UniHealth Foundation
Valentine Family Foundation
Anonymous (2)

*deceased
As a gesture of gratitude, Cottage has established a Benefactor Hospitality Program to honor and thank our most generous supporters. Benefactors are donors who reach lifetime support of $250,000 or more in gifts and pledges to any Cottage Hospital. Our benefactors enjoy special amenities and attention from Hospitality liaisons who are available to assist benefactors with special needs, scheduling and referral requests, and meet them upon admission to the hospital.

Offering this kind of peace of mind is Cottage’s way of saying “Thank you” to our benefactors for their generous support. For more information on the Benefactor Hospitality Program please contact Dennis Keever, Manager of Advancement Services at (805) 879-8980.

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It seemed to take only moments after meeting Louise Stewart for Craig Mally to know she was the one. Louise was equally smitten. And their love story, one that began 25 years ago, continues...

When they met, Craig’s businesses were Florida-based. Louise, a graduate of Case Western Reserve University School of Medicine and a California native, moved across the country to join him and start her dermatology practice.

Just a few years later, Louise was surprised with an opportunity to acquire a practice from a local Santa Barbara dermatologist. She and Craig quickly decided to move their young family. Louise began her dermatology practice and joined the medical staff at Santa Barbara Cottage Hospital. Craig continued in his role as an investment advisor and business owner until retiring in 2002.

Together they raised two children, a daughter, Alison, and a son, Jason, with as much devotion as two parents could give. Still, life has a tendency to fast-forward where children are concerned and, suddenly, Alison and Jason were out of the nest to begin their own careers.

Craig and Louise were ready to take a look at their future without children at home, and they began to think about simplifying.

They started by considering ways of reducing the responsibilities involving property and land management.
We are honored to make a gift that will make a difference in the lives of our family, friends and everyone in the community who utilizes the services of our outstanding local health system.

Knowing they wanted to do something meaningful in the process, they called the Santa Barbara Cottage Hospital Foundation, where they began discussions about a donation of real property. They owned a parcel of land in the Central Coast region that potentially could provide philanthropic support to Santa Barbara Cottage Hospital.

The resulting simplification of their asset portfolio provided a dual purpose: it offered a sense of peace for the couple in having less to manage and also in knowing that the legacy they created eventually will benefit patients throughout the region.

Louise and Craig have designated funds generated from their gift to be used to enhance the education programs at Cottage. This reflects their strong belief in the value of learning to create richer, fuller lives and help develop purposeful and satisfying careers that bestow benefits back to their communities.

Physicians in Cottage’s Graduate Medical Education Program consisting of residencies in internal medicine, diagnostic radiology and general surgery, as well as nurses, whose training requires ongoing education, will be the beneficiaries of the couple’s gift. The ever-increasing knowledge and skills of these clinical professionals will continue to enhance the care of those who depend on their expertise.

“We are honored to make a gift that will make a difference in the lives of our family, friends and everyone in the community who utilizes the services of our outstanding local health system,” said Craig. “We feel rewarded that, by making an outright gift of this property, the land will be truly productive.”

THE PROPERTY YOU OWN MAY BE MORE VALUABLE IF YOU GIVE IT AWAY

Gifts of real estate and real property not only help advance life-saving medical care at Cottage Health, they may also offer you significant financial and personal advantages, including:

- A charitable tax deduction on appreciated property;
- Reduced income and, sometimes, estate taxes;
- Bypass of capital gains tax;
- Provide lifetime income for you, or others;
- Relief of management responsibilities for a property you no longer wish to own; and
- The satisfaction of leaving a meaningful legacy in our community.

Options allow you to tailor your gift in ways that benefit you the most. Philanthropic gifts can be designed as an outright gift, or as a gift through your estate plan. There are even options that allow you to make a future gift but continue to live in or use the property for as long as you wish.

Gifts may benefit the Cottage Health hospital and clinical program of your choice.

Cottage Health can provide complimentary, confidential, no-obligation information on real property gifts, customized for your particular situation.

For information on how to turn your real property into a legacy gift to enrich the health of our community, please contact Carla Long, Director of Planned Giving, (805) 879-8987 or clong@sbch.org.

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We gratefully acknowledge Cottage 1888 Society members for remembering one of the Cottage hospitals in their estate plans or with a deferred gift.

Your charitable gift annuity can benefit the Cottage Health hospital of your choice. For a complimentary, no-obligation proposal contact Carla Long at (805) 879-8980 or clong@sbch.org.

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Thank you to our generous sponsors and friends who supported the 2019 Tiara Ball.

The help of our remarkable community ensures that we are always ready to provide exceptional care to patients and their families when they face unexpected illness or injury.

The gala, which raised over $500,000 to benefit Critical Care Services at Santa Barbara Cottage Hospital, was an unforgettable evening full of fun, inspiration, and painting the town red!

Proceeds from the 2019 Tiara Ball will help build the Emergency Department of the future for our community. Santa Barbara Cottage Hospital will become one of a select group of hospitals across the nation capable of providing an innovative new emergency care model for patients to receive more rapid diagnosis and treatment.

For further information or to become a sponsor of the annual gala event, please contact Esther Takacs at (805) 879-8985 or e.takacs@sbch.org.
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To show our appreciation, Cottage Associates receive special and unique benefits including:

- Invitations to special events including the annual Tiara Ball and Cottage Holiday Reception.

- Discussions with medical leaders on topics such as infectious diseases and travel medicine, sports injury prevention and concussion treatment.

- Behind-the-scenes tours of high-tech patient simulation and robotics labs.

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This generation fighting for the next—the third annual Cal Poly Dance Marathon raised more than $50,000 to support Children’s Miracle Network at Cottage Children’s Medical Center. The 12-hour overnight event brings together students from across campus to unite in helping kids in their community.
Increasing over the years from $56K, to $74K, to over $99K in 2018, we look forward to another record-breaking year for Rincon Broadcasting’s annual Spanish-language radioton in July. In 2019 the radioton is scheduled on June 27 and 28 on Radio Bronco 107.7 FM and La Musical 94.5 FM.

At Panda Express, every time a bell rings and employees call out “thank you!” you know a child in our community has been helped. With 11 locations participating in year-round fundraising for Children’s Miracle Network at Cottage Children’s Medical Center, nearly $110,000 was donated to Cottage in 2018 through the Panda Cares Foundation to help children facing medical crisis.

Rite Aid #6185 in Solvang held the top spot in the nation for increase in total money raised for their CMN hospital, Cottage Children’s Medical Center (that’s #1 out of 4,480 stores!).

May is for Miracles at Costco! Throughout the month of May, you can help Cottage Children’s Medical Center by making a donation when you check out at the register. 100% of funds raised stays local to help save kids’ lives.
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The annual Miles for Moms 5K and Kids Fun Run raises funds to support Goleta Valley Cottage Hospital.
It was in 1892 when 16-year-old Giovanni Cavalletto arrived in Santa Barbara from Italy – one year after Santa Barbara Cottage Hospital first opened its doors. What was it like for Giovanni sailing to the U.S.? What were his hopes? His dreams? Could he have imagined how many lives his family would go on to touch and help make better over a century later?

If the name Cavalletto rings a bell, you’re not alone, because Giovanni’s son, George, was involved in generously supporting health care in Goleta since the beginning.

George was an attorney, a commercial real estate developer and an avocado and lemon farmer. He was also a well-known philanthropist donating to worthy causes throughout the County. In 1962, when possibilities for Goleta’s own hospital were being explored, he provided a long-term lease on the property that was once his home at Patterson and Hollister Avenue. The hospital opened there in 1964.

Over the following decades, George and his wife Dale generously supported Goleta Valley Cottage Hospital and upon their passing formed Cavalletto Charities in 2003 to continue the tradition of philanthropy. Dale’s daughter, Valerie Fuette, and George’s grandson, Dan Cavalletto, serve as members of the Cavalletto Charities Board, along with attorneys Dave Larson, Dennis Reilly and Joe Green, and they all keep the philanthropic spirit of George and Dale alive and well.

When the need for the new Goleta Valley Cottage Hospital (GVCH) arose, Cavalletto Charities generously donated $2 million toward its completion in 2015. Valerie was an active volunteer for the building campaign and also served on the Goleta Valley Cottage Hospital Foundation Board of Directors. Cavalletto Charities’ philanthropy has transformed Goleta Valley Cottage Hospital over the years and has helped make GVCH the outstanding hospital it is today. Their continuous giving has created a lasting legacy of George and Dale Cavalletto, one even Giovanni Cavalletto could never have imagined.

Cavalletto Charities have sponsored much life-saving technology at Goleta Valley Cottage Hospital, including most recently:

- **3D Tomosynthesis Mammography** – FDA-approved advanced technology that takes multiple images of breast tissue to recreate a 3-dimensional picture of the breast that provides physicians clearer images of breast masses and makes it easier to detect breast cancer
- **CT Scanner for 2019** – to help diagnose muscle and bone disorders like bone tumors and fractures; pinpoint the location of tumors, infections or blood clots; detect and monitor diseases and conditions such as cancer, heart disease, lung nodules and liver masses

**GOLETA VALLEY COTTAGE HOSPITAL 2018 IN REVIEW**

- **5-Star CMS Rating**, and Press Ganey Guardian of Excellence Award
- **Guardian of Excellence Award** (4 quarters of >95% patient satisfaction)
- **23,650** Emergency Department visits
- **13,752** Ridley-Tree Center for Wound Management visits
- **877** orthopedics total hip & knee cases
- **2,200** surgeries
- **1,800** admissions
- **44** medical/surgical beds
- **8** critical care beds
- Services include 20-bed Emergency Department, surgical services with Orthopedic Center of Excellence, Ridley–Tree Center for Wound Management, imaging and other ancillary services and inpatient/outpatient therapy services
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The 56th annual Santa Ynez Valley Cottage Hospital (SYVCH) Holiday Gala was held at the Santa Ynez Valley Marriott Hotel. Proceeds from the event supported the 3D Mammography Initiative, bringing this advanced technology to SYVCH in 2019. Pictured, left to right: Ron Werft, Cottage Health President & CEO; William J. Heringer, MD, SYVCH Foundation Director; Nicole Huff, RN, Clinical Manager, SYVCH Emergency Department; Travis Mellon, MD, SYVCH Emergency Department; Wende Cappetta, SYVCH Vice President; C.J. Jackson, SYVCH Foundation President; Tresha Sell, SYVCH Foundation Director; June Martin, SYVCH Foundation Administrator; and Roger Lane, MD, SYVCH Chief of Staff.
Cottage Rehabilitation Hospital Foundation

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Ms. Ashley Parker Snider
Union Bank Foundation
Mr. & Mrs. Ron Werft
Mr. & Mrs. William Werts
Mr. & Mrs. George Writer Jr.
Dr. & Mrs. Philip Wyatt
Mr. & Mrs. Robert Zukin

$500 - $999
Mr. & Mrs. Peter Adams
Mr. & Mrs. Ross Adams
Dr. Michele Armet
Dr. Sharon Basham
Ms. Susan Bernstein
Mr. & Mrs. Mario Borgatello
Mr. Thomas Brown
Ms. Barbara Clark
Mr. Paul Glenn
Mr. William Hathoot
Ms. Sandra Hunt
Mr. & Mrs. Robert Kendall
Mr. & Mrs. Phil Morreale
Ms. A. Sandra Morrison

Junior Wheelchair Sports Camp provides sports and recreation skills development for children, youth, and young adults between the ages of 6 and 19 who can use a wheelchair to participate in activities. The camp is supported by Cottage Rehabilitation Hospital Foundation and its generous donors, and is held annually at UCSB.
Santa Barbara Athletic Round Table
Ms. Melinda Staveley
Mr. Daniel Thomas

$100 - $499
Ms. Judy Alexander
Ms. Nancy Alexander
Ms. Ellen Anderson
Anonymous
Mr. & Mrs. Richard Ayling
Bernzott Capital Advisors
Ms. Laura Bialis
Ms. Melinda Britz
Ms. Candace Brown
Mr. William Burtness
Mr. & Mrs. John Campbell
Ms. Shandra Campbell
Mr. William Chachakos
Mr. & Mrs. Alec Chambers
Community West Bank
Mr. & Mrs. James Costanzo
Ms. Jane Craven
Mr. James Crosby
Mr. Arie Dejong
Mrs. Renate Ennulat
ExxonMobil Foundation
Mr. Sylvester Fior Jr.
Ms. Pattie Firestone
Ms. Nori Francis
Mr. James Gentilcore
Ms. Constance Gillies
Mrs. Joyce Ginsberg
Mr. Earl Hajic
Mrs. Margaret Hamilton
Mr. & Mrs. Jeffrey Harbison
Mr. & Mrs. David Hybert
Mr. & Mrs. Lonn Justus
Ms. Danielle Kent
Dr. & Mrs. Ronald Koegler
Mr. & Mrs. Jeffrey Kruthers
Mr. & Mrs. Herbert Kuntz
Ms. Teresa Kuntz
Dr. & Mrs. James Langer
Ms. Pamela Larsson-Toscher
Mr. & Mrs. Garry Lawrence
Mr. Glenn Lucas
Dr. Peter MacDougall
Mr. John Mayne
Ms. Darlene McDonough
Dr. & Mrs. Edward McGinn
Ms. Lailan McGrath
Ms. Lisa Moore
Ms. Helle Nathan
Mr. Bret Nighman

IN HONOR OF
Michelle Brown
Kathryn Crosby
Alicia Cruz
Karen Hockman
Carolyn Kopp
Susan Lucas
Jenna Philley
David Powdrell
Kay Richmond

IN MEMORY OF
Tony Baragona
James T. Bynum
Skye Campbell
Barbara Cunningham
Kate Doordan
James Doordan
Solomon Ehrlich
Annette Fujita
Jesus & Lola Guerra
Winifred J. Hajic
Krista Justus
Richard H. Latimer
Ursula Mahlendor
Mike McDonough
John A. McKenna
Harris Meisel, MD
Carroll S. Mohr
Michael & Timothy Nutile
Frank Sutcliffe

*deceased

Cottage Rehabilitation Hospital employees, physicians, volunteers and patients celebrate National Rehabilitation Awareness Week with activities and awards.
Giving back is a vital part of Cottage Health’s workplace culture, and Cottage employees are engaged in supporting their communities and their hospitals. The following list recognizes Cottage employees who gave back to Cottage Health in 2018.

Irene Abad
Carolina Aguilar
Salvador Aguilera
Maria Teresa Alcantara
Erika Aldaz
Autumn Allen
Scott Allen
Rosie Allison
Kyndra Alspaugh
Nanci Alvarado
Sean Angel
Julie Ascher
Concepcion Bahena-Gomez
Julie Bair
Lilian F. Ball
Manuel Barajas
Ted Barber
Sarah Barraza
Sharon Barton
Marsha Baselice
Katya Bazylewicz
Rebecca D. Bedel
Bob Behbehani
Elise Behbehani
Theresa Bentley
Jenny Bell-Berch
Kristina Benedicto
John and Joan E. Bennett & family
John Berberet
Rhonda Bernstein
Barbara Berry
Kim Berry
Richard Beswick
Gina Bitano
Erin Bisaccia
Ron Biscaro
Judy Bloedky
Diane Book
Chrystal Borrayo
Connie Boyd
Gilda J. Brumuelas
Chelsea Brooks
Chelsea Brown
Heather Buntins-Bliss
Daisy Calles
Marisa Camacho
Veronica Campuzano
Laura Canfield
Wende Cappetta
Steven Caputo
Rebecca Carbone
Rene Castaneda
Alex Castellanos
Angie Castro
Jaki Cekada
Patricia Charest
Armando Chavez
Rebecca Christenson
Debra Collingwood
Tina Collins
Wendy Cork Keyzer
Karen Corral
Lulu Corral
Rose Costello-Reyes
Kathleen Crean
Kim Culley
Gennine D’Ambra
Kolty Davellia
Lynne Davis
Eva De La Mora
Ruth L. De Leon
Arie & Jaime Dejong
Isabel M. Diaz
Johnny Diaz
David T. Dietrich
Kaitlyn Dinham
Vanessa Donati
Patricia Dooley
Jill Drain
Glenn Dubock
Charlotte Dullea
Loral Eckermann
Debbie Eokles
Jill Effing
Erika Elizondo
Christina Ervin
Magdalena Esparza
Ashin Fatholahi
Steven Fellows
Charlene Fernandez
Hannah Ferrer
Jennifer Ferrick
Michelle Fierro
Gabriela Flores
Molly Foster
Kimberly Franco
Mary Fulcher
Paula Gallucci
Beronica Garcia
Luz Garcia
Tricia Garcia
Dodi Gauthier
Herk Geary
Kaina Gonard
Tanya and Bob Gonzales
Jamie Gonzalez
Amanda Grijalva
Denise Guerrero
Mayra Guerrero
Tara Guillemin
Brittany Haliani
Elaine A. Harbison
Lauren Hardy
Darryl Hein
Patricia Heller
Lena Henson
Erika Hirsch
Elizabeth Holten
Amber Holmer
Denise Holmes
Jack B. Howard
Cindy Howe
Matthew Huff
Janis Hutchison
Cynthia A. Ingham
Junde Irabon
Laura Isaacs
Jennifer L. Jack
Ann Jenkins-DieBold
Kristen Jennings
Lynnette Jessop
Lucila Jimenez
Darcy Keep
Dennis Keever
Mary Kelly
Susan Kelty
Wendy Keyzer
Audrie Krause
Jennifer L. Krispi
Angela Kroemer
Teresa Kuntz
Amy Kunze
Lisa LaBouve
Emily LaChaine
Donald E. Latier
Ron Latricon
Sebastian Lebeau
Ji Lee
Jean Leggitt
Vicki Lekas
Kim A. Lemon
Catherine J. Leyva
Elizabeth Link
Carla A. Long
Diana LoVan
Madeleine Lozano
Liz Lundquist
Amy Luong
Sharon Lutz
Casey Malone
Angela Mamahua
Angeli Mancuso
Denice Manjarrez
Faviola Marquez
Angelica Martel
June Martin
Chablie Martinez
Mari Martinez
Rebecca Mauldin
Nancy May
Jennifer McDonnell
# 2018 Cottage Health by the numbers

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Licensed beds</td>
<td>582</td>
</tr>
<tr>
<td>Babies delivered</td>
<td>2,060</td>
</tr>
<tr>
<td>Volunteers</td>
<td>1,025</td>
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<tr>
<td>Patients admitted</td>
<td>19,840</td>
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<tr>
<td>ED visits</td>
<td>78,532</td>
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<tr>
<td>Volunteer hours</td>
<td>215,461</td>
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<tr>
<td>Days of inpatient care</td>
<td>95,313</td>
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<tr>
<td>Outpatient visits</td>
<td>113,516</td>
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<tr>
<td>Physicians in residency programs</td>
<td>60</td>
</tr>
<tr>
<td>Surgeries</td>
<td>13,680</td>
</tr>
<tr>
<td>Employees (full-time equivalents)</td>
<td>3,245</td>
</tr>
<tr>
<td>Medical staff physicians</td>
<td>724</td>
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</tbody>
</table>
2018 Cottage Health by the numbers

**MISSION**
To provide superior health care for and improve the health of our communities through a commitment to our core values of excellence, integrity, and compassion.

**VISION**
Cottage Health, through partnership with physicians and our communities, is recognized as a California leader in quality care, safety, patient experience, transparency, cost effectiveness, and community health.

### 2018 Financial responsibility

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenue</td>
<td>$883,000,000</td>
</tr>
<tr>
<td>Expenses</td>
<td>$814,000,000</td>
</tr>
<tr>
<td>Operating Margin</td>
<td>$69,000,000</td>
</tr>
<tr>
<td>Net Investment Loss</td>
<td>(15,000,000)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$54,000,000</strong></td>
</tr>
</tbody>
</table>

### 2018 Investment

- **Facilities Master Plan (Compton Pavilion)**: $45 million
- **Seismic retrofitting and other new construction**: $5 million
- **State-of-the-art medical equipment**: $10 million
- **IT including Compass**: $17 million
- **$77 million invested in 2018**
Join us for an evening with Jesse Billauer, a world champion quadriplegic surfer and inspirational speaker.

Jesse’s talk will amaze and inspire you and change your outlook on life.

waves of empowerment

Thursday, September 12, 2019 at 7 p.m.
The Lobero Theatre | Santa Barbara, CA
VIP RECEPTION AT 5:30 P.M.

Reserve your seats now at: cottagehealth.org/crhevent

For more information or to become a sponsor, please call: (805) 569-8999 x82143