

Volunteer *Voice*

SEPTEMBER 2020 • ISSUE 1

Message to Cottage Health Volunteers

I hope you and your loved ones are well during these challenging times, and I want you to know



that you are missed tremendously by me, our department, the entire Cottage Health staff and our patients.

We've restarted our special newsletter, *Volunteer Voice*, to keep you updated on news and events, highlight volunteers and share delicious and healthy recipes from the Cottage kitchen for you to try at home.

At the moment, we are limited to 25 ambassador volunteers at Santa Barbara Cottage Hospital and five volunteer ambassadors at Goleta Valley Cottage Hospital, volunteering from 8 am–noon Monday through Friday. These volunteers serve in assisting concierge and escorting patients to surgery.

– Patricia Dooley,
Director, Volunteer Services

Volunteer Spotlight



"I thrive at Cottage. Being here is one of the highlights of my life." – Jaci Dow

Volunteers are a big part of why CH is such a special place. Jaci Dow is a familiar face to many. That's because she's completed more than 4,000 hours of service at Santa Barbara Cottage Hospital.

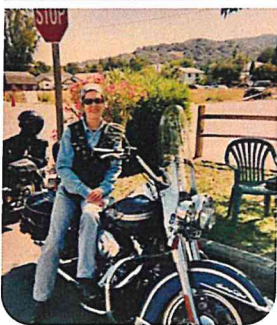
She began volunteering nine years ago, driven by a strong desire to give back. These days, she's an Ambassador in the Pueblo

Lobby and the surgery waiting room and assists patients and their loved ones at SBCH. Thank you, Jaci, for all you do for so many.



"As a volunteer, I love getting to meet and serve new people, to help during stressful times in their lives." – Starr Garvey

Starr Garvey enjoyed an almost 20-year career at Santa Barbara Cottage Hospital working in the business office before retiring in 2008. Since retiring, she's been an ambassador volunteer and has donated more than 6,100 hours of service so far.



One thing you might not know about her is that when she's not helping others at SBCH she loves riding her Harley. Ride on, Starr, and thank you for all you do.

Cottage Health Jayne Wickman Incentive Award Recipients



Andy Nguyen graduated from San Marcos High School with a 4.54 GPA. He started volunteering at Santa Barbara

Cottage Hospital his freshman year and continued through high school in the Item Movement Team, distributing non-surgical medical equipment from the sterile processing department to hospital units. He has volunteered more than 500 hours. He'll be attending UCSB studying Biology on the pre-medical track. His goal is to become a physician with a specialty in molecular pathology.



Roger Marcellin volunteers as an ambassador in the Cardiac Telemetry Unit and has donated nearly 200 hours. A Santa Barbara

High School graduate with a 4.5 GPA, he graduated the top student in the math department. He will be attending Emory University, majoring in Biology and Human Health, and plans to pursue a medical or doctorate degree for a career in a clinical and research setting.

PAT Volunteers Find Creative Ways to Serve

While hospital staff and patients miss the friendly teams of Pet Assisted Therapy volunteers walking the hospital halls, dogs have a way



finding connections to people. The need for virtual connection wasn't lost on Max, who jumped in—with help from his human Peggy Perhac

—to emcee this year's United Way Fun in the Sun recorded videos for kids, as part of Cottage's partnership with the summer program.

Throughout the past months, many PAT teams also have been sending pictures and notes of encouragement for staff—staying in touch with their friends at the hospital and sharing news of their safely distanced adventures.

If you have a note or photo to share with staff, please email it to Pat Dooley.

WORD SEARCH

Reasons to Volunteer

Search the grid at right for these important reasons to volunteer:

relationships

generous

giving

happy

contribute

helpful

connect

share

community

productive

friends

love

heartfelt

social

skills

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H T C X U S I M C F F Z P I Y
T M O F C C O H Z O Y J D D P
T R N R W O W C X A Z V X Y R
E E N I X M N T I L D A Z T Z
H L E E L M H T O A I Y X J K
E A C N S U A Z R S L G P F R
A T T D K N P I V I M T I J R
R I D S I I P F M K B P C Q L
T O U S L T Y J V R B U Z Q O
F N E H L Y B N V E S A T T V
E S K A S H E L P F U L N E E
L H B R G P R O D U C T I V E
T I G E N E R O U S G P D L Q
G P F H Y T H G I V I N G Z G
O S G A U I M O N B N X N B G
    
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RECIPE #1

Beet Salad with Cauliflower

8 oz Red Beets, Fresh

8 oz Cauliflower Florets, Fresh

1 ½ tbsp Oil (Olive or Canola)

½ tsp each Oregano and Thyme, Fresh, Leaf

2 oz Fennel, Fresh

¾ cup Orange, Fresh, Sections

¼ cup Parsley, Fresh, Chopped

½ cup Blue Cheese, Crumbled

2 oz Pistachios, Shelled, Unsalted

Use 8 oz prepared dressing, or recipe below for White Balsamic Vinaigrette

Directions

1. Steam beets until tender. Cool completely and peel. Dice into bite size pieces.
2. Toss cauliflower in oil, oregano and thyme. Roast at 425°F for 15–20 minutes until lightly brown and tender crisp. Cool.
3. Toss cauliflower with remaining ingredients until well combined. Serve chilled or at room temperature.

Nutritional Information

Cal	Carbs	Protein	Fat	%Cal/ Fat	Chol	Sodi- um	Fiber/ Dtry	Calcium
220 kcal	8.7 gm	3.9 gm	19.5 gm	80.0%	6 mg	172 mg	2.5 gm	70 mg

RECIPE #2

White Balsamic Vinaigrette

¾ cup Orange Juice

1 tbsp Spicy Brown Mustard

1 tbsp Honey

½ tsp Kosher Salt

½ tsp Pepper (approx., to taste)

1 cup White Balsamic Vinegar

½ cup Oil (25% Olive / 75% Canola)

Directions

1. Blend all ingredients except the oil together.
2. Slowly drizzle in oil while blender is running to emulsify dressing.

Nutritional Information

Cal	Carbs	Protein	Fat	%Cal/ Fat	Chol	Sodi- um	Fiber/ Dtry	Calcium
61 kcal	2.2 gm	0.1 gm	5.7 gm	84.9%	0 mg	59 mg	0 gm	1 mg

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