

# Rooted in Community, Focused on Care: How Your Generosity Heals

2025 EDITION | SANTA YNEZ VALLEY, CALIFORNIA



Santa Ynez Valley  
Cottage Hospital  
Foundation

# Dear Friends,

Here in the Santa Ynez Valley, we're surrounded by beauty — golden hills, open skies and a community that genuinely cares for one another. That spirit of kindness is what makes our community so special, and it's what inspires everything we do at Santa Ynez Valley Cottage Hospital.

**Because of you**, our hospital isn't just a place to heal; it's a reflection of this community's heart. Every gift you make is more than a contribution; it's an act of love that touches every patient and every family who walks through our doors.

**Because of you**, our physicians can detect illness sooner with advanced technology. Your generosity provides flu shots that keep our neighbors healthy and protect the most vulnerable. You've helped cardiopulmonary patients find hope and strength in recovery. And your support helps families rely on exceptional, lifesaving care just minutes away, when every moment matters most.

**Because of you**, lives are being touched every day — in grateful smiles, hopeful recoveries and the quiet strength of patients like Carlyle, Monty and Judi, whose stories we're honored to share in this newsletter. Every gift you give becomes a story of gratitude we're proud to tell.

We are deeply grateful for the many ways you have invested in our community and its future. As we look ahead, we are excited to continue building on this strong foundation. With your continued partnership, we will ensure the health of the Santa Ynez Valley so that exceptional care remains close to home for generations to come.

With heartfelt gratitude,



**Richard Nagler**  
*President*  
Santa Ynez Valley Cottage Hospital  
Foundation



**Katie Gorndt, RN**  
*Vice President, Director of Nursing*  
Santa Ynez Valley Cottage Hospital



## Moving Forward

With your partnership, we're poised to advance the next chapter of care in our community:

- **Expand access** so more patients can receive timely outpatient and imaging services.
- **Grow specialty care offerings** to bring advanced treatment options to our community.
- **Upgrade the emergency department** to better meet the current and future needs of our growing community.

# Because of you, at Santa Ynez Valley Cottage Hospital...

11,168

were cared for in the emergency department

2,125

received advanced imaging scans

993

completed cardiopulmonary rehabilitation visits



## Close to Home, Close to Hope

Carlyle never expected to have a stroke. A healthy, active 71-year-old with a love for horses and a career in the art world, he'd never even taken medication — until the night everything changed.

"I was just lying on the couch watching TV, waiting for my wife and daughter to come back with smoothies," Carlyle recalls. "Next thing I knew, I was on the floor. I couldn't move my right side at all."

At first, he tried to make sense of it. Maybe his arm had fallen asleep. But when he couldn't move his leg either, he knew something was wrong. His wife returned, and with quick thinking and a call to 911, help was on the way. Paramedics rushed him to the emergency department at Santa Ynez Valley Cottage Hospital, where Carlyle says his life was saved.

"It was like magic the way things happened," he says. "They jumped

into action. I think that's where they gave me the 'magic shot' that stopped the worst from happening."

From Santa Ynez Valley Cottage Hospital, Carlyle was transferred to Santa Barbara Cottage Hospital, where he spent nearly two weeks receiving specialized stroke care before heading up the street to the Cottage Rehabilitation Hospital.

"They worked my tail off," Carlyle laughs. "But that's what brought me back."

Thanks to Cottage Health's coordinated stroke response and rehabilitation team, Carlyle regained his mobility, speech and independence. He even lost 35 pounds and made lasting lifestyle changes — no more ice cream, no more alcohol. He's back to working in his art business, helping run the family cattle operation and looking forward to getting back in the saddle again.



"I couldn't be more thankful. Every nurse, every doctor was just extraordinary. I didn't realize how close I came to something terrible, but the care I received made all the difference."

His message to others? Don't wait.

"If something feels wrong, call 911. Don't try to figure it out yourself. I was lucky. I had help nearby, and I had the Cottage Hospitals."



**SANTA YNEZ VALLEY COTTAGE HOSPITAL  
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“ I can't imagine a better team to care for me. I've been going to Cottage Hospital in Santa Barbara and Solvang since 1966 to keep my health as good as possible. They're 100% successful for me!

Monty Roberts, 90  
 Solvang



Excellence You Help Make Possible in 2025



**Santa Ynez Valley Cottage Hospital Earns Prestigious 5-Star Rating**

SYVCH continues to deliver the highest standard of care. The National Rural Rating System has awarded our hospital a coveted 5-Star Rating and named us to the National Rural Honor Roll — national recognition for the exceptional skill, compassion and innovation you help make possible.



**Stephen Palmer Joins SYVCH Foundation Board**

Your support inspires community leaders to step forward. Palmer brings a deep commitment to the Valley and a passion for making sure every neighbor has access to world-class care. His leadership will help guide the Foundation's mission for years to come.

# Thanks to You, A Life Saved

Judi has always cherished the quiet beauty of her family ranch in Los Olivos — daily walks with her dog, the open skies and the comfort of a close-knit, caring community.

Though she had been living with a small aortic aneurysm, Judi felt strong and healthy. Her cardiologist, Dr. Jason Boyatt at Cottage Santa Ynez Valley Cardiology, kept careful watch through regular check-ups and imaging. “I wasn’t experiencing any symptoms,” Judi recalls. “No shortness of breath, no fatigue. I felt fine.”

Then, during one of those routine visits, everything changed. The aneurysm had grown past five centimeters, critical enough to require surgery. Without delay, Dr. Boyatt referred Judi to Dr. Michael Paulsen at the Cottage Cardiovascular & Thoracic Surgery Clinic.

Two weeks later, Judi underwent a highly specialized procedure at Santa Barbara Cottage Hospital to repair her aortic root while preserving her native valve. Thanks to donor-supported investments in advanced cardiac surgery, she was able to avoid a valve replacement — and the lifelong use of blood thinners.

“The care I received was outstanding,” Judi shares. “From the nurses to the entire staff,

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The very next day, Judi was up and walking. Back home, she continued to regain her strength through the Cardiopulmonary Rehabilitation Program at Santa Ynez Valley Cottage Hospital, where personalized care and supportive staff helped her rebuild confidence step by step. Having access to such high-quality rehabilitation close to home meant Judi could focus fully on her recovery without the strain of regular trips to Santa Barbara.



What stood out most to Judi and her husband was the compassion behind every act of care. “They made sure I felt safe and supported every moment,” she says. “Dr. Paulsen is just an incredibly caring surgeon. I don’t think I’d be here without him. I’m so grateful.”

Today, Judi and her husband have complete confidence in Cottage Health. “As far as we’re concerned, the heart team at Cottage is the best you’ll find anywhere,” she says. “If you have to go through something like this, there’s no better place.”

# With Gratitude to You, Our Generous Supporters

The list below includes donors at the \$1,000 level and above, however, we are grateful for gifts of all sizes that help support the hospital's mission.

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“ Thanks to the hospital's extraordinary staff, dedicated volunteers and faithful donors, Santa Ynez Valley Cottage Hospital continues to play a vital role in the health and wellbeing of our community. And for that, my family is forever grateful. My mother and my husband have both received life-saving care at SYVCH and recently, my brother began receiving frequent monitoring of his critical condition thanks to the new state-of-the-art CT funded through our community's generosity. It is reassuring that excellent medical care is always just a few miles away, no matter where you live in our Santa Ynez Valley.

Judith Dale, *Vice President*, Santa Ynez Valley Cottage Hospital Foundation



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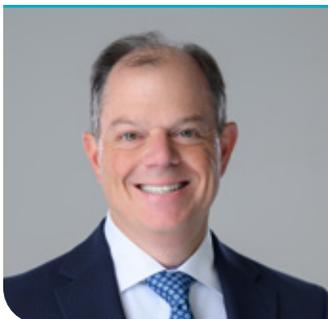
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 Jacqueline Pierce and Steve Zola

**IN MEMORY OF**

Virginia Sowder  
 Our Moms

*\*Deceased*

*Every effort is made to publish accurate donor information. Inquiries to: 805-691-9509.*



“ The Santa Ynez Valley is a remarkable place — rich in history, generosity and community spirit. I’m committed to honoring that legacy and ensuring our hospital continues to meet the unique needs of our neighbors for generations to come.

**Scott Wester**, *President & CEO, Cottage Health*



## ABOUT SANTA YNEZ VALLEY COTTAGE HOSPITAL

Founded in 1964, the not-for-profit Santa Ynez Valley Cottage Hospital (SYVCH), provides high-quality outpatient surgical services, inpatient care, comprehensive imaging (including MRI, CT, 3D mammography, ultrasound, X-ray, DEXA bone density), on-site laboratory, cardiopulmonary rehabilitation, cardiac clinic, physicians' specialty clinic and 24-hour emergency services to the community. SYVCH is part of the not-for-profit Cottage Health, the leader in providing advanced medical care to the Central Coast region.

For more information, call **805-688-6431** or visit [cottagehealth.org/syvch](http://cottagehealth.org/syvch)



**Give Online** – [cottagehealth.org/syvchfoundation](http://cottagehealth.org/syvchfoundation)

**Donor Advised Fund donations welcomed** — Tax ID: 95-3308522

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