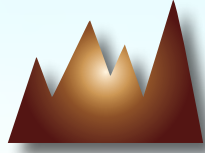


SUMMIT LIFE

VOLUME V, #44



JULY 2017

Dr. Margaret Aranda, an anesthesiologist and critical care specialist, battled with her medical peers for months in order to fully diagnose brain injuries suffered in a 2003 auto accident. In her newly published book, "The Rebel Patient," the Summit resident explains that she fired doctors who left her in limbo. She urges other patients searching for a diagnosis to do the same.

Diane Brown/Summit Life photo (See page 2).



SaySaga Inspirational Presents

Book Launch Party

June 13th, 2017 / 5.00 - 10.00 PM

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An Interview With A Rebel Patient:

IN THE BLINK OF AN EYE, DR. MARGARET ARANDA WENT FROM AN EXPERIENCED DOCTOR TO BEING BECAME UNABLE TO WALK AND TALK. HER PROFESSIONAL TRAINING AND HER LIFE

By Garry Wormser

Question: You explain in your book that you had no external injuries after your accident, not even a bump on the head. So what happened?

Dr. Aranda: The car collision caused my brain to bang back and forth against the inside of my skull. This is somewhat analogous to a quarterback being tackled and knocked to the ground. The damage took months to diagnose and years to overcome. If I hadn't been a doctor, no one would have figured it all out. Would you like a medical description of what happened?

Question: Yes, please. I assume that this description was, in-fact, the diagnosis that was so long in coming and so difficult to obtain.

Dr. Aranda: That's correct. It's a diagnosis containing many parts. The brain centrifuge tore the meninges away from my skull, bruised the brain itself in a coup contracoup manner, banged the posterior pituitary gland into the ventricle, damaged the brain stem and dissected my left vertebral artery. And that's just for starters!

Question: You don't seem to say it in so many words, but evidently all this damage revealed itself slowly and painfully to the point where you feared you were becoming totally disabled and would die?

Dr. Aranda: I feared that I would lose my mind and, even worse, that I would be unable to raise my precious young daughter. So I forced myself to go to the doctor over and over again, by ambulance, in my pajamas and in my underwear. For four years, I

lived with an intravenous line that went from my arm to my heart area. It kept fluids pumping into me 24-hours a day, 7 days a week. Without the fluids, I couldn't stand up without fainting. I routinely walked sideways. I had syncope, passing out into grayness at times; other times, I simply passed out on the floor. But somehow, even when I couldn't talk clearly, I made sure that tests, studies, referrals, and medications were ordered. And if I could tell that the doctor was just as lost as I was, I switched to another doctor.

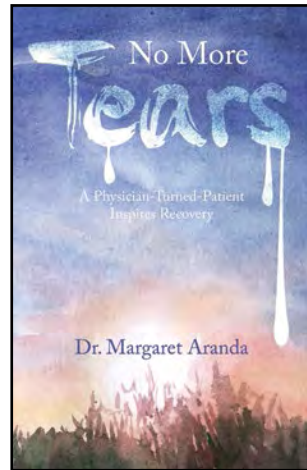
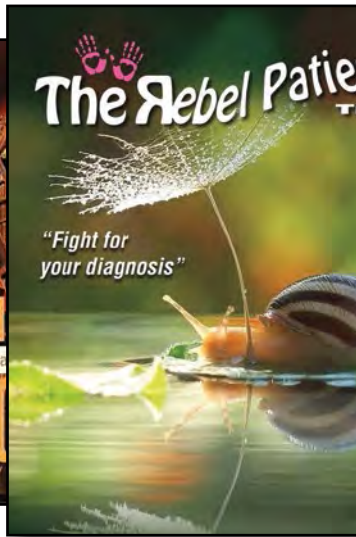
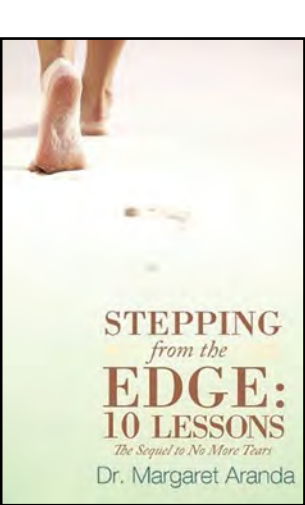
Question: Your medical credentials are extensive and could not have been entirely overlooked. Certainly your attending physicians must have been differential to you

and offered various professional courtesies.

Dr. Aranda: Some doctors were differential and others weren't. I didn't come with a curriculum vitae pasted to my forehead. However, it's true that I studied and worked in many places and in several states. I have medical degrees from USC and Stanford and a medical management background that includes running the Fort Irwin Medical Center Emergency Room in California, multiple intensive care units at the University of Pennsylvania and the Surgical Intensive Care Unit at the West Los Angeles VA. The take-away from all of that surprised me. My background empowered me to argue professionally, to defend my position and to fight for my clinical



PHYSICIAN AT THE HEIGHT OF HER POWERS TO A PATIENT WHO GRADUALLY LOVING COMMITMENT TO HER YOUNG DAUGHTER HELPED SAVE HER LIFE



Summit resident Dr. Margaret Aranda has successfully written and published four self-help medical books and two books for children. The books are available at www.SaySagaInspirational.com.

assessment. These are people skills that all patients can learn to some degree. It begins with the premise that doctor's are not gods and that every doctor is trained to think in the same template; the same kind of way.

Question: Please expand on the ways that doctor's think.

Dr. Aranda: Most patients have follow-up visits that involve the standardized medical practice of writing a Subjective, Objective, Assessment and Plan or a SOAP note. Unfortunately, many illnesses including mine don't fit into neat little SOAP notes. This is particularly true when you're hauled into the Emergency Room on a gurney. These doctors are wildly busy, and each time they see you, they tend to resent you more. They labeled me a GOMER, a pejorative term for GET OUT OF MY EMERGENCY ROOM. In your own rebellious battle as a patient, always remember that you cannot

argue emotionally with doctors nor can you blame them for perceived mistakes. No one likes to feel stupid and everyone in the medical business likes to feel that they are in control over the patient. Patients don't set the rules and patients don't write Doctor's Orders. So if a patient speaks about a Doctor's Order, the staff will automatically disregard it. If the ER doesn't like you as a patient, you won't get the treatment you need. But if by some miracle your physician says "Just tell me how to treat you, doctor," you are validated both as a physician and as a patient.

Question: This is all very serious stuff. Is there a light side to medicine? Many doctors I've met seem to have a good sense of humor.

Dr. Aranda: We have a saying in medicine...laughing won't add years to your life, but it will surely add life to your years. Just ask for a bedpan in the ER and you'll find humor. I've bridged for hours over a full

bedpan, waiting for a nurse to come pick it up. There's not a person who's been sick who hasn't experienced the bedpan rule...give a bedpan, forget about the patient.

Question: Now that you're close to a full recovery, how do you like living at the Summit?

Dr. Aranda: The Summit has helped validate my recovery. The fact that I see beauty here and life in so many forms sprouting up everywhere tells me that I'm back in the world, close to my daughter, in that place where God intended me to be.

Dr. Aranda's four self-help medical books and two children's books are available in press with SaySaga Inspirational Publishing, www.SaySagaInspirational.com. You can follow the doctor on Twitter @TheRebelPatient. ❖

The Chumash Caves:

WRITER SUSAN SUNTREE TRACES HISTORY OF INDIAN SACRED SITES AT SSMPA MEETING

By Marci Wormser, Staff Writer

Thousands of years before paved roads meandered through the canyons near The Summit, Chumash Indians painted and inhabited the caves hidden in the hills nearby.

Two of those caves, known as the Cave of Munits and the Burro Flats Painted Cave, are considered sacred by the Chumash people.

Sacred caves and the history of Native Americans in Southern California were the topics of a presentation given by writer Susan Suntree at a recent meeting of the Santa Susana Mountain Park Association in Chatsworth.

The organization, which seeks to preserve and protect the Simi Hills, Santa Susana Mountains and regional open space, holds monthly community meetings to highlight local preservation issues.

Susan, author of "Sacred Sites: The Secret History of Southern California," (University of Nebraska Press, 2010), told the more than three dozen people in attendance that she began researching the history of Southern California decades ago.

"I was frustrated by people's lack of knowledge of the (history of the) area," she says. "The story of our landscape is our story that brings us all together."

Her research brought the rich history of Native American customs and spiritual beliefs to life.

"Southern California is surrounded by a circle of sacred mountains," says Susan.

One of those mountains is home to the Cave of Munits, located at the back of Castle Peak in West Hills.

Castle Peak, referred to as El Escorpion by the Spaniards, can be



Author Susan Suntree traces history of Chumash Indian Tribe in Southern California. Diane Brown/Summit Life Photo.

accessed via a rugged 2.1-mile hike that starts at El Escorpion Park and goes through Las Virgenes Open Space Preserve.

Chumash Indians lived near the area for thousands of years and had a village on the land where they coexisted with Tongva and Tataviam peoples. Castle Peak is reportedly the site of that village.

"Castle Peak is one of the most sacred sites in all of Southern California," says Susan.

For millennia, the Chumash people have shared stories about the sacred cave located there.

According to the legend, the cave's namesake, a shaman named Munits, had lived in the cave. He was reportedly executed after he killed the son of a tribal chief.

The cave was also used by Chumash natives during traditional solstice ceremonies.

The area was also considered sacred because it's one of nine points located in Chumash territory that they believed helped maintain balance

in the natural world.

According to Susan, the Chumash people used the very peak of the site as a shrine and left offerings there.

The cave, she says, represents three pillars, or mythical worlds. The cave represents the lower world, the body of the hill represents the middle world, and the peak represents the high world.

According to her book, "In 2003, after a decades-long battle, the Ahmanson Ranch, which included land adjacent to the cave [of Munits] that was slated to be a golf course, was saved from development and sold to the state."

Just a few miles away from that site, at the Santa Susana Field Laboratory near The Summit, lies another sacred Chumash site.

Tucked away and hidden in the old Rocketdyne site is the Burro Flats Painted Cave, which contains some of the most well-preserved Native American paintings in the state.

The cave is located in the southwestern corner of area IV of the

laboratory and isn't accessible to the public.

The cave paintings include two human stick figures, stick figures of animals with four fingers and a circle with a star inside. The paintings are estimated to be hundreds of years old and are thought to have been used to celebrate the winter solstice.

In the early 1970s, Fernandeno Indians asked Rocketdyne to safeguard the paintings, and it was added to the National Register of

Historic Places in 1976.

The Chumash tribe has expressed interest in purchasing 450 acres of the laboratory that includes the cave and its adjacent property. County supervisors, however, have expressed concern that the tribe will build a casino on the land.

To safeguard the paintings, its exact location has been kept secret and isn't even included in site maps.

"There were sacred sites all throughout Southern California, but

they were defaced," relates Susan. "The irony is that the Santa Susana Field Station saves it."

The next meeting of the SSMPA will be held at 7 p.m. on Sept. 18 at the Rockpointe Clubhouse, 22300 Devonshire Street, in Chatsworth. The meetings are free and are open to the public.

Some of the information contained in this article was taken from Wikipedia. ❖

An Occasional Column:

THE POTS AND PANS MAN OF COMPANY "C"

By Garry Wormser

In 1956, I was drafted into the peacetime Army, an organization at the time that experienced no wars, no police actions, and whose main function was tending to its own housekeeping needs. From the outset, we did not agree on working conditions, especially when it came to showing up at 4 o'clock in the morning for kitchen police (KP) duty. Like private Pruitt in "From Here To Eternity," I rebelled against the regulations of Company "C," arriving at least an hour late in time to own the most personally degrading job in the kitchen, CLEANING POTS AND PANS.

If you are claustrophobic, cleaning pots and pans can be a death sentence. Army pots are designed to serve hundreds of men at a single sitting and cleaning one is like climbing down into a one-man submarine. Fortunately, I discovered that I was not afraid of tight spaces. In fact, when I think of it now, I could have become a spelunker in my later years, one who explores caves. There was something strangely gratifying in laboring nose to metal inside an Army pot. The noise of screaming mess sergeants and crashing dinner



trays was sealed out. It was just me, my bleach and my scouring pad.

It's true. If you make friends with your work, your work will make friends with you. Before long, the head cook began to greet me in the wee hours with a bear hug and the pronouncement in broken English "here comes the best damn pots and pans man on dis planet." His first name was Crekor and he came from Latvia or Serbia or someplace like that. The man was huge and hairy and his bushy eyebrows protruded out so far from his forehead you could hang clothes on them. He seemed to trust me more each day and finally asked me to be his qualifying partner on the rifle range. This paring had been arranged in advance, possibly as Crekor's reward for coming up with a Dagwood sandwich in the middle

of the night for a hungry officer on guard duty. It meant that Crekor would hold the targets for me and that I would hold the targets for him, thus guaranteeing top marksmanship scores for the both of us.

When the day came, about a week later, I forgot about the arrangement. I was the first to shoot and seemingly couldn't miss the target from either a prone or standing position. I was briefly tempted to showoff by looking into a mirror and firing the rifle backward over my shoulder. Then we switched positions. I went into the target pits about a hundred yards distant while my target puller moved up to the firing line. The guy couldn't hit the side of a barn. Every time he missed the target, I waved a white flag known as "Maggie's Drawers." After it was all over and I came up from the pits. I saw Crekor charging at me. "I keel you, I keel you," he screamed. Then I remembered our agreement. But it was too late. Crekor kept charging and I kept running. It was as close as I ever came to being wounded in the service of my country.

And to this day when it comes to pulling KP, I still answer the call. On Thanksgiving, with a big turkey in the oven, my wife is quick to remind me that I'm the best pots and pans man of them all. ❖

FOXTAILS, A NUISANCE FOR PEOPLE, A POTENTIAL HEALTH HAZARD FOR YOUR PETS

By Bill Kreke, Owner,
Kahuna Dog Walking; LLC,
(818) 806-WALK

The heavy rains we experienced last winter might have turned our hillside lush shades of green, but now the warmer temperatures have turned the vegetation brown and left us with an irritating and potentially dangerous plant for our pets. Foxtails are a type of wild grass that forms a spikelet, or hardened barb tip at the end of the plant. Foxtails are also known as Wild Barley, Needle Grass, Spear Grass, and Brome Grass. Nature evidently intended the barb tips of the plants to cling to animal fur as a method of dispersing the plant's seeds. However, these tips can work their way through the skin and into any anatomical part of your dog or cat.

Foxtails are particularly dangerous to your pet because they will not break down once inside your pet's body. When a foxtail starts to burrow into the skin, the backwards facing barbs will not allow the seed to back out. This is not only painful for your pet, but if left untreated, foxtails will travel further under the skin and into internal organs, causing serious



injury and in some cases even death.

During this time of year it's best to not let your pets travel in deep grasses or walk where foxtails are clearly present. Take a look in your yard and be sure to remove these plants. It's preferable to remove the seed stalk by hand. Using a mower or weedwacker will only spread the seeds to other parts of your yard.

Thoroughly examine your pet after walks, checking both their paws, face, and coat. Persistent licking, tenderness, swelling may be signs of an embedded foxtail. The most common places foxtails can be embedded are:

PAWS: Check not only on the paw pad but also in between the pads. Foxtails can sometimes be concealed if your dog has a heavy amount fur between their paw pads.

FACE: Foxtails can embed

themselves in your pet's ears, eyes, nose, and mouth. Be on the lookout for excessive head shaking, redness, discharge, or excessive sneezing / coughing. Foxtails can lodge within the nasal passages or around the gums.

COAT: Regular brushing will help to remove foxtails before they become a problem, but be aware of any lumps or sore spots when stroking your pet.

Foxtails can be removed with tweezers. However, if the area is swollen or red be sure to call your vet. The state of California has the highest percentage pet emergencies from foxtail injuries. During this time of year, May to December, when the plants are producing seeds, it's best to keep your pet out of over grown grassy areas and keep the plants out of your yards and gardens. ❖

Mayo Clinic Newsletter:

HEADACHE'S THAT YOU REALLY, REALLY NEED TO WORRY ABOUT

The following headaches could be a real headache, signaling that you need to see a doctor right away.

- New headache pain after age 50.
- Sudden onset of thunderclap headache lasting less than a minute.
- New, first or worst ever headache.
- Change in pattern from previous headaches.
- Headache associated with fever, chills or unintentional weight loss.
- Seizures, confusion or dizziness.
- Worsening headache or headache not responding to treatment.
- Headache associated with standing or changing positions.
- Headache associated with unusual or persistent aura.
- Headache after recent head or neck trauma.
- Headache with a history of cancer or HIV infection.

DOG DEATH IN PARK HIGHLIGHTS NEED FOR MOTORIST CAUTION

The sad fact that a dog was hit by a car and killed in the park this month highlights the need for driver caution when negotiating the Summit's hilly and narrow streets. Please recognize that the Summit is a family park where children and pets occasionally run loose despite the best efforts of parents and animal owners.

At 20 miles per hour, just five miles above the park speed limit, it

takes the average driver a distance of forty feet to stop....that's 20 feet before the driver can react plus another 20 feet of actual braking. On wet pavement, it's the same 20-foot reaction lag plus 40 feet of actual braking.

At night, reaction times can be even slower when driver's are often startled by sudden changes in road conditions according to Stay Alive

and Drive, Inc. This is particularly true when children in the park engage in the near suicidal practice of riding down the dark streets on skateboards.

So please, control your children and pets, especially at night, and stick to the park's 15-mile-per-hour speed limit. Any fool can drive fast enough to be dangerous. ❖

STATE HOUSING DEVELOPMENT AGENCY TO INSPECT SUMMIT HOMES

The California Department of Housing and Community Development (HCD) is scheduled to inspect Summit homes for code compliance late this month. Both the interior and exterior of PARK OWNED HOMES will be inspected while RESIDENT OWNED HOMES will be subject to exterior inspections only. Forms authorizing the Department to enter and inspect park-owned homes are available at the Summit Clubhouse and must be completed and signed by tenants prior to inspection. An information video on the inspection process is available on the Department's website, www.hcd.ca.gov/codes/mp or on You Tube at www.youtube.com/watch?v=A7VwQEAdg2s.

PARK RENT PAYMENTS AND REPAIR REQUESTS CAN NOW BE MADE ON-LINE

To make life easier for hardworking Summit residents, rental payments and repair requests can now be made on-line. Just dial-up the Park's website, www.summitmobilecommunity.com and click on the easy to follow prompts.

AROUND THE TOWN: AUGUST

SAN FERNANDO VALLEY SUMMER DRIVE-IN MOVIE NIGHTS

Film in San Fernando Valley
Date(s): 08/04/2017 to 08/12/2017
Day(s): Friday Saturday
Time(s): 6:30pm - 10:30pm
Address: 9201 Winnetka Ave.
Chatsworth, 91311
Cost: \$20 or \$60

YEC OPEN HOUSE

Health & Fitness in San Fernando Valley
Date(s): 08/19/2017
Day(s): Saturday
Time(s): 11:00AM to 1:00PM
Address: 7646 Densmore Ave
Phone: 818-208-9881
Cost: Free

THE HELP GROUP'S SUMMER DAY CAMPS, SHERMAN OAKS

Recreation in San Fernando Valley
Date(s): 06/12/2017 to 08/23/2017
Day(s): Monday Tuesday Wednesday Thursday Friday
Time(s): 9 to 2:30pm
Address: 13164 Burbank Blvd., Sherman Oaks, CA 91401
Phone: 818-778-7136
Cost: \$300-\$650 per week. Price varies by camp program.



SUPERIOR HOMES OPEN HOUSE

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Real estate at the Summit is subject to the Federal Fair Housing Act of 1968 and its amendments.

Please visit us at

www.summitmobilecommunity.com