

## A Life of Service

New Atterdag Village of Solvang Board President, Catherine Streegan, DMD, was raised to help others. Dr. Streegan's parents and her beloved grandmother taught her and her siblings about serving others by example as part of their everyday life growing up in the Philippines. Dr. Streegan's father was a Rotarian and at age 16 she became a Rotary exchange student in Seattle, Washington. After completing the year's program she returned to the Philippines to focus on her dream to be a Dentist and then returned to the United States for postgraduate studies at UCLA.

Mentor and Management Coach, Dr. Schuster had a big impact on Dr. Streegan and taught her a philosophy she practices today; "Begin with the End in Mind". Know how you want your day, year, and life to end then make a plan to accomplish it. Dr. Streegan commented, "I worked hard to build my practice and with Dr. Schuster's philosophy, I changed my work day to 7 AM-2 PM and took Fridays off. This change allowed me to keep a balance between office and home, allowing for personal, spiritual and family time. I had more time to devote to my marriage, the children's school, National Charity League and work with seniors. It's amazing how much you can fit in a day with a plan and not feel overwhelmed!"

Working with the National Charity League brought Dr. Streegan in contact with a very sweet lady at the Friendship House that she "adopted" and enjoyed spending time with. This friendship and love for seniors lead her to a partnership with Secure Horizons senior dental program in the earlier part of her practice and eventually to an invitation to join the Atterdag Village of Solvang board. "I love working with the other board members to continually strive to improve the quality of life for the residents at Atterdag Village as well as the seniors in our Valley" said Dr. Streegan.

Atterdag Village welcomes new board members Pastor Chris Brown, Janeen Cassidy, Kelly Gray, Doris Jensen, Mike Sgobba, CPA and Barbara Waer, and our heartfelt gratitude to board members David Pedersen, Ed Skytt, Bill Seritslev and Ernest Zomalt, PhD, who have completed their term of service.