

The Village Voice



A Newsletter Sharing Our Continuum of Care Story

LONG-TERM CARE PRESENTATION

Insurance For The Future!

Tuesday, 24th @ 6:00pm

Sydney Creek

1234 Laurel Lane, SLO

“How much does long-term care cost?”

“Is long-term care insurance worth it?”

If these are questions that cross your mind, we encourage you to attend the upcoming long-term care presentation regarding planning for you, and your families, future.

In conjunction with New York Life Insurance, Sydney Creek presents an educational conversation about long-term care planning.

This event is free and open to the public. Wine and refreshments will be served. Limited seating is available, so please RSVP to Sydney Creek by 5/22 at 805.543.2350.

June -- Bring On The Education!

Each day, we have the opportunity to gather new information that can make our lives more enriching. Here, at The Villages, we take pride in providing quality education to you, your family, and friends.

Kaleido Journaling

Thursday, 12th & 26th @ 3:30pm

Garden Creek Activity Room

Journaling has many benefits, including improving self-knowledge, releasing emotions, healing, and reducing stress. A Kaleido journal is made up of pages of beautiful patterns that reflect one's life experiences. (The word Kaleido comes from the Greek words “kalos” and “eido” which means beautiful pattern.) Start your own Kaleido journal alongside Garden Creek's Life Enrichment Director Angela this month!

“The Man Who Hitchhiked Across Africa”

Monday, 16th @ 3:00pm

The Palms Living Room

Retired calculus teacher Wilbur Melema will share with us his experience of hitchhiking across Africa in this special anthropological presentation. Join us, as we enjoy his stories and the artifacts of the people and places he visited.

Living With Alzheimer's - For Early Stage Caregivers

Tuesday, 10th @ 1:00 - 2:30pm

Sydney Creek

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us, as we discuss practical answers to the questions that arise in the early stage. Hear from those directly affected, and learn what you can do to cope with the changes that come with an early-stage diagnosis. RSVP to Sydney Creek @ 805.543.2350.

Retirement Living

The Palms & The Oaks



Growing Up With The Villages

By Jeri O'Neill

I am a rarity: a San Luis Obispo native. Not only have I lived here most of my life, I also have grown up with The Villages!

During my youth, I resided on Chorro Street, two blocks away from where The Palms stands today. In the mid-50s and early 60s, 55 Broad had no visible address; it was part of a big field that began at the corner of Foothill and Broad. Ramona Drive didn't exist then, nor did the Foothill Shopping Center. A Dairy Queen, Villa's Union 76 Gas Station, and a small Cork 'N' Bottle occupied the space where Taj Palace, Dickey's Barbecue, and Jamba Juice are now.

My best friend, Janine, and I loved to play on the banks of shady Garden Creek, catching polliwogs and imagining ourselves in a mystic swamp. We'd scamper up the steep, slippery slopes and grab bunches of tall grass to feed the horses that grazed in the pasture. If we had any spare change we'd saunter over to Dairy Queen to buy Dilly bars or luscious Fruit Parfaits, if we hadn't already spent our allowances on gooey Twinkies or tart Pixy Stix at Cork 'N' Bottle first.

Then one day, the rumbling of bulldozers encroached upon our make believe world! Part of the field was graded to create a new street. Little by little, the dry, flaxen grass disappeared and concrete foundations topped with wood framing sprouted in its place. Soon, Tropicana Village, a student housing complex, was born!

With the introduction of student apartments, the atmosphere of the whole neighborhood evolved. Friday and Saturday nights became party time at Tropicana. Loud, pulsating music filled the air, while the smoky aromas of barbecued beef wafted through our homes. Street parking for blocks around was at a premium because the young tenants invited their friends to the weekend bashes. During the week, a quaint, red, double-decker bus, imported from England, transported students from Tropicana to Cal Poly. Eventually, Tropicana was joined by student complexes, 61 Broad and Valencia.

In my late teens and early twenties, my focus changed from childhood play to the realities of high school, college, and marriage. After living away from San Luis Obispo for three years, my husband and I bought a home on Benton Way, one block away from Tropicana--our voting precinct polling place.

Tropicana was sold and converted to a retirement community in 1986. Several of the two-bedroom units were split and elevators were added. In the meantime, my family moved to a 70-acre ranch in Tepusquet Canyon, 30 miles east of Santa Maria. By 1995, I was a divorced stay-at-home mom of two, seeking employment. After a stint earning certificates in computer office skills and medical office training through Private Industry Council, I spied a blind ad for a receptionist position at a familiar address: 55 Broad Street. I was thrilled to get the job in my old neighborhood.

In less than a year, I was promoted to my current position. During the early years, I gave tours and recruited new tenants, in addition to my other duties in the administration: doing property management tasks, editing the community newsletter, and being the resident liaison. In fact, when 61 Broad became a retirement community, I rented apartments to many of the charter residents.

I witnessed democracy at work when several neighbors opposed the idea of having an assisted living community in the area. Palms and Oaks residents packed the City Hall and convinced the council members to approve the project. Later, Sydney Creek took over the property where Laurel Lane Bowling Alley once was. With that, The Villages of San Luis Obispo was complete.

Perhaps the biggest change occurred in 2005, when The Palms "Extreme Makeover" project started. It was quite fascinating to watch small Bobcat compact track loaders zoom through a passage in the Lobby to plow, jackhammer, and dig out a redesigned main courtyard. Tall palm trees were "flown" over the rooftop by one of the state's largest cranes. The offices and the Living Room were remodeled. All the apartments received insulated windows and doors and were retrofitted with a fire sprinkler system. The entire building was painted.

To avoid displacing the residents during construction, we decided to keep them in the building during the whole process. Resurfacing the walkways created a glitch because no one could walk on the coating while it dried. So, with the exception of a one week period at Peach Tree Inn, our residents were able to remain in their apartments. My job was to keep the residents updated about impending projects, respond to their needs, while coordinating vendor and motel schedules to make as little impact on their lives as possible. It was a delicate juggling act, but I thrived on the challenge.

Seventeen years ago, when I was job searching, I desired a variety-filled career. I have not been disappointed! When I report to work each day, I never know what to expect. I love learning new things and I've had the good fortune to work with directors who gave me numerous opportunities to expand my horizons. I've shared memorable experiences with lots of outstanding co-workers. Most of all, I have served fantastic residents who have warmed my heart and provided invaluable insights about aging with dignity and grace.

June -- Summertime!



It's a busy month!

“Around The World In 80 Days!”

Saturday, 7th @ 6:15pm

The Villages head to the Great American Melodrama & Vaudeville in Oceano, to enjoy their performance of “Around the World in 80 Days.” Please purchase your own tickets in advance by calling the box office at 489-2499. Tickets range from \$18 - \$24. The Villages will provide shuttle service to and from the Melodrama. The Villages Bus will depart @ 6:15pm!

Water Aerobics: The Summer Session

Monday, 9th @ 11:00am

The Oaks Swimming Pool

Our summer water aerobics class is in full swing! If you have not yet tried out this popular exercise class, we invite you to attend one of our weekly sessions. You will burn some calories... and might just have some fun!

Cal Poly Arab Music Ensemble

Saturday, 14th @ 3:00pm

The Palms Living Room

The Cal Poly Arab Music Ensemble performs the art and popular music of a wide range of Arabic-speaking societies as well as selected seminal pieces having widespread appeal in the larger region. This is a performance not to miss!

Summer Kick-Off Picnic!

Friday, 20th @ noon

Let's officially kick off the summer at the first picnic of the season at El Chorro Park! Complete with games, food, and drinks, The Villages know how to celebrate under the Central Coast sun!



Mary Ellen Keulen paints away at The Palms watercolor class.

CELEBRATIONS:

New Residents

Kathleen Anderson
Evelyn Gorrindo
Ann Kahian
Betty Neal

Resident Birthdays

Margaret Blakely - 6th
Loretta Grossmiller - 7th
Jim Jamieson - 10th
Doris Galbraith - 12th
Chet Zinn - 13th
June Boicourt - 19th
James Farmer - 19th
Ann Reese - 20th
Helen Savage - 23rd
Doris Armentrout - 24th
Betty Case - 27th
Nancy Stewart - 27th
Bud Stracuzzi - 27th
Ilse Geppert - 29th
Irene Christie - 30th
Peter Madle - 30th

Staff Birthdays

David Kloeppe - 6th
Sher Roberts - 7th
Martha Diaz - 8th
Doug Triboullier - 12th
Lee Tedone - 23rd
Shane Bennett - 30th

Staff Anniversaries

Miguel Rodriguez - 1 year
Nicolas Romero - 1 year
Doug Triboullier - 2 years
Melanie Cole - 12 years
Beatriz Ruiz - 13 years

Assisted Living

Garden Creek



ADMINISTRATOR'S NOTE:

By Guest Writer and Villages Staff Member, Susan Stewart

Dear Residents,

For once and for all, let's set aside that old and untrue adage that "You can't teach an old dog new tricks." Because the truth is that we are all capable of learning new things—yes even the new technology—and demonstrating our new knowledge, well into our 80s, 90s, and beyond. It's all a matter of attitude: a willingness to try.

In tests conducted during a 2-year project titled "The Strong Face of Age," it was proven that our ability to learn new ideas, new machines, even new languages during the latter half of our lives does not have to diminish. The appearance of gray heads in computer classes, French lessons, and music rooms from coast to coast demonstrates this fact.

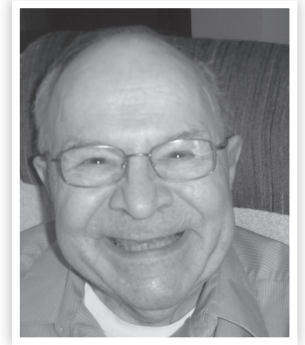
"It's not declining years but an unstimulating lifestyle that can lead to intellectual decline," says the National Advisory Council on Aging.

So stay excited about life! We offer a wonderful calendar of life enrichment activities both here at Garden Creek and in our sister communities across the way. Take part in all the adventures that strike your fancy, and try even the ones you aren't sure about yet. It's never too late for new attitudes, new lessons, new habits. Cultivate the "willingness" that is so—pardon the play on words; I just can't help myself—vital to your vitality.

The level of our willingness to try is directly related to the quality of our lives as we age. Life is just too short for bad attitudes, right? Okay, where did I put my cell phone?

Resident Spotlight:

- Ed Nelson -



Ed Nelson was born to Edward and Edna Nelson on November 22, 1930 in Orange, New Jersey. He grew up alongside two brothers, David and Bob and sister, Jean. At the age of 20, Ed joined the U.S. Navy. Ed was part of the Underwater Demolition Team (UDT), which was the precursor to the present day Navy SEALs. He recalls being involved in many submarine operations.

In 1951, while on leave from boot camp, Ed married his high school sweetheart, Joan Patricia. Joan and Ed joyfully had two sons, Douglas and Mark, and two daughters, Cindy and Pat. Ed has six grandchildren and five great-grandchildren.

After four years in the Navy, Ed's education was a benefit of the G.I. Bill. He attended Fairleigh Dickinson University in New Jersey and studied hotel and restaurant management. After two years of college, Ed proudly graduated and began his career with the New York World's Fair, a grand showcase of mid-20th-century American culture and technology. In 1965, Ed was offered a job opportunity through The World's Fair which brought Ed and Joan to San Luis Obispo.

When Ed moved to the California coast, he began his career as a manager for the Greyhound Post Houses, a successful chain of company-operated restaurants that later expanded to 139 restaurants. Ed has enjoyed spending time with his family on the coast. He has fond memories of him and his wife taking their children camping when they were young, and boating in Morro Bay or at Laguna Lake. Boating is a hobby that Ed shared with his father when he was young and has since loved sharing the same with his sons and daughters.

In February 2001, Ed moved to Garden Creek. He enjoys watching his favorite football teams, the San Francisco 49ers and the Green Bay Packers, wrestling, and track. Ed has a wonderful collection of coins and enjoys adding to it when he finds new coins of interest.

If you're at Garden Creek close to dinnertime, you might hear Ed's bell ringing, as he kindly chimes people in for meal time!

June -- Let The Sun Shine In!



Don't Miss These Dates!

Calendar Additions!

“Left Center Right”

Tuesdays & Thursdays @ 1:45pm

The Parlor Room

We know that Bingo has been the hit game for years. This month, we're introducing a new game called “Left Center Right,” and it just might take Bingo's spotlight! Join us for this new game of chance ... only three dimes a game!

Eagle's Wings Concert

Monday, 9th @ 10:30am

First Floor Living Room

Soaring all the way from Illinois, Eagle's Wings Lutheran Church Choir will perform a lovely concert that you won't want to miss!

Gentlemen's BBQ

Friday, 13th @ 12:30pm

Third Floor Terrace

Father's Day is coming up, and we want to celebrate with you! All Garden Creek men are welcome to an All-American BBQ lunch. We'll bring the hot dogs, you bring your caps and sunscreen, and we'll all enjoy a celebratory meal in the warm sunshine!

The Villages Summer Concert

Saturday, 21st @ 3:00pm

First Floor Living Room

On the first day of summer, we'll take a break from the San Luis Obispo heat to listen to “Songs From a Cold Land” with Stanley and Paul. Please invite your friends and family for this special Villages concert!

CELEBRATIONS:

New Residents

Lorna Hudson

Lillian Williams

Resident Birthdays

Betty Birkhan - 6th

Agnes Bren - 17th

Leon Hawkins - 22nd

Peggy Elliott - 28th

Phyllis Sidener - 28th

Staff Birthdays

Raquel Johnson - 4th

Andrea Tate - 16th

Manuel Banuelos - 23rd

Staff Anniversaries

Alanna Baty - 1 year

Dellanira Blandon - 9 years



Ed Nelson and Eric Murrell enjoy a Garden Creek Men's Lunch.



The Silk Road Dance Collective Group gave an outstanding belly dancing performance!

Memory Care

Sydney Creek



ADMINISTRATOR'S NOTE:

Dearest Family & Friends,

Each year, it is always surprising to me that the holidays happen, then you blink, and it is June! Does anyone else feel the same way? Some say time flies faster as we age. I like to think it just means that we are having more fun! The time that I have spent thus far at Sydney Creek has flown by, and I also know I am having a lot of fun being here! Each day with our residents, staff, and families is an enriching day for me!

May and June are special months that we honor our mothers and fathers! Many lucky residents received floral arrangements for Mother's Day. As beautiful as flowers are, some plants can be poisonous. Here at Sydney Creek, safety must be our primary concern. All plants here must be non-toxic in case they are ingested.

Some examples that might be inadvertently sent are: chrysanthemum, daffodil, crocus, geranium, heather, larkspur, and peony! Roses and orchids are always non-toxic favorites! If you are unsure of which plants are toxic, we have a complete list available at the Front Desk.

Also, please be sure that upon each visit, you sign the "In and Out" binder at the Front Desk! This is not to be used to track how often you are visiting, but rather it is helpful in the event of a true emergency so we can know exactly who is in the building. It is for safety purposes that we ask your diligent compliance with this procedure.

Again, many thanks to all of you for allowing us to share in this journey of love with you! It will always be an honor held close!

Warmest regards,
Julie Trisco, Administrator

Resident Spotlight

- Gladys Rubinstein -

By Stan Rosenfield, son

Gladys Rubinstein was born February 4, 1924, in Flint, Michigan. She was the oldest of four children. Her father, Carl, sold plumbing fixtures, and mother, Bessie, was a homemaker. After Gladys completed the third grade, the family moved to Lawrence, Massachusetts.

There were numerous memorable family times during Gladys' childhood. Summer vacations at a beach home in Old Orchard Beach, Maine, created many happy memories. Gladys has fond recollections of swimming in the ocean and sunbathing on the beaches. Special family traditions included hosting large dinners for the holidays. One significant childhood memory for Gladys centered around the fact that her family had one of the first television sets. Everyone in the neighborhood would join them for this new form of entertainment.

Gladys graduated from Lawrence High School and attended Boston University, where she received a degree in business.

She met her first husband, Coleman, at Tufts University in Boston. They married in Massachusetts in 1946 and had two sons. Stan and his wife, Elaine, live in San Luis Obispo, and Jim and Diane reside in Maryland. Gladys has two grandsons, Josh and Ben. Josh lives in Boulder, Colorado, and Ben and his wife, Sonia, live in Maryland and are the proud parents of Gladys' great-grandsons, Amadeo and Matteo.

Gladys met her second husband, Abe, on the tennis courts in Fort Lauderdale, Florida. Southern Florida would end up being home for Gladys for almost 50 years. Abe and Gladys shared a love of traveling. Together, they visited England and Japan. Several summers were spent enjoying the beauty of Lake Tahoe. Traveling always afforded many happy memories for Gladys over the years, including the summer that she spent in England on a home exchange program.

Throughout her life, a variety of hobbies have brought Gladys pleasure. Competitive activities such as tennis, golf, ping pong, bridge, and board games have been favorite pastimes.

The arts, painting in particular, have also been a great source of enjoyment. Gladys' special artistic skills were beautifully displayed in the 2008 Sydney Creek Calendar, a lovely showcase of our residents' talents.

We welcomed Gladys to Sydney Creek in December, 2005. Activities have continued to play a special role in Gladys' life and have ranged from scenic bus excursions and special small group outings, to attendance at a variety of

musical performances. You will also frequently find Gladys in the midst of current events discussions and trivia sessions, as well as, lively games of dominoes with fellow residents. Regular visits from her son Stan and daughter-in-law Elaine, along with their very special canine companions, always manage to brighten Gladys' days.



June -- Happy Father's Day!



Don't Miss These Dates!

Take Note of These Dates!

As you know, each day at Sydney Creek is new. We encourage you to join us in our world ... your loved one's world ... and take advantage of the activity options we offer multiple times on a daily basis. The Life Enrichment calendar is included in the newsletter each month and available at the Front Desk.

Father's Day Wreath

Wednesday, 11th @ 2:00pm

What man doesn't have a stock of old ties that he doesn't wear any longer? Help your loved one clean his closet, and donate those ties to us! (Please drop your donations off at the Front Desk!) Join us as we "tie those ties" in a new way to display for all to enjoy, just in time to honor the special men in our lives for Father's Day!

Walker & Wheelchair Maintenance

Thursday, 12th @ 10:00am

Sydney Creek

Best Care Pharmacy of Arroyo Grande will come to Sydney Creek to look at, assess, and fix our resident's walkers and wheelchairs ... free of charge! Simple adjustments and minor repairs will take place, along with a personal assessment of any important items that need to be addressed regarding resident safety.

Father's Day "Sport's Bar"

Sunday, 15th @ 2:00pm

Father's Day is a time to honor and celebrate our fathers and pay them tribute for who they are! Join us this Father's Day afternoon in the Activity Room, as we have our very own "Sport's Bar"! Complete with drinks and appetizers, we will surely please the palate of every dad!

Visit w/ Piper's Pets

Thursday, 19th @ 11:30am

Have you ever seen a chinchilla? Ever petted a Bearded Dragon? Piper's Pets join us to thrill our hearts with joys that only animals can bring! Piper brings a variety of chickens, rabbits, snakes, ducks, and lizards ... and more, for all to see, pet, and enjoy!

Sydney Creek Support Group

Wednesday, 25th @ 5:30pm

You are not alone -- join us. The support group is an open forum for Sydney Creek families to share their thoughts with their peers. Come to share; come to listen. Please RSVP to the Front Desk by Tuesday, 24th.

NOTABLES:

New Residents

Hildegard Churchill
Bill Hale
Sue Ryan
Bill Wilson

Resident Birthdays

Joyce Cummins - 2nd
Maxine Baker - 6th
Carl Lutrin - 11th
Stuart McMullen - 15th
Nadine Cole - 22nd
Richard Conroy - 22nd
Martha Henderson - 27th
Jack Croft - 30th

Employee Birthdays

Gerald Nisperos - 10th

Employee Anniversaries

Fidel Hernandez - 12 years
Marilyn Caliboso - 7 years
Maria Muneton - 3 years
Jeri Dudich - 3 years
Julie Griffin - 1 year

Resident Good-byes

Jeanne Duval
Lou Ann Lester

In Memory Of

Marjorie Pohl
Ruth Tolmachoff

The Villages of San Luis Obispo
55 Broad Street
San Luis Obispo, CA 93405

The Villages of San Luis Obispo



Retirement Living

55 Broad Street
San Luis Obispo, CA 93405

Administrator: Hamish Marshall

The Palms: 805.543.2300

The Oaks: 805.543.2342

For More Information:

Sher Roberts —805.543.2300
sher@villagesofslo.com

Assisted Living

73 Broad Street
San Luis Obispo, CA 93405

Administrator: Lea Bogoyevac

License #: 405800467

Garden Creek: 805.543.2311

For More Information:

Sher Roberts —805.543.2300
sher@villagesofslo.com

Memory Care

1234 Laurel Lane
San Luis Obispo, CA 93401

Administrator: Julie Trisco

License #: 405800577

Sydney Creek: 805.543.2350

For More Information:

Jenny Molinar—805.543.2350
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