

The Village Voice



A Newsletter Sharing Our Continuum of Care Story

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: Martin Herter
The Palms: 805.543.2300
The Oaks: 805.543.2342

For More Information:
Tara Malzone—805.543.2300
tara@villagesofslo.com

Assisted Living

73 Broad Street
San Luis Obispo, CA 93405
Administrator: Vivian Monro
License #: 405800467
Garden Creek: 805.543.2311

For More Information:
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Memory Care

1234 Laurel Lane
San Luis Obispo, CA 93401
Administrator: Jamie Neutill
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SAN LUIS OBISPO MAYOR TO VISIT THE VILLAGES

Mayor Jan Marx

Monday, 19th @ 3:00pm
The Palms Living Room

San Luis Obispo's Mayor, Jan Marx, will hold a presentation and open forum which will focus on San Luis Obispo's update of its land use, circulation elements, and the future of the city. She will also seek input from Villages residents regarding your thoughts on the above topics and others.

It's not every day that we have an opportunity to have the ear of an elected official, and we are honored that she is taking the time to hear our voices. Therefore, please note this date on your calendar, and plan to attend. This is an excellent opportunity to give your input, on the future of our city, directly to the mayor.

Thanks for Stopping By!

Although it's great for us to get out of the house and visit the sights and sounds of San Luis Obispo County, sometimes it's nice for folks to visit us. Make a special note on your calendar regarding the following guests that will stop by, and say "hello" to you and your friends at The Villages.

Splash Café

Thursday, 1st @ 11:00am
Garden Creek

You may want to come early to get a place in line, since Splash Café is always busy, morning, noon, and night! However, word has it that Garden Creek residents can go to the front of the line (since it is at your house) for the famously rich and creamy clam chowder and decadent baked goods that will be sampled. Make sure to bring your appetites, and a friend, for this taste test!

Irish Claddagh Dancers

Saturday, 10th @ 10:30am @ Garden Creek
Wednesday, 14th @ 7:00pm @ Sydney Creek

We shall bring the luck of the Irish to The Villages as the Irish step dancers, Claddagh, will be performing their magic for our residents. Their intricate costumes will dazzle your eyes, and you will be amazed by their step dancing talent.

Jeweled Sky

Saturday, 17th @ 2:00pm
The Palms Living Room

This lively concert will transport you to Ireland with its melodic sounds from the Celtic harp, violin, and guitar. We are proud to have a local, and well-known, musician join in, as Café Musique's violinist, Brynne Albanese, will join in on this vibrant performance as well.

Retirement Living

The Palms & The Oaks



DIRECTOR'S NOTE:

Dear Residents:

With longer days and warmer weather, spring time is definitely in the air. Budding flowers are everywhere, and nature, once again, is rejuvenating itself. Our grounds just look spectacular due to the hard work of Bill Pierotti, Johnny Molinar, and Frankie Concepcion. A big "thank you" for all they do.

I'm excited to read what our Life Enrichment Department has in store to offer you this month. There are so many healthy, meaningful, and fun activities and opportunities all month long to get you out of "winter hibernation." Please join Debi and her crew to experience the fun they provide soon.

I'm very happy to hear how much you have been enjoying our world-class dining services. I think our food has never been better. This is due to Cheryl and her team's careful menu planning and detailed preparation of the food items. Please enjoy, participate, and most of all, celebrate life at The Villages!

Happy Spring!
Martin Herter, Chief Executive Officer



Bob Armstrong didn't want to miss the chance to, "Smooch A Pooch!" Clearly, the "Woods You Be My Valentine" event with Woods Humane Society was a success for all parties involved!

Lee Tedone: The Palms Nurturing Lead Receptionist

By Jeri O'Neill

No matter how busy she is, Lee Tedone, Lead Receptionist, always has a smile on her face and a kind word to say to everyone who stops by The Palms Front Desk.

For the majority of her life, Lee has worked in fields where nurturing is required: she's been a Candy Striper, a nurse, a mother, a childcare provider, and now a retirement community receptionist.

Although she was born in Lima, Ohio, she spent her first 18 years in Fort Wayne, Indiana. Her parents, Robert and Natalie Urich, had two children, Lee, and her brother, Bill. Robert was employed by Magnavox and did a lot of traveling. His dream was to settle someday in California.

After Lee graduated from high school, the family pulled up roots and settled in Ridgecrest. Lee begged to remain in Indiana with her friends, but her parents held firm. In retrospect, Lee feels that was the best decision, but to an 18 year-old, it was very traumatic.

Lee had been drawn to the nursing profession ever since she served as a Candy Striper at a nearby hospital. Her first medical job was at a skilled nursing facility when she was 16. Lee earned an LVN degree from Grossmont College in San Diego and was hired by Mercy Hospital, in the same city, where she was assigned to the cardiovascular and gastrointestinal units. During her stint at Mercy, she and a friend took an adventurous cross-country trip.

Lee met her husband, Bruce, at the wedding of a mutual friend. A long-distance romance ensued, involving countless phone calls, numerous letters, and excessive trips, culminating in their marriage on April 14, 1984. They chose to live in San Luis Obispo because Bruce was already employed as a high school chemistry instructor.

Bruce's dad, Lou Tedone, was the first pediatrician in SLO. Lou hired Lee to be his office nurse. Lee recalls that she had never been around children that much, and it was very challenging to deal with squirming little ones, especially when it was time to administer shots!

Lee started a childcare business in 1989 so she could stay at home with her daughters, Cara and Emily. As the girls grew, Lee was involved in their sports, dancing, and theatrical activities. In 2000, Lee became a wedding coordinator at the Old Mission.

While perusing the ads on SLOJobs.com in 2006, Lee saw a listing for a receptionist position at The Palms. Her vivacious personality won everyone over. When the Lead position was available in 2011, Lee was selected. "This is such a fun place to work; there's always a lot of laughing! The staff is wonderful, and I love visiting with the residents and hearing their stories."

Lee enjoys hiking the local mountains, reading, and cooking. She dreams of traveling the world in the future, but in the meantime, Lee's looking forward to the arrival of her first grandchild who will be born in September ... a special little one to nurture!



March - Spring is Here!

Don't Miss These Dates!



Take Note of These Dates!

Piano Recitals

Sunday, 18th @ 2:00pm

Local pianist Nan Hamilton, and 20 of her most special students, will hold a piano recital for Sydney Creek residents and families in memory of Nan's mother who passed away from Alzheimer's. Please join us for this tribute.

Family Dinner - Pizza Night!

Thursday, 22nd @ 6:00pm

Take the night off from cooking, and let our staff serve you and your loved one an enjoyable meal. This dinner is extra special as it embraces an evening of pizza and beer ... or wine. Let's un-complicate the day, and spend time with a laid-back dining option that young and old can embrace. This is a great opportunity to meet other families. Please RSVP to the Front Desk by the 19th.

Sydney Creek Support Group

Wednesday, 28th @ 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 the 26th.

Nora Hamilton shows off her beautiful Valentine's Day roses. Can you blame her?



Wyckoff, continued from p.6

and Teton National Parks, terminating in Salt Lake City!

In 1965, Mom and Dad moved us to New Jersey, settling in Morristown, 30 miles outside of New York City. Dad continued his career in the paper industry, and Mom oversaw the next several years of getting all three of us to college. Mom didn't let go of her music. She became a valuable member of the Morristown Presbyterian Church Choir, and was called on to solo regularly.

In the early 70s, Mom returned to work to help with those college bills, working at Silver Burdett Publishing, Co. in the Customer Service Department. She was with the company for 15 years before she retired. Once Mom and Dad were both retired, they spent time traveling to annual Wyckoff Family Reunions wherever they were held around the country, as well as, visiting with their daughters. In the early 90s, Mom even traveled on her own, taking a trip to England with her sister Arlene.

In later years, Mom has enjoyed needlecraft. She even made a quilt that was auctioned off at a Wyckoff Family Reunion, as well as, some beautiful needlework samplers. Gardening in her New Jersey garden brought her lots of satisfaction, and numbers of young visitors. Dad died in 2000, leaving Mom alone in her home until 2009. Neighbors would look for her out in her garden, then would come over to visit. The neighborhood children would often come share stories of what was going on in their worlds with Mrs. Wyckoff, and they knew they would receive an enthusiastic audience! In the year before Mom came to Sydney Creek, her next door neighbor, Toby (age 9) would faithfully bring her her paper each morning on his way to catch his school bus!

Mom has enjoyed seeing her daughters become fulfilled women, with jobs, husbands, and children. She has always enjoyed talking with us about what is going on in our lives, and has always been there to extend a hand where possible. It's now our time to do all we can for her - we love you, Mom!

Memory Care

Sydney Creek



Resident Spotlight

- Ellen Wyckoff -

By Karen Bren, Joanne Wyckoff, and Mary Wyckoff, Daughters



Ellen Elizabeth Graham was born on October 20, 1919 in Jersey City, NJ. She grew up in a small town not far from Jersey City named Dunellen, as the middle child in her family, with an older brother, Wallis and a younger sister, Arlene.

Mom grew up with a love of music. When she was in high school, a neighbor, Mr. Summers, who produced plays in New York City, produced some local musicals in Dunellen, and Mom and her brother appeared in a couple of these. During her junior and senior years at Dunellen High School (Class of 1937), Ellen was president of the school's Glee Club. Her teacher, Miss Fisher, felt Mom had genuine singing talent, and was instrumental in helping Mom join a well-known New York City choral group of the time, The Robert Shaw Chorale.

Mom married Albert Clarence Wyckoff on August 31, 1940. She was working at Sears and Roebuck in New York City at that time, and for the first year of marriage, she did not wear her wedding ring to work, recognizing that being a married woman in the workforce was frowned upon. In June 1944, Mom and Dad reported to Camp Blanding, Florida, where he was assigned to a Prisoner of War camp. He and Mom spent the remainder of the War years at that base. While Dad was training troops for battle overseas, Mom was secretary to the Commandant of the Camp. Mom still has a photo album full of pictures and mementos from those years, including copies of documents she typed for the Commandant that cited promotions for the Camp's soldiers, including Dad.

After the War, Mom and Dad spent a few more years back in Dunellen. Mom rejoined The Robert Shaw Chorale, and on a few special occasions, she performed in a combined chorus under the baton of Fred Waring. By the time their first-born (Karen) came along in 1949, they were living in Troy, Ohio, where Dad worked as a chemical engineer for a division of International Paper. Mom stayed at home throughout their time in Ohio, raising three children (Karen, Joanne, 1951 and Mary, 1956.) Her desire to continue singing propelled her to seek out a sizeable church choir at Westminster Presbyterian Church in Dayton, Ohio, some 20 miles away, where she was a regular soloist.

During those Ohio years, our family learned to ice skate. Mom and Dad did pairs dancing, while we girls learned group routines. Our skating club had annual ice shows in which all five of us performed. We took lots of interesting trips together, too; summer vacations included trips in a WWII vintage camping trailer and going to places elsewhere in Ohio and the Midwest. The last summer before we moved, we took our biggest trip ever, all the way to Yellowstone

continued on p.7

ADMINISTRATOR'S NOTE:

Dear Family & Friends,

We are very excited to invite you to our upcoming Family Dinner on March, 22nd. This dinner will be especially memorable since it will be a Pizza Night ... yes, beer and wine included! We thought this theme would be fun and enjoyable for the whole family. We lead serious lives and are dealing with a serious disease process, so let's find comfort in the simpler things in life. Please respect the limit of four guests.

We have recently streamlined communication with our reception staff by creating one blanket email. Many of you would email Linda, our lead receptionist, regarding upcoming medical appointments or other requests. Please send all correspondence of this nature to VillagesReception@villagesofslo.com. This allows all of our reception staff to be in the loop of time-sensitive items and to better serve you.

Please take note that our nursing department is no longer able to accept open over-the-counter medications or supplements. When bringing in these items for your loved one, they must be in sealed containers and not expired. We appreciate your understanding with this change.

As always, please refrain from visiting with your loved one if you are under the weather. Our residents are very susceptible to colds and flus, and ailments, such as these, can be very difficult to recover from.

Jamie Neutill, Administrator

March - Spring Forward!

It's a busy month!



Readers Theater Rehearsals

Tuesday, 6th @ 3:00pm

The Palms Exercise Community Room

Reader's Theater: A style of theater in which the actors do not memorize their lines. Actors, while holding their scripts, use vocal expression to help the audience understand the story rather than using visual storytelling such as sets, costumes, and intricate blocking.

If you have always wanted to ham it up on stage, then join us for eight weeks of rehearsal beginning Tuesday, 6th. Rehearsals will be each Tuesday and Friday at 3:00pm for one hour, and the big show will premier on May 10th. However, your commitment to this project may lead to your neighbors requesting your autograph, possible paparazzi on campus, and residents bragging to their families about the "new folks in town!"

Celtic Circle Ceili

Friday, 16th @ 3:00pm

The Palms Living Room

Let's welcome the luck of the Irish as this folk dance group will perform traditional Celtic folk dances for us. They have agreed to gladly teach us some of their more simple dance numbers.

Santa Barbara Trip

Saturday, 24th @ 9:30am - 5:00pm

What an opportunity to spend the day in the "American Riviera!" Clearly, the options are endless! However, The Villages driver will take you to the pier, and then you can take the trolley (bring quarters) up and down State Street. There are tours of the city (\$25 and up,) great restaurants, shopping, and don't forget the benches along the way for great people watching. ***Please note: We need a minimum of 10 people for this trip.**



Lillian San Filippo, a long-time volunteer at Woods Humane, gave a little TLC to this pup on Valentine's Day.



This little puppy received lots of love from Ruth Gabriel.



Woods' pooches were pampered with Milk-bones and other treats made by the residents at Sydney Creek. Helen Savage helps package them up!

CELEBRATIONS:

New Residents

Jim Cook
Pat Kittelson
Helen Stone

Resident Birthdays

Doris Andrews - 1st
Jim Brinkley - 1st
Vi Sant - 10th
Margaret Milburn - 10th
Morrie Anderson - 11th
Sally Wilson - 16th
Lillian San Filippo - 19th
Barbara Good - 30th
Hazel Wells - 31st

Staff Birthdays

Samantha Wolcott - 21st
Devra Cooper - 30th
Maribel Martinon - 31st
Margarita Perry - 31st

Staff Anniversaries

Dana Englert - 1 year
Mizraim Virgen - 1 year
Benjamin Terry - 3 years
Teresita Dusek - 10 years

Assisted Living

Garden Creek



DIRECTOR'S NOTE:

Dear Residents:

In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours. -Mark Twain

March 20th is the first day of Spring! Mark Twain must have passed through San Luis Obispo when he penned this quote. What a mix of weather we have had this winter! Hot and sunny one day, cold and windy the next. Sometimes all of the above in one day! Here's hoping that all of you have been able to enjoy the sunny, warm days. However, we do need the rain to visit us to keep our beautiful area lush and green. Maybe we will have another "Miracle March" like we had in the early 1990s.

Spring also brings Daylight Savings. Remember to set your clocks ahead one hour before going to bed on Saturday, March 10th.

Another change that will begin in mid-March is our implementation of the new medication pouches from Health Quest Pharmacy. Our Med Techs will begin delivering your medications in a cellophane pouch with your name, time of dosage, dose, and medication noted on it. Please be patient as the delivery time may take a little longer in the beginning, but we will get your medications to you on time. This will be a wonderful new system that will be easier and more efficient. We are always looking for better ways to serve our residents.

Sincerely,

Vivian Monro, Administrator

Resident Spotlight

- Fern Kerr -

By Toni Ford

Fern Kerr would not take anything in exchange for the life she has lived. She was brought up to be a Christian, has a deep love for God, and she tries to live her life by the ways He has taught us to live.



Born on February 7th, 1919, in Regina Saskatchewan, Canada, Fern loved growing up on a farm. She was raised with two brothers and two half-brothers. She recalls how much fun she had as a little girl, playing in the barn loft and the straw stacks with them.

Fern's father was a wheat farmer, and everyone helped with the family business. They had eight horses and one milk cow. The horses were used when sowing the oats, and even the neighbors helped out. They would hire workers to run the threshing outfit. The threshing machine would bind and separate the wheat from the straw. A life-changing event came for the family when strong winds blew in from Kansas one year. The storm blew off all the wheat tops and devastated the farms. This is when Fern's father decided to visit family in the States.

Visiting the States was probably her greatest vacation ever! The trip to Iowa to see her aunts and uncles certainly helped her father to make the decision to head for warmer weather.

Fern was in the second grade when they made the move to California in their Chevy touring car. What a different way of life it was! She used to have to walk a little more than a mile to and from school, in freezing cold weather, but in sunny California she would play all day outside in her bobby socks and dresses. No more bundling up in winter coats!

It was a brave move starting all over in a new place for her family! Fern's father had to look for work to support the family. He tried door-to-door sales, and hated it. One day, a friend put him to work painting a house. He did such a good job, word got around, and from that day forward he was never out of work!

Fern graduated from high school and attended one year at LA City College. She remembers riding across town on a streetcar to get to school everyday. A year later, she met her husband, Thompson Kerr, who was a printing press teacher.

After Fern and Thompson married, they had three girls and

continued on p.5

March - More Daylight!

Don't Miss These Dates!



Calendar Additions!

Animation Presentation

Tuesday, 6th @ 3:00pm

Joe Chavira, the creator and owner of the Two-Toes animated character will be sharing his illustration techniques with us at Garden Creek. His marketing characters have been featured for companies such as Mercedes Benz, Universal Studios, the NFL Raiders, Pepsi, and McDonalds. With his slogan, "working toe-gether to save the planet," his larger than life size characters can be found in comic strips, stuffed toys, and live at trade show appearances.

Employee of the Year:

- Krista O'Neal -

It is with great pleasure to announce Garden Creek's Employee of the Year, Krista O'Neal. Krista has worked here four years as a medication technician, and is well known for her compassion and dedication. The combination of her high ethical standards and vast experience, enables her to be an excellent mentor to other employees.

Born August 13th, 1988 in San Jose, Krista is the oldest of three, with two younger brothers. A favorite childhood memory of hers is that every holiday season, her family would venture to the Christmas Tree Farm to chop down their very own tree.

Krista lives in San Luis Obispo, and enjoys taking summer vacations to reunite with family. In her free time her hobbies include, roller hockey, basketball, fishing, boating, and camping. Krista won first place in a baby pageant as a child and still has that heart of a winning smile. Krista lives her life to the fullest, and it's no wonder her favorite quote is, "And in the end, it's not the years in your life that count, it's the life in your years." Thank you, Krista!



Ralph prepares to pass the ball during our Super Bowl Sunday Party!

Roof top gardening, with Horticulturist Sara, is a fun way to get your hands dirty!



CELEBRATIONS:

Newcomers:

Norma Coutts

Resident Birthdays:

Jackie Goddard - 1st
Jean Hunter - 8th
Vareene Langenbeck - 10th
Norma Coutts - 14th
Letty Herron - 25th

Staff Birthdays:

Teresa Mejia - 9th
Dan Meenk - 26th

Staff Anniversary:

Leonila Espiritu - 1 year
Linda Levin-Baptista - 2 years
Krista O'Neal - 4 years

Kerr, continued from p.4

two boys. For awhile, she worked from home for a handkerchief company where she would fold, iron, and box them.

She has always been an active member of the Reformed Presbyterian Church, and her family would attend church twice on Sundays!

Fern loves to knit and crochet, and just as her mother did, she is also very talented at oil painting. If you ever stop by to visit Fern, you won't want to miss her beautiful mountain scenery artwork hanging on her wall.