

The Village Voice



A Newsletter Sharing Our Continuum of Care Story

THE VILLAGE VOICES PERFORM!

The Villages Resident Choir

Thursday, 14th @ 11:00am
Sydney Creek

Friday, 22nd @ 2:00pm
The Palms Living Room

“The Village Voices” is a group of 20 Palms, Oaks, and Garden Creek residents, who, under the professional direction of Steve McAndrews, will proudly share their musical talents with us.

Fifteen pop classics such as, “Pennies from Heaven,” “Ain’t Misbehavin’,” and “Bye Bye Blackbird,” will be showcased, along with saxophone solos and harmonic and background vocals.

There will be two performances at our communities this month, so there is no excuse not to miss this very special occasion!

August -- Oh, To Be A Kid Again!

Let’s escape the daily routine, and shed the weight of our adult years responsibilities. The kid in you is still in there, and it’s waiting for you to find your inner “cool” with The Villages offerings this month! Ready, set, ... go!

The Carnival Comes to Town!

Wednesday, 13th @ 10:00am

The Villages Center Circle

Come one, come all, to a morning of carnival games, delicious food, fiery entertainment, and exciting prizes! You’ll find a little of everything at this special event from feats of juggling bravery to pie throwing contests. No need to wear your clown attire, as chances are the clowns will visit us!

Tie Dye Time

Wednesday, 20th @ 2:00pm

Sydney Creek’s Life Enrichment Room

Want to feel young again? Come, and join us as we tie dye t-shirts together! Tie dye was invented in the United States during the 1960’s, and is identified with bright, primary colors, characterized with bold prints. Let’s keep the happy, hippy vibe going as, we wear our personalized t-shirts to our 60s-themed happy hour on Friday, 22nd.

Spelling B-E-E

Thursday, 21st @ 2:30pm

Garden Creek’s 1st Floor Living Room

Join Garden Creek’s very first spelling bee! We know we have some “un-bee-lievable” spellers, and we’d like to get together for some fun spelling competition. Snacks, door prizes, and special gifts for winners and contestants will be awarded. To get this “bee” buzzing, it will be open to all residents!

Retirement Living

The Palms & The Oaks



ASSISTANT DIRECTOR'S NOTE:

Dear Residents:

The Palms and Oaks residents are very fortunate to have a fantastic transportation department at their disposal. There are four drivers on the team: Stan Johnson, Scott Hornsby, Bill Craig, and Claude Remillard. Transportation services run seven days a week. Monday-Friday our drivers will take you anywhere you would like to go within the city limits and also to Cuesta College, Cal Poly, and the airport which are outside of the city limits. On Saturday, rides are limited to special outings, including the ever favorite mystery rides and historical, sometimes hysterical, tours. Residents are driven to their houses of worship on Sunday. On Tuesdays at 10:00am, we have the bank errand run where you may sign up at the Front Desk to be deposited (pun intended), at the bank of your choice. If you prefer solo banking, you may sign up any day you choose!

Appointment times run from 9:00am -3:00pm in half hour blocks; there are no quarter hour appointments. You should call at least 24 hours ahead of time, although you can make reservations a year in advance. If you need an emergency visit to the doctor, we will fit you into the daily schedule.

Passengers meet in The Palms Living Room 30 minutes before their appointment to ensure that the driver can drop them off at their destination on time. As you can imagine, passenger promptness is crucial because there may be more than one person to deliver during the same time slot. When ready to come home, riders need to call The Palms Front Desk so the receptionist can dispatch the driver.

If you have any questions, please call 543-2300.

Best wishes,
Jeri O'Neill

It's Raining Cats & Dogs!

By Jeri O'Neill

Okay, we may be in the middle of one of the worst droughts ever in California, but here at The Villages it's raining cats and dogs! Let's face it, next to our blood relatives, pets are like our children. They bring so much happiness and comfort into our lives. These playful, furry friends offer unconditional love, entertainment, devotion, and company. We nurture them with hugs and kisses. We talk to them. We feed them. We spoil them with goodies. We dress them in cute outfits tailored specifically for canines and felines. In fact, some animal lovers treat their furry friends better than real children!

At The Palms, we have 21 furry companions. The Oaks is home to 11 more. We have big critters and small ones and some in between. For the most part they all live in harmony aside from a few growling contests once in a while.

Lots of pets have been christened with human monikers: The Palms has quite an assortment: the Steiners have Jobe; Margaret Milburn's feline is called Laura; June Fields has a Winnie (dog) and Roger (cat); there's a Morris the cat who lives with Barbara Davis; Daisy the dog accompanies Virginia Morrison; and Lillian San Filippo shares her domicile with Callie the kitty. One name is popular enough to be repeated--Dwayne Kukuk and Marj Juel have Dollys--the former owns a cat and the latter a dog. Then we have a descriptive appellations such as Maria Barrows' black dog, Blackie. Harold Miller's canine goes by Snickers, which conjures an image of a chewy, gooey, chocolate and caramel confection.

True to America being a melting pot, pet names can be influenced by foreign languages, too. The Gilberts' cat answers to Mona Lisa who must have a very mysterious smile, while their dog, Juanita, probably understands Spanish. Even more exotic, the Farmers enjoy Asian felines, Suki and Rabuki.

Over at The Oaks, international titles are bestowed on the Ingels' Germanic dogs, Otto and Heidi; France is represented by a dog named Beau, owned by Mary Carter, and the sweet feline, Monique, who resides with Lois Thompson. June Boicourt's dog, Jake, joins the Christie's Tasha, Timmie Powles' cat Cassie, and Daphne Fahsing's Simon who have names any human would enjoy. Jasmine, Charlotte Wilbert's cat goes by the Middle Eastern sobriquet of Jasmine. There's no question what kind of animal lives with Jean Cavins--Kitty says it all. Last, but not least, is the huggable Honey Bear owned by Mary Schwartz.

Even residents that don't have any animal friends, enjoy being surrogate "moms and dads" to their neighbors' pets by giving freely of their ooohs and ahhs, head scratches, and tummy rubs. Many even pet sit when owners are away on vacations. Whether they are fluffy or short-haired, dog or cat, we love them all at The Villages!

August -- Enjoy Life!

It's a busy month!



Cones in the Courtyard

Thursday, 7th @ 1:30pm

C'mon! Be sociable ... it's the reason ice cream was invented! Join us for an old-fashioned ice cream social in The Palms Courtyard. Your favorite flavors, your favorite friends - what's not to love?

Under Pressure!

Tuesday, 12th @ 1:30pm

Come get your blood pressure checked during the blood pressure clinic kindly conducted by Rite Aid Pharmacy.

A Better Life is Just One Click Away!

Saturday, 16th @ 3:00pm

Join us for tech talks with clever Cal Poly students. They will connect us with the wonder of technology and boost our confidence with our communications with our children and grandchildren! Internet? Email? Easy Peasy!

Historic Tour of SLO

Saturday, 9th

First tour departs The Palms @ 10:30am & Second tour @ 2:00pm.

Much more than a scenic drive, this outing is rich with local folklore, historic information, and entertainment! If you would like to attend, please sign up in The Palms or Oaks activity book. Seats fill up fast!

Brush Up!

Saturday, 30th @ 1:30pm

The Palms Exercise Room

Dazzle your friends with the vivid results of your own talent. Join your fellow painters at our monthly watercolor class, taught by local artist, Dixie Cavigili. All levels of experience are welcome to join. Supplies are provided.



Virginia Bayley & Ann Kahian loved the gardens at San Luis Obispo's Dallidet Adobe.

CELEBRATIONS:

New Residents

Judie Crum
Jerie Garbutt

Resident Birthdays

Daphne Fahsing - 2nd
Lawrence Field - 3rd
Dick Ingels - 3rd
John Romanelli - 7th
Gertrude Romanelli - 11th
Ernie Cementina - 15th
Ed Gillett - 22nd
Ralph Fenton - 23rd
Maggie Quinn - 24th
Bonnie Starr - 24th

Employee Birthdays

Paul Morris - 18th
Bruce Ihle - 23rd

Employee Anniversaries

Raphael Imboden - 1 year
Juan Martinez Rodarte - 1 year
Elizardo Santiago - 9 years



Palms & Oaks residents at Montana De Oro posing in front of the Bluff Trail.

Assisted Living

Garden Creek



ADMINISTRATOR'S NOTE:

Dear Residents, Family, & Friends,
This month, I invite you to put on your thinking caps and answer these brain teasers!

- 1) How could you rearrange the letters in the words "new door" to make one word? Note: There is only one correct answer.
- 2) Even if they are starving, natives living in the Arctic will never eat a penguin's egg. Why not?
- 3) Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
- 4) In Okmulgee, Oklahoma, you cannot take a picture of a man with a wooden leg. Why not?
- 5) There were an electrician and a plumber waiting in line for admission to the "International Home Show." One of them was the father of the other's son. How could this be possible?
- 6) After the new Canon Law that took effect on November 27, 1983, would a Roman Catholic man be allowed to marry his widow's sister?
- 7) How many outs are there in an inning?

***** Answers are upside down on p. 7's right column!**

Sincerely,
Lea Bogoyevac, Administrator

Resident Spotlight:

- Sunny Hillsinger -

On the 3rd of May, 1923, Shirley Isabel was born to John and Isabel Thompson in the mining town of Ely, Minnesota. Her parents may have named her Shirley, but she rarely went by that name. Growing up, her friends called her "Dotty" or "Isabel" and later she became "Sunny." In high school, she learned to play the violin, viola, cello, bass, and her favorite, the saxophone. She and her sister Joanne played piano duets, too. She enjoyed playing in her high school band and continued playing when she later joined the Marine Corps.



After high school, Sunny attended Ohio State first, and later a business college in Columbus, Minnesota. There she learned machine shorthand and aspired to be a courtroom reporter. But her dramatic courtroom plans changed when she became engaged to a military medic who had gone overseas to Africa. Sunny joined the Marines to keep herself busy while he was away. It was her Marine Corps bunkmate who gave her the nickname that stuck all these years. Sunny worked as an Air Flight Mechanic, and she says, "It was a lot of fun!"

The engagement ended in a breakup, but Sunny was happy to meet her first husband while still in the Marine Corps. Together they had Sunny's first child, Leslie. After the sad passing of her husband, eight years later, Sunny felt content with taking up knitting and getting a cat, but her friends had other ideas. With much excitement, they set up Sunny on a date. She soon fell in love with Frank Hillsinger and after three months, they were married. Son, Lance, came along in due time and Sunny became an elementary school teacher. The family loved to travel, and Sunny has fond memories of the Panama Canal and Alaska.

After a long marriage to Frank, Sunny's adventurous lifestyle continued. Born with a great love for learning, she took courses in Spanish and Astrology, taught line dancing, and took up oil painting, poetry writing, quilting, and graphic art, which she calls "art with a mouse."

Sunny moved to The Village at The Palms in 2001 and then to Garden Creek in February, 2011. Across the campus, she's lived up to her nickname, making lasting friendships with her kindness and, well, positively sunny nature!

August -- Welcome Warmth!



Don't Miss These Dates!

Calendar Additions!

Dog Days of Summer

Sunday, 3rd - Saturday, 9th @ various times

August brings the hottest week of summer! Let's enjoy these "dog days of summer" this year with some four-legged friends. Watch a documentary about Jamaica's first dog sled team, dog visits from Risa & Otis and Caring K-9's, bring your own pets for a community dog walk, and learn about dog friendly community programs and how you can get involved and sign up for a special outing to the Woods Humane Society.

Knitting Group

Sundays, 10th & 24th @ 3:30pm

Bring your knitting project, or come begin a new one and enjoy the company of fellow needlework enthusiasts. Pat McCullough, an excellent knitter, will be able to help those who need assistance. Beginners are welcome!

Men's Outing to Arroyo Grande's Car Sho

Saturday, 16th @ 8:00am

Garden Creek's men will leave early Saturday morning to enjoy a breakfast of fresh doughnuts and then drive over to check out the snazzy rides. There is limited seating available, so please sign up at the Front Desk.

Off To The Movies!

Monday, 18th @ 2:30pm

Sign up for our monthly outing to the Valencia Movie Theater. Now showing the 1990's film "Ghost" in honor of famous actor, Patrick Swayze's birthday. Fresh popcorn, snacks, and drinks will be provided.

Aloha Bingo

Wednesday, 20th @ 10:30am

Bingo has always been the popular game to play at Garden Creek. We are adding some extra fun to our usual Bingo with a Hawaiian theme. Get a seat at our Bingo Luau, there are special prizes to be won!

Smoothie Bar

Thursday, 28th @ 2:00pm

Escape the heat today, and come blend up your very own smoothie! We'll have music and seating outside so we can all enjoy some sunshine. Bring your hats and sunglasses, and savor a tasty treat.

CELEBRATIONS:

New Residents

Iris Carmel
George Daniel
Nan Jones

Resident Birthdays

Eleanor Holland - 28th

Staff Birthdays

Katie Boring - 16th
Hayley Cushing - 23rd
Alanna Baty - 31st

Staff Anniversaries

Sherry McCormick - 1 year
Monica Rodriguez - 1 year
Virginia Vasquez - 3 years
Andrea Tate - 10 years
Mabel Trujillo - 11 years

Answers:
1. One word
2. Penguins live in the Antarctic.
3. Neither. The yolk of the egg is yellow.
4. You have to take a picture of a man with a camera, not with a wooden leg.
5. They were husband and wife.
6. No. A dead man can marry no one.
7. Six. Three in each half of the inning.

Memory Care

Sydney Creek



ADMINISTRATOR'S NOTE:

Dearest Family & Friends,

One of the most important things we practice here at Sydney Creek is safety! Many families and friends frequently ask us, "Can we have the code to get into the neighborhoods?" or "Can we have a key to open the bathroom cabinets?" The reasoning behind the tight security for both of these common questions is truly simple ... it is about your loved one's safety!

Keeping the neighborhoods secure is **not** for keeping visitors out ... just the opposite, as we love to have visitors! But rather to be sure that your loved ones are safe and secure. The bathroom cabinets are kept secure not only because regulations require it, but it is to keep all residents safe from the possibility of ingesting toiletries that are not meant for this purpose.

Thank you to all our families for entrusting your loved ones in our care. This is no light responsibility, and it is one in which we all take great pride to do our best! Your support in helping us with the safety of all residents is truly appreciated. Should you have any questions regarding either of these practices, I am happy to speak individually with anyone. My door is always open!

Warmest regards,
Julie Trisco, Administrator

cooking demonstration, Erna has always given each activity her all.

Erna is grateful for every moment of every day. A nickname that she has earned during her stay at Sydney Creek, is that of "Hug-meister." There is nothing better than her great hugs, which she gives often, and to many, with a warm smile.

Resident Spotlight

- Erna Burton -

By Linda Dirlam,

With special contributions From Karla Vickers, Niece

Erna Burton was born in Germany on September 8, 1916. As the youngest of eight children, Erna was raised in Germany and graduated from high school there. Many happy times filled her childhood and young adult years, such as attending the weekly barn dances. Family traditions and times together were very important to her and always treasured.



When she was in her early 30s, Erna came to the United States. She has lived on the Central Coast for more than 30 years.

Erna was a trailblazer in her working years and was employed at an airplane factory. She was, impressively, the first female supervisor there.

Traveling fulfilled Erna's longings for adventure and discovery. She had a routine of always stopping in Chicago, either prior to, or when returning from a trip, so that she could visit with her brothers and sisters.

A number of special interests have brought joy to Erna's life. Favorite outdoor activities included gardening and fishing. Erna is also proud of the fact that she is fluent in German and English. Special "feline friends" have warmed Erna's heart over the years and have brought her treasured companionships.

One of Erna's most unforgettable talents has been her wonderful outlook on life. She has been blessed with a very special ability to make the best of every situation. People who have had the pleasure of knowing her have truly enjoyed Erna's great sense of humor and her warm, upbeat personality.

Erna joined Sydney Creek in August, 2008. A willing and eager participant from the start, Erna has enjoyed many wonderful opportunities for sharing time with her friends. Whether it is being part of a lively exercise session, taking in a special musical performance, or eagerly watching a



The Sydney Creek Management Team gathered at Administrator Julie's house for a team building retreat. Nothing says teamwork like bathing a sheep!

August -- Sunny Days!



Mark Your Calendar!

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.

Sydney Creek Support Group

Tuesday, 5th @ 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 Monday, 4th.

The Mudskippers Concert

Wednesday, 6th @ 2:00pm

"The Mudskippers," a local band known for its jazz music will perform for us here at Sydney Creek for the first time! Come see what "all that jazz" is about, and be ready for a foot-stomping, rip-roaring good time!

Yoga w/Fran

Friday, 15th @ 11:30am

Fran Dukehart, a certified and highly skilled instructor devoted to developing the whole body, will grace our exercise class with her years of experience.

Chair Zumba

Mondays & Wednesdays @ 10:15am

Our personal instructor, Jenny Ziedses des Plantes, is a certified Zumba instructor, and her classes are more than fun! Her choreography and powerful music selection will rock your senses and give you a workout all at the same time! Come and experience exercise in a new, lively way!

NOTABLES:

New Residents

Barbara Peterson
Mary Jane Riley
Ets Yoshiyama
Goldie Zikratch

Resident Birthdays

Doreen Anderson - 5th
Ron McIntosh - 13th
Robert Dengler - 16th
Gene Bruton - 26th

Staff Birthdays

Margarita Araiza - 7th
Javier Garcia - 10th
Emily Helms - 16th
Aida Cardenas - 23rd
Fidel Hernandez - 26th
Priscilla Davis - 27th
Courtney Kostrikin - 28th

Staff Anniversaries

Joel Contreras - 11 years
Cresencia Rodriguez - 10 years
Cory Segundo - 4 years
Angela Murillo - 3 years
Gerald Nisperos - 1 year
Rodel Pascua - 1 year

In Memory Of

Jay Phillips
Gigi Rebstock

Life Enrichment Special Announcements!

Magazines Needed: Do you have magazines you are ready to discard? A great way to recycle them is to share them with us at Sydney Creek. From National Geographic to Glamour, please pass them on! We assure you that our residents will enjoy them just as you did!

LifeCycle Gardens: These mobile, raised gardens are on wheels, and allow us to bring nature right inside Sydney Creek. We are growing strawberries, vegetables, herbs, and beautiful flowers for all to cultivate and enjoy their bountiful results! This ongoing activity represents Sydney Creek at its finest, as we continue to stimulate our senses, all the while, bringing fulfillment and fruition to all of our lives!

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

The Villages of San Luis Obispo



Retirement Living

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The Palms: 805.543.2300

The Oaks: 805.543.2342

For More Information:

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Assisted Living

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Memory Care

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