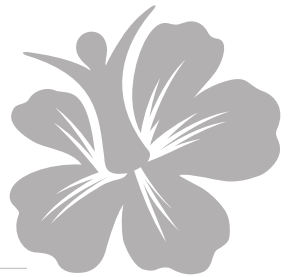


# The Village Voice



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  
**The Palms:** 805.543.2300  
**The Oaks:** 805.543.2342

#### For More Information:

Jane Lefebvre —805.543.2300  
jane@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:

Jane Lefebvre —805.543.2300  
jane@villagesofslo.com

### Memory Care

1234 Laurel Lane  
San Luis Obispo, CA 93401  
**Administrator:** Lisa Hulse  
**License #:** 405800577  
**Sydney Creek:** 805.543.2350

#### For More Information:

Lisa Hulse —805.543.2350  
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[www.villagesofslo.com](http://www.villagesofslo.com) / [www.sydneycreek.com](http://www.sydneycreek.com)

## MEDITATION FOR EVERYONE

Wednesday, January 7th\*  
10:30am - 11:30am @ The Palms  
Exercise Room

New Palms resident, Peter Schellin, has been studying and practicing Zen meditation techniques for more than 35 years. Now known in meditative circles as Sosan, which means “mountain monk,” Peter will be sharing his wisdom, technique, and experience with anyone wishing to find a better way to deal with all that life brings – the good, the bad, and the ugly!

“In America, we think of the mind as just from the neck up,” Peter explains. “In East Asia, the mind is known as shin or the heart-mind.” It’s that deep connection between heart and mind that we discover as we practice meditation.

On January 7th (\*and every first Wednesday of the month thereafter) from 10:30am to 11:30am in the Palms Exercise Room, Peter will lead a Meditation Class. He’ll start easily with a simple but time-tested practice called “Counting the Breath.”

“It’s important to say that there is no wrong way to do this,” said Peter. He’ll also show us different postures (we don’t have to sit on the floor) that we can sustain comfortably.

“It’s all a matter of discipline and determination,” says Peter. But once you are held up by this firm foundation, being able to drop into a meditative state can enhance any life experience—as it is happening! Long lines? Scary surgery coming up? No problem!

“Once you have the basics,” says Peter, “the benefits of meditation settle into your body and you can call upon it any time you need it.”

## January -- New Year, New You!

It’s never too late to do something new and there are plenty of opportunities this month at all of The Villages of San Luis Obispo campuses. We hope you will join us and create special memories to start the New Year off right!

### Sydney Creek Support Group

Tuesday, 6th @ 5:30pm

#### Resource Room

You are not alone - join us. The support group is for Sydney Creek families to share their thoughts with their peers. A special note from Family Support Coordinator, Susan Price:

*As the Family Support Coordinator for Sydney Creek for the past four years, it is now time for me to move on. My last support group meeting will be January 6, 2015, but I wanted to say ‘Ta Ta’ (not good-bye) to ALL of my wonderful family members with whom we have cried and laughed together. I DO hope you continue to attend the support group meetings and that the rest of your journey is a fulfilling one for both you and your loved one.*

*Sincerely, Susan Price*

Jenny Molinar, Sydney Creek’s former Director of Family Services, will facilitate the Sydney Creek support group beginning in February 2015. Many Sydney Creek families already know Jenny quite well, as she recently resigned from her position in September 2014 to pursue a Master of Arts Degree in Gerontology from USC. Jenny is extremely familiar with the myriad of emotions associated with the placement process of a loved one as well as the dementia disease process. Along with her studies, Jenny also volunteers with the Central Coast Alzheimer’s Association.

### Free Hugs!

Wednesday, 21st @ 3:30pm

#### Garden Creek 1st Floor Living Room

“A hug is how we handshake from the heart.” It’s National Hugging Day and we are giving out free hugs all day long! Also, don’t miss a visit from some sweet kids in the Adopt-a-Grandparent program who are also looking forward to sharing some warm hugs. How many hugs can you give on this special day?

# Retirement Living

The Palms & The Oaks



## VICE PRESIDENT'S NOTE:

### A New Year, A New Day, HELLO Opportunity!

We are now beginning a New Year. Our Villages of San Luis Obispo is embarking on an exciting future. We are creating a new, dynamic environment; an environment filled with hope and opportunity.

A successful and progressive Village requires people; people helping people to build a better life. Our residents hold a very unique and irreplaceable position at The Villages of SLO. You are the foundation on which we build. Your past sacrifices and accomplishments provide us with structure and strength.

The New Year is the perfect time for us to look back into our past, celebrate our accomplishments and also learn from our experiences. The New Year provides all of us with that precious rebirth; that second chance to make a difference and to refuel life with a new enthusiasm that energizes us to take everything in a more positive way and helps us to stay committed to inspire everyone straightaway.

I invite all of you to join the team at The Villages of SLO and me in continuing to make that difference; continuing to make our village a place that we can all be proud of and help make The Villages truly your home to enjoy & share with family.

I hope the New Year has found you in good health and I wish you a safe, happy and healthy 2015. YOU deserve every bit of it!

It's an honor and a privilege to serve you ~

Lisa Hulse  
Vice President of Operations

## INSPIRATIONAL QUOTE FOR THE MONTH:

"WHAT THE NEW YEAR BRINGS US WILL DEPEND A GREAT DEAL ON WHAT WE BRING TO THE NEW YEAR!"

## Why Take Costly Meds, When Hugs Are Free?

By Jeri O'Neill

Did you know that January 21st is National Hug Day? Most people don't realize that on January 21, 1986, the holiday was founded in Caro, Michigan. Nowadays it is celebrated worldwide. It is an event that encourages hugging. While some practitioners promote giving hugs to everyone, others believe you should at least ask the "hugee" first.

Virginia Satir, a respected family therapist believes we need four hugs a day for survival; eight for maintenance; and twelve for growth. In an article by Lindsay Holmes, for Huffington Post, she notes, "The simple act of a hug isn't just felt in our arms. When we embrace someone, oxytocin (known as 'the cuddle hormone') is released, making us all feel warm and fuzzy inside." It is a neuropeptide that promotes feelings of devotion, trust, and bonding. A additional physical benefit of oxytocin is that it lowers your blood pressure when signals are sent to the area of the brain called the vagus nerve. Additionally, an extended hug boosts serotonin levels that elevate mood and create happiness.

We can even improve the plight of future generations. One study showed that babies who receive lots of hugs, tend to be less prone to stress when they grow up. As we age, hugging and physical touch becomes increasingly important in decreasing stress and loneliness. Marcus Julian Felicetti writes on mindbodygreen.com, that "Hugging relaxes muscles. Hugs release tension in the body. Hugs can take away pain; they soothe aches by increasing circulation into the soft tissue."

But wait, there's more! Hugging and touch reduce worry about mortality and existential fears, even if you're hugging nothing more than a teddy bear! Pretty powerful stuff, huh?

So when January 21st rolls around, do yourself and others a favor by giving someone a hug. Better yet, make every day, Hug Day. You'll make the world a healthier, happier, and more loving place! Who knows, if you're the lucky recipient of multiple embraces, you might save a few bucks on your prescriptions, too!

# January -- Refresh & Renew!



Mark Your Calendar!

## Best Care Pharmacy Walker & Wheelchair Repair

Wednesday, 14th @ 11:00am - 12:30pm

### Activity Room

We will have an expert technician here for a safety evaluation. They will assess and provide minor repairs to our resident's walkers and wheelchairs. This is a service provided quarterly for us, and we gratefully appreciate Best Care's accommodations in making this possible!

## The Historic Storyteller

Tuesday, 20th @ 2:30pm

### Activity Room

Author of three books, and Historical Storyteller, Bruce Isham travels all the way from Texas to bring us an intriguing and exciting version of life in America's past! He educates and entertains his audiences with full costume and set, on tales from the Old West, and pieces of American History. Come and be part of this unique experience!

## Foot Stomping Fun with the Blue Moonshine Band

Saturday, 31st @ 2:00pm

### Activity Room

Get your feet moving as Bluegrass music thrills you this New Year! New to Sydney Creek, this local band will delight you in every way, so come and enjoy this form of our American roots with a twist and flair of country at its best!

## Calorie Counting Country Cooking

Every Thursday @ 2:00pm

### Activity Room

After the holidays, the New Year often begins with those resolutions centered upon counting those extra calories put on by holiday treats! Put on those aprons and be a part of making, serving, and eating these delectable delights!



"Rowdy" the dog and his sleigh brought Season's joy to our fabulous staff and residents!

## NOTABLES:

### Resident Birthdays

Betty Foott - 19th

Edna Cantrell - 22nd

Helene Montgomery - 26th

### Staff Birthdays

Flordeliza Corpuz - 6th

Benita Velasquez - 8th

Jeanell Emanuel - 12th

Kahlua Sievert - 14th

James McKell - 25th

### Staff Anniversaries

Linda Dirlam - 10 years

Rafael Sanchez - 2 years

Lushana Watson - 1 year

Donnie Pagtalunan - 1 year

### In Memory Of

Douglas Hitchen

Mark Wilson



# Memory Care

Sydney Creek



## VICE PRESIDENT'S NOTE:

As we enter the New Year, there may be moments when it seems that grief temporarily engulfs your mind. You may be dominated by a feeling of guilt because the person you love isn't still at home. Talking openly about your feelings and concerns with family, friends, health care providers, the Alzheimer's Association, Sydney Creek staff or peers in a support group is a useful first step that can help to normalize the feelings you have about the disease. It's okay to move forward and make plans for the future, express your wishes about the life you want to lead and take care of YOU.

### New Year Resolution

- Reflect on the losses that occur in your loved one's life and your own life too. Acknowledge, express and share what you feel.
- Normalize and begin to accept your feelings by talking to other families who feel the same emotions and go through a similar experience.
- Stay connected to family and friends. Strengthen existing relationships, and be open to building new relationships with others who can be supportive and enhance your life.
- Look after your own needs. Stay physically active, eat as well as possible, and do what you need to relieve stress.
- Let your family and friends know how they can help, rather than assuming people know what you need.
- Seek out information about dementia and what to expect. Talk to others who are experiencing different stages of the journey.
- Seek out support from family and friends, professional organizations such as the Alzheimer's Association, a professional counselor, and/or participate in support groups.
- Share your own experience and contribute by helping others in a similar situation.
- Get involved and volunteer with your local Alzheimer Association. Learn how to advocate for your own needs and the needs of your loved one.
- Express grief in creative ways through writing, painting, photography, etc.
- Recognize and value your growth as a person, which resulted from caring for your loved one. You may have learned new skills such as handling finances, become more compassionate, or developed an inner strength and resilience you didn't realize you had!

Wishing this year brings warmth, love & peace.

Lisa Hulse  
Vice President Operations

## Resident Spotlight

### - Paul Baum -

By Karen Baum, wife

Paul was born Luther Paul Baum, Jr. on November 4, 1935 in Salinas, California. He had one brother, James Baum, who passed away two months ago. He has three daughters, Diane, Barbara and DaNeal. Paul's one grandchild is Barbara's son, Jaret. He was raised in Carmel Valley and attended Carmel schools through high school then Bellerman Prep. After seven years in the US Air Force he continued studies at San Jose State and later Cuesta College. He earned a degree in electrical engineering.



He has had a lifelong love of fly fishing, hunting, backpacking, drag racing, cars and flying. Paul has worn many hats in his life. In the 50's and early 60's he was in the US Air Force and Air Force Reserve for seven years, serving overseas in Japan for three of those years. He was given Cryptanalysis courses and excelled at code-breaking. While in Japan he learned to read and write Japanese by learning at least one word per day. Paul also learned and became a Black Belt in Karate and won second place in the Japanese National Karate Championship competition

After the Air Force where he learned to fly and was a co-pilot on military transports (MATS), he worked for different aircraft companies as an electrical engineer while going to college at night. Paul joined the US Coast Guard Reserve and stayed in for 28 years. Stationed at various ports along the East Coast, West Coast and Alaska, he could fix anything electrical and mechanical, and up to the month of his retirement was called upon to fix, install, and keep engines running while underway. He was working out of Morro Bay where the Pt. Hedge and then Pt. Heyer were docked. He was aboard for drug enforcement missions up and down the West Coast from Alaska to Southern Mexico and beyond. Paul loved the big ships and engines so much that when he married Karen in 1991 they made a pact to take two cruises per year during their marriage. He continually sought permission to visit the engine room. They treasure the memories and photos of over thirty cruises.

Paul also worked for PG&E for 20 years and after he retired he became a real estate broker and worked in real estate until 2005. Many people called him "The Coach" or "The Baumer", particularly the kids at Atascadero High School where he had been an assistant junior varsity football coach for years. Paul continued to be an expert backpacker all through his life. He dearly loved being in the back country of the Sierras with his good friends and backpacking buddies. Earlier in his life he had led Sierra Club hikes and Boy Scout hikes. He loved teaching kids about the beauty of the mountains, fishing in snowmelt streams, cooking over a campfire and how to keep your supplies safe from bears. He had many run-ins with bears. One time, Paul and his four buddies heard noises late at night and saw a bear run off with Paul's backpack. They all chased the bear, threw rocks, and the bear dropped the pack. The young men he taught are now teaching their own children to backpack the way "The Coach" taught them.

# January -- Just for Fun!

It's a busy month!



## The Magical Mystery Tour

Saturday, 10th @ 10:00am & 1:30pm

### The Palms and The Oaks

It's a new year and it's time to throw caution to the wind! Follow bus driver extraordinaire, Stan Johnson, onto his 26 passenger vehicle for a mystery ride to... come find out! Fun and surprises are in store, so be sure join us! There will be two trips please sign up for one in the activity books.

## Let's Set our Sites on Scotland!

Monday, 19th @ 3:00pm

### The Palms Living Room

Resident, Liz McGregore presents the Picts of Scotland and their art. This will be an informative and fun presentation with pictures from Liz McGregore's travels. Come have a seat, lads and lasses, and enjoy a wee bit of Scottish culture!

## Come See About Elephant Seals

Monday, 26th @ 3:00pm

### The Palms Living Room

Join resident, Dale Moody for this education presentation with visual aids as he delves into the world of elephant seals and prepares us for our February visit to their beaches in San Simeon. These majestic creatures make the Central Coast a base for breeding and attract visitors from around the world!

## The 90+ Party!

Friday, 30th @ 3:00pm

### The Palms Living Room

Come celebrate all the residents that are 90+! We will have games, drinks, food and little bit of wisdom from some of our forever young friends! Let's show the kids how to really have a party!



Pat Wash & Elizabeth Ham merry at The Oaks cocktail party.

## CELEBRATIONS:

### New Residents

Madeline West  
Josephine Werth  
Margaret & Donald Duff

### Resident Birthdays

Rose Hansen - 3rd  
Josephine Werth - 3rd  
Mary Ellen Kuelen - 9th  
Virginia Bayley - 9th  
Marjorie Juel - 14th  
Pat Wash - 21st  
Marybeth Lucas - 24th  
Bonnie Deringer - 26th  
Martha Arnett - 27th  
Joanne Frantz - 30th

### Employee Birthdays

Maria Rodriguez de Ortega - 20th  
Abdelkebir Barid - 26th

### Employee Anniversaries

Steve Hartman - 1 year  
Monica Martinez-Santana - 1 year  
Ann Newland - 1 year  
Bill Craig - 2 years  
Eriks Martinez - 2 years  
Scott Hornsby - 5 years  
Javier Valente Montero - 8 years  
Maribel Martinon Lopez - 10 years  
Jeralyn O'Neill - 18 years

# Assisted Living

Garden Creek



## Resident Spotlight: - Donna Karnes -



It was late on a Monday night, September 1932, during the Great Depression era, when Donna Karnes was born at her uncle's home in Huntington Park in Southern California. Born to Ruth and Earl, Donna was the only child. Donna laughs when telling people that "after having the perfect little girl, they didn't need to have any more children!"

Donna went to junior college in East Los Angeles, where she ended up dropping out of school to take care of her mother. Later, she took an office position at Ensign Carburetor Company. It was there that she met her future husband "Bobby". Bobby's mother also worked for the same company as Donna and when Bobby met his mom at work to borrow her car, he also met Donna. Sparks flew when they met because later that day, Bobby called the office to ask Donna out to dinner and a movie. She still recalls watching North by North West with Cary Grant for the first time together. Bobby, who was a pilot in the Air Force was soon transferred to New York and when asked to travel overseas, he asked Donna to marry him and go with him, but not ready to leave home, Donna let her first love go.

In June of 1979, thirty years after Bobby moved away, Donna's phone rang and when she answered, the voice on the other end asked, "I wonder if you can guess who this is?" Donna's response was "Where have you been the past thirty years?" Donna was happy she still lived in the same place so that Bobby could find her. They were reunited that evening with a hug and picked up where they left off. They married that September and built their life together in Cambria. Together they loved traveling and spending time with many of their close friends.

After Bobby passed away, 13 years later, Donna remained in Cambria where she became involved with the Baptist Church. She started a card ministry, sharing birthday cards with her friends at church. In August of 2012, Donna moved to The Village at Garden Creek and still drives to Cambria on Sunday's for church and visiting with friends. Donna's closest companion is her little white poodle named "Jackie Sugar Foot." She enjoys taking him for walks and warming up together by the fireplace in the living room. Here at Garden Creek, Donna has made a loving circle of friends who all gather for fun events, going out shopping or to lunch together. Her laughter is contagious, she gives the best hugs, and her cheerful personality is tireless. We are so happy she is part of our family at Garden Creek!

### ADMINISTRATOR'S NOTE:

Growing up in the 30s, 40s, and 50s

We survived being born to mothers who smoked and/or drank while they were pregnant. They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes. We were put to sleep on our tummies in baby cribs covered with bright colored lead-based paints. We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking.

As infants and children, we would ride in cars with no car seats, booster seats, seat belts or air bags. Riding in the back of a pick up on a warm day was always a special treat. We drank water from the garden hose and not from a bottle. We ate white bread and real butter and drank Kool-aid made with sugar, but we weren't overweight because, we were always outside playing.

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem. We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

We ate worms and mud pies made from dirt. We were given BB guns for our 10th birthdays, made up games with sticks & balls and strings & cans. We rode bikes or walked to our friends' house and knocked on the door, rang the bell or just walked in and talked to them! Little league had tryouts and not everyone made the team.

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law! We huddled around the radio and later watched 1 of 3 channels on a black and white TV. Those were great times and I'll bet you have an even better story to share about growing up - we'd love to hear it. Please bring it to me and I will put it right here in this space next month!

Happy New Year!

Lea Bogoyevac  
Executive Director, Garden Creek

# January -- Good Times!



Don't Miss These Dates!

### Happy New Year!

Thursday, 1st @ 9:30am

1st Floor Living Room

2014 is behind us now and we are ready to start off the New Year right! Come enjoy the Rose Parade New Year's morning. The theme this year is "Inspiring Stories", reminding us to reflect on and appreciate the many people around us that elevate the human spirit with their unconditional love, courageous perseverance and accomplishments. In the afternoon, it's time to watch the 101st Rose Bowl Football Game featuring Oregon and Florida State. Who are you cheering for?

### Contemporary Issues - Let's Discuss!

Friday, 9th & 23rd @ 10:30am

Parlor Room

Put on your critical thinking hat and come join this newest discussion group. Stay up to date on current events together as we present various controversial and important issues for discussion in a pro and con format.

### Grillin' Up A Good Time

Thursday, 22nd @ 2:00pm

Activity Room

The heat is on, let's get cooking! Join us for a fun cooking class this month. We will be learning how to make Oprah's favorite gourmet grilled cheese sandwiches. You won't want to miss this delicious twist on a classic comfort food.

### Paint A Pollock

Wednesday, 28th @ 10:30am

Activity Room

January is International Creativity Month and we are brushing up on some artistic fun! Jackson Pollock, an abstract impressionist painter was born on January 28th, 1912. We'll get into our creative zone by using his remembered "splatter" technique. You can also visit [jacksonpollock.org](http://jacksonpollock.org) and paint a Pollock online!

### CELEBRATIONS:

#### New Residents

Kathleen Anderson

#### Resident Birthdays

Sally Eggen - 10th

Barbara Vatter - 19th

#### Staff Birthdays

Raymundo Noriega - 10th

Heidi Bernal Rojas - 17th

Stacey Schultz - 22nd

#### Staff Anniversaries

Lea Bogoyevac - 1 year

Stephanie Mangrubang - 1 year

Anayantzin Morales - 1 year

Hayley Cushing - 2 years

Raymundo Noriega - 6 years



Santa Wally is comin' to town!