

The Village Voice



A Newsletter Sharing Our Continuum of Care Story

WALK TO END ALZHEIMER'S!

Saturday, September 21st, 2013
7:30am @ Laguna Lake Park
San Luis Obispo

Join The Villages in their support for the Central Coast Alzheimer's Association, and the "Walk to End Alzheimer's!"

This year, a 5K run and Kid's Fun Run have been added to the traditional 3K walk, thus, making the event even more family friendly and meaningful!

We hope you can join us. Keep in mind that walking, or running, is not necessary! Most importantly, we want your support! The Villages will be providing a hearty breakfast for all Walk/Run attendees starting at 9:30am.

For more information, please see your Front Desk staff, or you may contact The Villages Team Captain, Jenny Molinar, @ 543.2350.

*** *Villages Campus Residents*
Our Villages bus will depart the campus at 9:00am and return at approximately 10:30am. Please sign up in the activity book.

September

An Afternoon with Café Musique

Saturday, 7th @ 1:00pm (Concert starts promptly @ 2:00pm.)

Sydney Creek

Back by popular demand! Sydney Creek presents an Afternoon with Café Musique! As a fundraiser for the Alzheimer's Association, we encourage you to support this fun gathering of music, wine, food, and raffle prizes for the small donation of \$25. Call 805.543.2350 to RSVP!

Country Fair Jamboree

Tuesday, 17th @ 10:30am - Noon

The Villages Central Circle

Get out those cowboy boots, bandanas, and hats, because it's time for our annual Country Fair Jamboree! Bluegrass music, line dancing, food, and quilt and craft displays will add some country to your step!

Dance Obispo Visits Garden Creek!

Saturday, 21st @ 2:00pm

Garden Creek First Floor Living Room

Dance Obispo is "the" studio for ballet on the Central Coast! Theresa Slobodnik, Artistic Director, is a renowned dancer, instructor, and choreographer, and she is a stickler for technique! You will certainly enjoy this performance of grace and physical talent!

Art About Town Comes to The Palms!

The Village at The Palms is now a proud participant in the SLO Museum of Art's "Art About Town" exhibit program. The museum curates the work of highly-accomplished artists in our area and hangs them professionally in various local businesses. It's a chance for the public to see original art in a variety of settings. The public is enthusiastically invited to come and view the work of Marcie Hawthorne, an award-winning San Luis Obispo muralist who paints in an array of different media. Her landscapes, patio scenes, and illustrations transform and personalize any space, large or small. Stop by The Palms to view selected pieces and read about the artist. Call 543-2300 for more information.

Retirement Living

The Palms & The Oaks



ASSISTANT DIRECTOR'S NOTE:

Dear Residents,

We've had a pretty warm summer so far, but the hottest weather is yet to come; September is usually the month when the thermometer mercury rises. September is also when we transition into fall--the nippy nights are just around the corner. It's our last chance to enjoy outdoor activities before we have to bundle up in our jackets. It's also the last month to savor our relatively uncommitted time before the social events, that the holidays bring, start to overwhelm us.

I hope you get a chance to relax and enjoy this transitional month to its fullest. We have so much natural beauty surrounding us at The Villages. Be sure to take a stroll near the creek and take note of the Sycamores and other neighboring plants and trees as their foliage magically changes from basic green to flaming oranges, reds, and yellows. Come to think of it, even nasty poison oak looks festive in the fall!

I hope you have a wonderful September!

Jeri O'Neill
Assistant Director

Summer of 2013 -- A Photo Collage!

By Natalie Ellingson

The Villages are known for encouraging our residents to get out of the house and have fun in the sun. This summer was no different, as our residents enjoyed a variety of outdoor activities. Often times, a picture can say a thousand words, and we think the photos included in this collage sum up the fun of summer!



Shirley Piedalue & Marjorie Juel scan the Shell Beach horizon for passing whales and sealife off the coast.



Kris Lewis & friends play a lively game of shuffleboard at The Palms on the Fourth of July.



Pat Grattan & Marilyn Barnes gracefully practice their water aerobics techniques in The Palms pool.



Teddie Hicks & Laura McGonagill enjoy a nice walk on the Bob Jones Trail in Avila Beach.



Teddie Hicks & Milton Eiffler dance away at our Summertime Birthday Bash!

September -- Back to School!



It's a busy month!

The Villages Chorus -- Better Than Ever!

Starting Thursday, 5th @ 11:00am & Thursdays thereafter

The Palms Living Room

This choral opportunity will be guided by Music Director Steve McAndrew and pianist Brett Mitchell. If you choose to be a member of the chorus, you can find your comfort zone of being a soloist or a member of an ensemble. If you enjoy singing, give our chorus a try, as there is no commitment! See you there!

Rosh Hashanah, the Celebration of Jewish New Year

Thursday, 5th @ 3:00pm

The Palms Exercise Community Room

Rosh Hashanah is the Jewish New Year, and is the first of the High Holy Days. Rosh Hashanah is a two-day celebration which begins on the first day of Tishrei, the seventh month of the Jewish calendar. The day is believed to be the anniversary of the creation of Adam and Eve, and their first actions toward the realization of mankind's role in God's world. Rosh Hashanah customs include sounding the shofar (a hollowed-out ram's horn) and eating symbolic foods such as apples dipped in honey to evoke a "sweet new year." This celebration, led by our local friend, Rabbi Hilel, is an event open to all cultures and beliefs. Please sign up in the Activity Book if you wish to attend.

Flu Shot Clinic

Tuesday, 10th @ 1:00-3:00pm

The Palms Living Room

Brought to you by Rite-Aid Pharmacy, this clinic will deliver your flu shot to your front door! To participate, please bring your Medicare and identification cards, or \$25 cash. To best provide you with positive customer service, please arrive at the clinic as follows: Last names beginning with letters A - L at 1:00pm and last names beginning with letters M - Z at 1:45pm.

Spanish Class

Monday, 16th @ 3:00pm

The Palms Exercise Community Room

Let's gather basic bilingual confidence at the SLO Spanish Club! This class will meet once a month for the next three months. By attending, you may learn basic Spanish words and phrases that you may use to communicate with your Spanish-speaking family and friends!

(R - L) Ann Reese, Virginia Hettler, & Pauline Remillard enjoy our flower arranging class.

CELEBRATIONS:

New Residents

Bettina Canant
Floyd Leigh
Elsie Ronkainen

Resident Birthdays

Devonne Crick - 2nd
Diana Cornelius - 2nd
June Fields - 3rd
Vivian Kilcoyne - 9th
Marie Powels - 11th
Max McFarland - 13th
Lorraine Yake - 18th
Caroline Hannah - 20th
Toula Buhrman - 22nd
Eleanor Niederauser - 25th
Sophie Smith - 25th
Gerry Wallace - 25th
Duane Kukuk - 27th
Charlene Wilbert - 28th
Ruth Chertok - 30th

Staff Birthdays

Beatriz Ruiz - 2nd
Elizardo Santiago - 10th
Katherine Thompson - 13th
Natalie Ellingson - 22nd

Staff Anniversaries

Ricardo Vasquez - 1 year
Andrew West - 1 year
Marc Ferguson - 1 year
Bruce Ihle - 2 years
Paul Morris - 3 years
Veronica Del Cid - 7 years



Assisted Living

Garden Creek



ADMINISTRATOR'S NOTE:

Dear Residents,

We are very excited about the recent remodel of Garden Creek's Wellness Center. The new revisions will help provide a more quality-driven and efficiently-managed department. The staff are very excited and appreciative to have the additional resources to promote the "culture of service" and continuum of care offered here at Garden Creek.

Our Wellness Staff are an important component to the quality of care offered here at Garden Creek. The Wellness Department has approximately 30-staff including: The Director of Wellness, Licensed Nurse (LVN), Medication Technicians, and Personal Care Assistants (PCA). Our new Director of Wellness, Sherry McKormick, LVN, has recently transferred to Garden Creek from our sister community, The Village at Sydney Creek. She is very excited about joining our team and getting acclimated to daily operations.

Our Wellness Department Staff are highly trained and committed to enhancing the quality of customer service to all residents. They promote a high level of respect, integrity, and a "sense of family" for all residents. Please join me in acknowledging our dedicated staff... they are truly the unsung heroes that make Garden Creek so unique and such a wonderful place to live.

Sincerely,
Bill Grady, Administrator

This Date in September

By Garden Creek's Life Enrichment Department

September is a time of new beginnings. Children excitedly stuff their backpacks with school supplies in anticipation of a fresh school year, football fans congregate faithfully to support their teams, and life slowly returns to a post-summer pace.

September, 2nd

Great Smoky Mountains National Park Created

In 1940, President Franklin D. Roosevelt dedicated the Great Smoky Mountains National Park (GSMNP). This park encompasses more than 800 square miles of Tennessee and North Carolina, and is ninety-five per cent forest. The park's facilities were constructed over the course of six years as part of Roosevelt's "New Deal." Today, the GSMNP is the most visited national park in the country.

September, 15th

Penicillin Discovered

In 1928, Alexander Fleming, a British biologist, discovered the antibiotic penicillin. Fleming noticed that mold on unwashed culture plates secreted a substance that killed bacteria. Penicillin's potential to revolutionize medicine was instantly understood, but it took more than 10 years for scientists to isolate it, and produce it in large quantities.

September, 20th

National Football League Established

In 1920, representatives from several football teams met at a car dealership in Akron, Ohio, and formed the American Professional Football Association. This later became the National Football League. The men selected Jim Thorpe as president, who, at the time, was the most popular athlete in the country and an excellent football player. Early NFL teams included the Canton "Bulldogs," the Toledo "Maroons," and the Milwaukee "Badgers."

September, 22nd

Peace Corps. Established

In 1964, U.S. President John F. Kennedy established the Peace Corps. At this time, The United States and the Soviet Union were locked in the Cold War and Kennedy saw the Peace Corps as a means to help establish stable, pro-Western governments around the world. Kennedy called on thousands of young Americans to volunteer their skills to help modernize underdeveloped nations. Today, it is one of the largest and most respected service organizations in the world.

September, 25th

First American Newspaper Published

In 1690, Boston residents, Richard Pierce and Benjamin Harris, published the first newspaper in the English colonies. "Publick Occurrences both Foreign and Domestick" differed from earlier publications in that it contained real news of notable events. The men intended to publish it monthly. The British government, however, was resistant to an informed populace in the colonies, and shut down the paper after the first issue.

September -- It's Still Sunny!



Don't Miss These Dates!

Calendar Additions!

Humor Hour w/Evelyn & Co.

Wednesday, 4th @ 11:00am

A good, hearty laugh has great short-term effects on your well-being! When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Our resident, Evelyn, loves sharing her stock of jokes with our staff. So much so, that she would like to lead a joke hour once a month for you! Everyone is welcome!

The Pacific Horizon Chorus

Saturday, 7th @ 2:00pm

Pacific Horizon Chorus is a mid-size chorus of women singing four-part harmony, barbershop style. Founded in 1965 by Gail Miernicki, PHC is made up of area women of all ages and occupations who are valued for their talents and encouraged to pursue musical excellence. The Chorus promotes harmony and friendship and offers many opportunities to actively express one's love of music.

Picnic Time -- Last Call!!

All Fridays in September @ 12:30pm

Last call for picnics! For our outdoor eating finale, we will head to several, local wineries to graze upon the goods. Why not enjoy the view and the vino? Locations will include Opolo Vineyards and Sculpterra Winery and Sculpture Garden in Paso Robles, Wolff Vineyards in Edna Valley, and Tolosa Winery in San Luis Obispo. Cheers!

CELEBRATIONS:

Resident Birthdays

Barney Silva - 2nd
Joan Will - 9th
Bette Bertch - 10th
Donna Karnes - 12th
Fran Rademacher - 29th

Staff Birthdays

Tony Juarez - 20th
Abraham Monge-Navarro - 22nd
Eric Messinger - 26th

Staff Anniversaries

Mary Phillips - 1 year



The staff at Garden Creek get so excited for the Golden Retriever meet-ups!



Sunday's Gospel Sing-A-Long is a resident favorite.



Visiting jazz musician, Bubba Ramey, always gathers a huge crowd for his concerts!

Memory Care

Sydney Creek



DIRECTOR OF FAMILY SERVICES NOTE:

Dear Family & Friends,

Back by popular demand, Café Musique will hold an Alzheimer's Association fundraiser concert in our lobby on Saturday, 7th. To accompany this event, there will be fabulous raffles, generous appetizers, and a wine lounge before and after the concert. To attend, please RSVP to 543.2350! I want our families and residents to enjoy this afternoon, as it is for -- YOU!

The Walk to End Alzheimer's is on Saturday, 21st. I'm excited about the re-vamped Walk plans, which will include a 5K run and Kid's Fun Run as well. We hope you will join our team, The Village People. Please also keep in mind that you do not have to be able to attend the event or physically walk the day of. Your support is what matters to us. Please see me for further information about how you can be part of our team and support this important cause.

On a personal note, I thank you for allowing us to assist you, and your loved one, along this interesting journey. You are my family.

Jenny Molinar
Director of Family Services



Edna, on her way to California, in 1940.

In 1962, Edna began working for the Desert Palm Shirt Corporation in downtown Taft. Edna was employed as a floor supervisor for the company which primarily made doctors' and nurses' uniforms. Edna enjoyed this job and worked there for 15 years. She made many good friends and always enjoyed the company-sponsored bowling team's, "girl's night out," on Fridays.

In 1979, Edna and Leonard retired. They built a small, modern farm on the outskirts of Bakersfield. They returned to

Resident Spotlight

- Edna Cantrell -

By Robert Cantrell, Son

Edna Anglin was born January 22, 1922. She was the fourth of five children. Her father, Noah, and mother, Ellie, raised their family in a small farm house near Wetumpka, Oklahoma. As a young girl, Edna experienced the Great Depression and the Oklahoma Dust Bowl era. They were primarily self-subsistent, growing fruits and vegetables, raising poultry, and livestock. They made their own clothing, and in these challenging times, a pair of new shoes was a special treat.

At the age of 15, Edna married Leonard Cantrell who would be her lifelong partner. Leonard was a very good man, and her happiness was his top priority.

In 1940, they ventured down Route 66. Thus, leaving Oklahoma for the promise of high-paying jobs in the shipyards and defense factories in California. They settled in Oakland, and both worked at building the vessels. Edna spent many days operating a rivet gun assembling warships.

While living in the Bay Area, they both worked for the Mt. Diablo Riding Academy. Edna, not only attended to the horses, but often rode competitively in the English Three-Gaited class.

One of Edna's great memories of Oakland is when she, and one of her girlfriends, had enough money to see her heartthrob singer, Vaughn Monroe, perform in concert. His song, "Racing with the Moon," was one of her favorites and was heard in the Cantrell household for years.

In the late 40s, Edna and Leonard moved to the lower San Joaquin Valley. They settled in Taft, California, where Leonard found work as a carpenter. He was soon hired at Maricopa School, and they settled there to raise their family.

Edna and Leonard had their first child, Joann, in 1938. It was very sad when their beloved little girl lost her life to pneumonia at only 30 months of age. They went on to have four more children - all boys. Charles, the oldest, followed by Gary, Roger, and myself, Robert. The consecutive string of boys continued as they have five grandsons and three great-grandsons. After a string of 12 boys, Edna was very happy to be blessed with a great-granddaughter named Abby.

Edna and Leonard were very involved with their athletic family of rowdy young men. They both spent many days and nights attending and coaching their boys' activities. They were always there for the boys from pee-pee leagues through college sports. The family took great pride in being huge Dodgers fans, and we spent many nights listening to Vin Scully broadcasts. As a family, in 1963, we were able to attend a game at the newly built Dodgers stadium (Chavez Ravine). It was an epic

event when I received an autographed baseball from Sandy Koufax. It was a young boy's dream come true!



Edna & Leonard in 1938.

continued on p. 7

September -- Thanks, Sun!



Don't Miss These Dates!

Take Note of These Dates!

Sydney Creek's Happy Hour is a Friday favorite of our residents, their families, and our staff! A new round of tasty beverages will be served this month at 2:00pm, on the following dates: 9/6 - Berry Mango Slushies, 9/13 - Watermelon Coolers, 9/20 - Strawberry Daiquiri Punch, and 9/27 - Blueberry Swirl Smoothies!

Cooking Class -- Country Apple Dumplings

Tuesday, 10th @ 11:30am

It's simplicity at it's best, as fresh apples, crescent roll dough, and citrus soda make such a wonderfully sweet treat!

Dog Training Presentation

Thursday, 19th @ 2:00pm

Elite K9 Solutions present an impressive visual of their training accomplishments with client dogs. Get ready to be amazed by brilliant pups!

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 Monday, September 23rd.

Family Tile Art

Thursday, 26th @ 2:00pm

Let's join our loved one as we make decorative tiles embellished with monogrammed paintings. An application of thin gloss, makes these a great momento.

continued from p.6

their roots and enjoyed raising small scale livestock and tending a large garden. Edna was also able to rejoin her hobbies of sewing, crocheting, making quilts, canning vegetables, and baking. After 52 years of a very happy marriage, Leonard passed away in 1989. It was a heartbreaking loss for Edna, but she continued to live there by herself.

In 2006, at the age of 84, the farm got to be too much for Edna. She moved to Arroyo Grande to live with me, and my wife, Sue. In a short amount of time, she also began to live with her other son, Charles, and daughter-in-law, Shae, in Tucson, Arizona. She rotated back and forth from Arroyo Grande and Tucson for a few years but the travel and change became too hard. She settled in Arroyo Grande and soon became a resident at Sydney Creek.

I'm the youngest of her four sons. On a sad note, Edna faced the untimely death of her two middle sons, Gary and Roger. Growing up with Edna was a joy. Our family didn't have an abundance of money but we always managed fine. In perspective, Edna and Leonard taught me how to work hard, be honest, and through it all, everyone was always loved. Edna is very happy at Sydney Creek. I appreciate the great care that she receives, and I thank each and every staff member and resident that makes every day special to her.

NOTABLES:

Birthdays

Erna Burton - 8th
Marcine Reneer - 9th
Dorothy Elmore - 19th
Dorman Watkins - 22nd
Gary Allen - 24th
Sophia Silva - 30th

Welcome

Mary Coontz
Tewel Kukla
Ernest Stuart McMullen
Anne Posner
Melva Walker

Good-Bye

Terri Thayer
Doreen Trombley

In Memory Of

Mary Lee Cooper
John Kilcoyne
Jean Petersen
Lee Willingham



Edna's bowling team in 1971-
She's on the right!

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:
Sher Roberts —805.543.2300
sher@villagesofslo.com

Assisted Living

73 Broad Street
San Luis Obispo, CA 93405
Administrator: Bill Grady
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Memory Care

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Administrator: Martin Herter
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