

The Village Voice



A Newsletter Sharing Our Continuum of Care Story

FLAMENCO GALLARDO COMES TO THE VILLAGES!

**Sunday, 22nd @ 2pm
Garden Creek Lobby**

Smoldering looks and razor-sharp precision are the hallmarks of Flamenco Gallardo, a rare dance duo who will perform this dazzling dance form at The Villages this month. On Sunday, March 22nd at 2 pm, we'll be treated to the international talents of Luis and Juanita Gallardo as they swirl and turn in colorful costumes to mesmerizing music.

Both born to dance Flamenco, she in Holland and he in Colombia, they met in the United States and were instantly attracted. "They make us think they have been dancing together since time began, and will continue to for eternity," said a fan.

Flamenco has rich history and deep origins with many different dances, many different rhythms. The Gallardos will follow their one-hour performance with a Q&A period to address our curiosity and teach us about this highly disciplined, emotional dance form.

March - Time to Sing and Dance!

The joys of singing a familiar tune and moving your feet to the beat are spreading across The Villages campuses this month. You are sure to be entertained as you put on your dancing shoes and join in the fun as we chase those winter blues away with music. Spring is right around the corner, so let's celebrate the season's renewal with a song!

Cambria Singers are Coming to Sydney Creek!

Thursday, 5th @ 2:00pm

Sydney Creek Community Room

The Cambria Singers, a group featuring Marylyn Villeneuve and Lyn Baker, the wives of residents at Sydney Creek, will perform a St. Patrick's sing-along! This talented singing group has been performing their old standards for 18 years and we are honored to have them here. Come and sing along with us!

Ivory & Gold Sparkle at The Palms

Wednesday, 11th @ 3:00pm

The Palms Living Room

This splendid piano and flute duet are back for one day! Don't miss the delicate and exceptional music of Jeff and Anne Barnhart. These talented musicians are on their annual retreat from the East coast winter and are happily making music along their way.

A Sham-Rockin' Party at Garden Creek

Tuesday, 17th @ 3:00pm

Garden Creek 1st Floor Living Room

We are celebrating the luck of the Irish this St. Patrick's Day! What began as a religious feast day for the patron saint of Ireland has become an international festival celebrating Irish culture with parades, dancing, and a whole lot of green! Come Irish and Irish-at-Heart to celebrate with Irish jigs from The Gillie Wheesels, green beer, and delicious hors d'oeuvres - Irish fun that is leprechaun approved!

Retirement Living

The Palms & The Oaks



VICE PRESIDENT'S NOTE:

Dear Residents,

Following the glut of holidays from November to February, March might appear, at first glance, to come up a little empty-handed. For the first time since last fall, there aren't any glaring reminders of how many days until the next holiday, which leaves us feeling a bit like we've hit a social dry spell. But don't put away the party hats just yet; take a closer look at what March has to offer and you'll see there are plenty of reasons to get festive in this third month of the year:

- March Madness -- Each year, even non-sports enthusiasts get a little crazy with basketball.
- Barbie's Birthday -- It's been 53 years since this blonde bombshell arrived on the scene, and she still manages to look good.
- Johnny Appleseed Day -- John Chapman, an American settler who planted apple trees as he traveled the developing continent.
- First Day of Spring -- Get outside for some sunshine and fresh air. March 20 marks spring's official arrival.

Of course, the obvious choice is to celebrate St. Patrick's Day. Saint Patrick's Day is in honor of the Patron Saint of Ireland, who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs. Everyone's at least a little bit Irish on St. Patrick's Day!

May the hand of a friend always be near you. Let's celebrate!

Sincerely,
Lisa Hulse

Vice President of Operations

The Extreme Makeover

By Jeri O'Neil

During my 18 years at The Palms, I've seen many changes. By default, I've become the local historian. I'm often asked what's the most memorable thing that I have witnessed. It's got to be the Extreme Makeover.

The Palms was the original community on the campus. In the late 90s, the student housing complex at 61 Broad Street was gutted and revived as The Oaks. Around 2000, Garden Creek was built. Those who lived at 55 Broad were anxious to see some improvements made to their building, too. Thus, the Extreme Makeover Renovation of 2005 was born!

It was a very challenging project in many ways: Rather than evict all our tenants, we planned to do a major remodel with residents in place. Our central courtyard including the pool, spa, and landscaping was totally dug up. The offices, library, and living room were demolished to make way for new quarters. In addition to replacing exterior doors on the apartments, energy-efficient windows were traded out. Simultaneously the building was retrofitted with fire sprinklers. All the second and third floor walkways were re-coated (while small groups of residents spent a few days at the Peachtree Inn). The exterior of the building was painted and the main entrance, including the porte-cochere, was reconfigured.

During most of the work, a tunnel was created between the driveway and the central courtyard, using the living room as the passageway. Small bulldozers and caterpillars, raced though the portal, non-stop, all day. Jackhammers rattled; chain saws whined--dust was everywhere! We even had aerial spectacles as the second largest crane in California flew our gigantic palms trees twice--once at the beginning and once near the completion of the venture. Although construction was very noisy, it was extremely entertaining for both male and female residents, alike. The Sundeck was the perfect vantage point to enjoy the show!

My job was to work closely with the general contractor and all the vendors. I would check in every day to determine if there were any modifications to our plans and then coordinate operations with the residents. As the liaison, I made schedules for every component of the construction. If a resident had special time constraints, I negotiated with the vendor and vice versa. It really kept me on my toes! One of the benefits was bonding with the residents. And boy, did I learn a lot about construction and the inner workings of our 60s structure.

Meanwhile, our offices were spread out all over the building. Apartment #107 was home to the front desk. Our activities director operated out of the doctor's office. Dining services faced difficulties transporting food to The Oaks with all the torn up sidewalks and rutted driveways. For residents who were having work done within their apartments, we had a "Day-Away Suite" where they could take respite from the dust and noise.

Like most construction projects, it took longer than anticipated. About a year and a half later, The Palms!

March -- Adventures Await!



It's a busy month!

Reptiles & Amphibians

Monday, 2nd @ 3:00pm

The Palms Living Room

Join local entomologist and naturalist, Dennis Sheridan, for a petting zoo of our cold-blooded friends. Learn firsthand about snakes, frogs, and the like. Have you ever held a snake? Now is your chance! If you prefer to learn about the animals from a safe distance, don't worry, participation is not required!

Paso Robles to San Luis Obispo Train Ride

Saturday, 7th - Bus Leaves @ 12:45pm

The Palms

Take a front seat to the beautiful vistas and green hills that our local scenery has to offer. This is one of the most beautiful times of year and we are happy to offer this excursion to our residents once again. Our bus will be providing shuttle service to the Paso Robles train station and will pick you up at the end of your journey at the San Luis Obispo train station. Lower Level coach seats cost \$16.00 on the Coast Starlight Train. For more information and the ticket number, please refer to the activity book. Happy Trails!

Happy St. Patrick's Day!

Tuesday, 17th @ 3:00pm

The Palms Living Room

Come celebrate with The Villages! Irish music is a must as we all find the Irish in us. Some Irish ale and the taste of the rainbow will keep your Irish eyes smiling. Don't forget to wear green!

The Language of Flowers

Friday, 20th @ 3:00pm

The Palms Living Room

Join us for a special presentation looking back into the Victorian England archives at the subtle meaning of flowers. Do you need to confess your love? There is a flower for that! Perhaps you need to confess your lack of love. There is flower for that as well. In a world reliant on manners and etiquette, flowers became the language Victorian men and women used to say what was unspeakable. Come and learn their language.

CELEBRATIONS:

New Residents

Edith Marjorie Andrews
Charles & Carol Stockstill
Jeanne Miller
Ruth Helen Dalbey
Madalene Farris
Madeline West

Resident Birthdays

Doris Andrews - 1st
Bob Pyeatt - 2nd
Margaret Milburn - 10th
Virginia Morrison - 10th
Vi Sant - 10th
Morrie Anderson - 11th
Madalene Farris - 11th
Betty Neal - 12th
Ron Kosh - 15th
Larry Johnson - 16th
Sally Wilson - 16th
Dale Moody - 18th
Lillian San Filippo - 19th
Lorraine Gear - 20th
Milton Eiffler - 27th

Employee Birthdays

John Pelgrift - 3rd
James Rogers - 3rd
Maribel Martinon Lopez - 31st
Margarita Perry - 31st

Employee Anniversaries

Justin Taylor - 1 year
Toni Beck - 2 years



Betty Sawyer is loving the cute cows at our Cal Poly Ag tour.

Assisted Living

Garden Creek



ADMINISTRATOR'S NOTE:

About the Month of March

March is the 3rd month of the year and has 31 days.

Season (Northern Hemisphere): Spring

Holidays:

Read Across America Day (Dr. Seuss Birthday), (3/2)

Saint Patrick's Day (3/17)

Pi Day (3/14)

Daylight Saving Day (3/8)

Women's History Month

National Nutrition Month

American Red Cross Month

Fire Prevention Month

Symbols of March:

Birthstone: Aquamarine and Bloodstone

Flower: Daffodil

Zodiac signs: Pisces and Aries

History:

The name March comes from the Roman god of war, Mars. For many years, March, being the start of spring, was also the start of the New Year. Much of Europe used March as the start of the year. Britain used March 25th as the beginning of the New Year until 1752.

Historical Names:

Roman: Martius

Saxon: Hrethmonath

Germanic: Lenz-mond (Springtime month)

Fun Facts about March:

It is the first month of Spring and begins between March 19-21.

In the Southern Hemisphere, March is the same as September in the Northern Hemisphere.

Each year March and June end on the same day of the week.

It is the time of year when animals start to wake up from hibernation.

March Madness is a basketball tournament played by the NCAA.

Easter is sometimes celebrated in March.

March in Other Languages:

Chinese (Mandarin) - sanyuè

Danish - marts

French - mars

Italian - marzo

Latin - Martius

Spanish - marzo

Wishing you good health, happiness, and joy as we "March" into Spring.

Lea Bogoyevac

Executive Director

Resident Spotlight: - Georgia Drake -

Georgia was born on December 20, 1921 in a small southern part of Arkansas, called Portland. She was born to Joshua Ruel and Josie Irene Brown. Georgia was the second born in her family of four brothers and one sister. She was raised in Arkansas and later attended the University of Arkansas with a major in home economics.

While attending college, Georgia met Ray, the man she would one day marry. However, you wouldn't think they would be a match for marriage, from her description of their first encounter and first date. As she was walk-

ing to school one day, a stranger came walking up behind her, trying to strike up a conversation...but, Georgia, growing up with a protective brother, was taught to not speak with strangers. Their paths crossed throughout college and Ray finally asked her out for a date. She remembers that the date did not go well! Georgia's older brother had quite a bit of input to her social and dating life in his efforts to protect his younger sister. Georgia was expected to listen to his dos and don'ts. The night of their date, Ray took her to a college hangout with live music and dancing; not a bad place but Georgia's brother warned her to never go there. So upon arriving to this forbidden venue, Georgia refused to get out of the car! Ray left her in the car and went in without her! However, just as the old song goes, Georgia was on his mind, because Ray returned shortly and took her home. A few days later, attending a gathering of friends, she ran into Ray. Georgia decided to give him another chance and they dated once again.

The summer before college graduation Ray proposed to Georgia, if you can call it that! It went like this..."Do you want to marry now or after graduation?" Georgia said, "Wait." Things changed quickly. In December of 1942, when Pearl Harbor took place. Ray was given orders to service and was told to be ready to ship out within 15 days. With this news, Ray was prompted to make another one of his not so formal proposals. This time it went like this, "Do you want to marry now or after I return?" Georgia decided not to wait any longer and married Ray that evening.

Georgia and Ray built a life together in Ontario, California. Georgia worked for JC Penny's and later for Safeway Markets. Georgia longed to be a mother and homemaker so she quit work to raise a family. They have two beautiful daughters, four grandchildren, and three great grandchildren. After Ray retired from working in several aircraft businesses, they both moved to Shell Beach and later moved to Garden Creek. They had been married for 72 years before Ray passed away almost two years ago.

Georgia is a healthy inspiration to us all. At 93 years old, you'll find her every morning at exercise class and taking her daily walks throughout the community. She also enjoys our scenic drives and is quick to share a recipe with friends. Just ask her!



March -- Time to Bloom!



Don't Miss These Dates!

Hollywood on Parade!

Tuesday, 3rd @ 1:45pm

1st Floor Living Room

Don't miss this unique and exciting cabaret performance about Classic Hollywood and its great film legends! This year's show features songs, Hollywood stories, comedy, and spectacular costumes for the theme, "Hollywood on Parade!" Hollywood's classic movies have played an important role in American heritage. Let's celebrate!

Turkey & Tea

Thursday, 12th @ 3:00pm

1st Floor Living Room

Faith Carlson, Life Enrichment Director at The Palms has returned from an exciting vacation to Turkey! Come learn a bit about Turkish history and culture as Faith shares her travel stories and pictures. She also welcomes you to come try a cup of Turkish tea, a true token of hospitality in Turkey!

Bible Study

Mondays @ 10:45am

3rd Floor Living Room

"The teaching of Scripture is that God really is present right here, right now..." John Ortbert, pastor and author has based one of his most popular books on the belief that God is near and knowing him is possible for anyone who wants to feel his presence. Join a new bible study group this month, a place where your friendships and your relationship with God can grow. "God is Closer than You Think."

Spring Has Sprung!

Wednesday, 25th @ 2:00pm

Activity Room

Beauty is in bloom thanks to the beginning of Spring! We're getting together to stop and smell the flowers with Erin from Sprigs Floral Designs as she leads a group in designing their own flower arrangements. Supplies will be provided. Let your creativity bloom!

CELEBRATIONS:

New Residents

Ruth Blum

Resident Birthdays

Jean Hunter - 8th

Russ Anderson - 13th

Norma Coutts - 14th

Suzanne Morrison - 29th

Staff Birthdays

Sherry McCormick - 15th

Staff Anniversaries

Jeff Ringer - 1 year

Leonila Espiritu - 4 years

Linda Levin-Baptista - 5 years



Our residents are happy to show off their handmade Valentine's cards!

Memory Care

Sydney Creek



VICE PRESIDENT'S NOTE:

Dearest Family and Friends,

After an extensive search we have selected a new Administrator!

Kellie Gallegly, has joined our family at Sydney Creek beginning mid-January. Kellie is a seasoned administrator with exceptional knowledge of the long-term care industry. Her background includes serving as owner/operator of a small boutique homecare agency specializing in dementia. She has also acted as executive director providing direction & oversight of the day-to-day functions of long-term care communities. In addition, Kellie conducted a role as educator with the Alzheimer's Association, California Central Coast Chapter.

During her first month of employment, Kellie has had an opportunity to meet with some of our family members, spend special time with many of our residents, while embracing our staff in order to get to know the needs of Sydney Creek, so in turn, she can offer her personal insight.

I am confident that Kellie will be an excellent match for this position and a welcome addition to our Sydney Creek family.

She can be reached at:

(805)543-2350

-or-

kellie@villagesofslo.com

I would like to thank our Sydney Creek team members who participated in the selection process. Their efforts are deeply appreciated.

We are excited to add Kellie to our team! Please join me in welcoming her.

Best regards,
Lisa Hulse,
Vice President of Operations

Resident Spotlight

- Joan "Venice" McCollum -

By Craig McCollum, Son



"Venice" was born in 1932 in Hondo, Texas to Max and Eleanor (Wright) Mulcahy. Her father worked for the Southern Pacific Railroad, and they relocated from Hondo to Center Point, a small town in the Texas hill country where "Necie" was raised, along with her three siblings.

Venice loved learning and attended high school at Kerrville high school, where she excelled at the sciences. She subsequently attended her freshman year of college at the University of Oklahoma in Tulsa before transferring to Austin where she received a Bachelor's Degree in microbiology from the University of Texas. Her outstanding grades and academic achievements also earned Venice a lifetime membership into Phi Beta Kappa, an honorary sorority. While attending UT, Venice met and fell in love with a young pre-medical student, Kenneth B. McCollum. They married, and she followed Ken to Galveston, where she performed research in microbiology while he finished medical school.

Venice and Ken subsequently had two boys, Craig and Scott, and moved to Colorado. Venice was active in the outdoors, including camping, hunting, and skiing. A fond memory both of her boys share is that every fall, Venice and Ken would go hunting, resulting in plenty of elk and venison to last through the winter. Venice learned to make a mean venison chili!

In 1966, Venice and her boys moved to the Reno/Lake Tahoe area, where Venice raised her two sons as a single mother while teaching high school science. Here, Venice continued to enjoy her love for the outdoors by taking advantage of the nearby Sierra Nevada Mountains for camping and ski trips. She would occasionally take her boys out of school to play "hooky" and go on ski trips to Lake Tahoe.

In approximately 1971, Venice obtained her real estate license, moved to Lake Tahoe, California, and embarked upon a new career, first as a licensed agent at Squaw Valley Realty in Olympic Valley, and then later as a broker, opening her own real estate office in Tahoe City, California. In this new career, Venice served proudly as a member and president of the local MLS board and also of the Northern Lake Tahoe Realtors Board. In 1997, Venice retired and moved to the Grass Valley area where she made many new friends and regularly volunteered with the Sierra Memorial Hospital Auxiliary and at the First Baptist Church of Grass Valley.

As a resident of Sydney Creek, Venice enjoys going for drives, walks, or just visiting over a cup of coffee. She particularly enjoys talking on the phone with her older sister, Gloria, who lives in Texas, and visiting or talking with her boys, her two daughters-in-law, Cheryl and Maggie, and her good friends, Glen and Emma and Julie and Jannette. Venice is also extremely proud of, and loves visits from, her four wonderful grandchildren, Justin, Jamie, Kelly, and Sean.

March -- Join the Group!



Mark Your Calendar!

Sydney Creek Support Group

Tuesday, 3rd @ 5:30pm

Resource Room

Connect with other families and explore ways to cope with the wide array of feelings and emotions that arise when a loved one lives with Alzheimer's disease. You are not alone. Join us and our Support Group Leader, Jenny Molinar as she offers help and comfort for the families affected by Alzheimer's disease and dementia.

Beakers and Geeks

Tuesday, 3rd @ 2:00pm

Community Room

An exciting and hands-on science class has erupted on the scene at Sydney Creek! Our resident and staff-led experiments will bring back the ol' school days. This stimulating class is full of fun, energy, and surprises!

Come Join The Craft Committee!

Wednesdays @ 2:00pm

Community Room

Our residents and the Life Enrichment team at Sydney Creek have started a new club called "Craft Committee" for our event planning! We hold meetings with our resident Craft Committee members to plan, design, and create crafts and decorations for upcoming events, such as our Family Dinner. All of the decorations and crafts on the tables at our Family Dinners are hand-made by our residents! Join us every Wednesday and let's get crafty!

St. Patrick's Day Celebration with Dave Molloy

Friday, 13th @ 2:00pm

Community Room

Irish eyes will be smiling at our St. Patrick's Day Happy Hour with Dave Molloy! Dave will share his Irish heritage and old time folk music with Sydney Creek. Come join us and sing-along! Eat, drink, dance, and celebrate!



Our residents join together and celebrate Happy Hour!

NOTABLES:

New Resident

Robert Sunderland

Resident Birthdays

Madelyne Smith - 14th

Bettina "Tina" Canant - 29th

Staff Birthdays

Rhoda Ramirez - 9th

Adolfo Benitez - 14th

Donnie Pagtalunan - 14th

Sharon Irely - 22nd

Christine Sainsbury - 30th

Jhoana Corona Aguilar - 30th

Staff Anniversaries

Lacy Neal - 1 year

Good - Bye

Sophie Silva

Martha Locke

In Memory Of

Barbara Manchen

Neil Keyes

John Mazer

Lola Dixon

The Villages of San Luis Obispo
55 Broad Street
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The Villages of San Luis Obispo



Retirement Living

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Assisted Living

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Memory Care

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