

Pacifica Tidings



AVILA SENIOR LIVING
at Downtown SLO

August
2019



A Note from the Executive Director Robin Smith

We are blessed here at Avila Senior Living at Downtown SLO to have such talented individuals with strong skill sets. With that said, it's an honor to announce some internal promotions to some deserving staff. Ryan Swarthout, Resident Service Director has accepted the covenant position as your Executive Director. Ryan has outstanding communication and problem solving skills. We have every faith in him and I couldn't think of a better person for this role. Emily Villegas, Lead Concierge, has been promoted to Community Relations Director. Emily's talents were apparent the first day I walked into the community. She is knowledgeable, intelligent, dedicated and is a go-getter. Christina Fontecchio, PT Housekeeper has joined our Front Desk staff as Lead Concierge. She has hotel and senior living experience along with exceptional customer service skills. Cliff Buck, former Maintenance Assistant, is now our Maintenance Director. We all know how dedicated Cliff is and appreciate his happy personality and compassion for all of us. He is a man of integrity and his spirit brightens our community. We are thrilled to see all of our wonderful staff thrive in their new roles.

Warm Regards, Robin Smith

Who am I?

I was born in Illinois and grew up helping my father, who was a cattleman. I graduated from Southern Illinois University and went on to join the Army. My husband James served in the Battle of the Bulge and came from an Italian family. I have been to over 25 countries but Pasadena remains my favorite place, mostly because it is my home. One of my many adventures includes traveling to Ghana, Africa with the Peace Corps. Serving others has always been a calling of mine. I am blessed to have six kind-hearted children who are all successful in their own endeavors.

Welcome to Our Community



Bob & Jan Butler

Activities & Special Events



Fun in the Sun!

Our lovely residents enjoyed a fun excursion to the Botanical Gardens for a walk and a picnic.



Flower Power

Pat, Marj, and Barbara enjoyed the beautiful wildflowers blooming on our Central Coast, something that Barbara has long awaited.



Memorable Moments



Rain or Shine!

The perks of living on The Coast include unpredictable weather!

Despite the fog, Mikey and Dorothy still made the most of their trip to the Pismo Dunes.

Looking at Lopez

Barbara, Olga, Pat, and our wonderful staff took advantage of the sunny weather with a day trip to Lopez Lake.



Birthdays



HAPPY BIRTHDAY

Pat B. 8/9

Patricia R. 8/15

May E. 8/17

Madeline V. 8/27

James C. 8/28

Jan W. 8/30

Residents Birthday Party
on Wednesday August
21st at 2:30pm

LUAU !

PLEASE JOIN US ON
FRIDAY, AUGUST
23RD FOR A FUN
LUAU CELEBRATION!

3:30 HAPPY HOUR

W/SLO STRUMMERS

4:30 DINNER

6:30 TINA'S PORT OF
PARADISE TAHITIAN
DANCERS &
LIVE MUSIC



A Note from the Activities Director



Join us every Friday at 3:30 pm for Happy Hour! Feel free to invite family and friends for live music, wine and appetizers. Please RSVP at least 2 days in advance for no charge.



Please wear a Hawaiian shirt every Friday this August!

*Luau dinner \$15 only per guest (no charge for residents)



Elizabeth Lynch MT
JULY

Alex Arellano MT
AUGUST

CONGRATULATIONS

Elizabeth & Alex are being recognized for their great work ethic, value, dependability, effort, positive attitude, and all around great service to our residents and the rest of the employees in the community. Thank you for being who you are.

We truly appreciate you both!

Health & Fitness by



During this warm season, the birds are singing, butterflies flutter, and humming birds are zipping around. The trees offer great shade, the breeze is warmer, and need to for water is very important. Hydration stations are throughout the community for your use. Keep your rooms more on the cool side to prevent dehydration. Culinary offers select-ed veggies and fruit which can also hydrate you. Another tip; make sure you are updated with your vaccines. Our community is exposed to construction in the neighborhood which brings up dust. The plants are pollenating which causes a rise in pollen. Thus, the coughing and sneezing can be more than allergies. Follow up with your physician and be assured you are current with your Td booster for tetanus and diphtheria (a bacteria found in a cough or sneeze via close contact). CDC recommends for seniors to get this updated every 10 years.

**Kathy Hermosillo,
Resident Service Director**

Fitness Activities



At *Avila Senior Living*, we encourage every resident to participate in our fitness programs offered:
Monday-Saturday at 9:30am

Please take advantage of this wonderful opportunity to stay healthy and active!

- * Yoga
- * Breathing
- * Stretching
- * Musical Movements
- * And more!

Spiritual Activities

Every Sunday-9:30 am
Communion Distribution with
Father Jim in the Dining
Room

Sunday's-10:00 am
Church Service in
the Avila Theater

**Monday's & Friday's
8:30 am**
Daily Devotions
w/Chaplain Mike Sparrow

Tuesday's
1:30 pm
Bible Study Group

Catholic Rosary
Wednesday -10:30 am
With Kaaren & Christy
From the Mission of Tolosa

Who Am I? (answer)

Blanche Tartaglione



Management Team

Robin Smith
Executive Director

Leah Figaro
Business Office Director

Emily Villegas
Community Relations Director

Kathy Hermosillo
Residence Service Director

Oscar Buenrostro
Activities Director

Ryan Swarthout
Dining Service Director

Cliff Buck
Environmental Services



Our Mission

Privately owned, Pacifica Senior Living strives to create a lifestyle of independence and peace of mind for each individual and their family.

We do what we love and what we truly believe in – providing compassionate, personalized care services with dignity and respect.

Our dedicated, professional team supports each resident and goes above and beyond to help them feel at home.



AVILA SENIOR LIVING
at Downtown SLO

*475 Marsh Street
San Luis Obispo, CA 93401
Tel: 805.541.4222
AvilaSeniorLiving.com
Lic. # 405800545*

Welcome Home!